

UNIVERSITI TEKNOLOGI MARA

**DIFFERENCES OF STRESS COPING STYLE AMONG
PARALYMPIC ATHLETES**

NOOR HAFIZAH BINTI ISMAIL

2015135083

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AUTHOR'S DECLARATION

I hereby declare that this research project is original and is the result of my own work with the regulation of Universiti Teknologi MARA. It is unless otherwise indicated or acknowledgement as referenced work. This research project has not been submitted to any other academic institution or non-academic institution for any degree or qualification. Neither the Universiti Teknologi MARA (UiTM) nor the Faculty of Sports Science and Recreation, UiTM is liable to be blamed for any false report or any disclosure of classified made by me.

Name of Students : Noor Hafizah Binti Ismail

Student I. D. No : 2015135083

Programme : Bachelor of Sports Science (Hons.)

Faculty : Sport Science and Recreation

Research Project Title : Differences of stress coping style among
Paralympic athletes

Signature of Student : 

Date : January 2018

ABSTRACT

The purpose of this research study is to investigate on the differences of stress coping style among Paralympic athletes. 93 Paralympic athletes from Paralympic Sports Complex, Kampung Pandan were involved as the main respondent in this study. For the purpose of the study, the questionnaire was adopted and adapt from Coping Inventory for Stressful Situation developed by Endler and Parker (1999). The result showed the highest mean of stress coping style was “task-oriented coping” 3.75 (SD=.65). The differences of stress coping style based on gender showed there is no significant difference based on gender in the three element of stress coping style. Therefore based on the result there is a significant different in emotion oriented coping between male and female which is p value $p < 0.40$. Based on the results, there was no significant difference in stress coping style based on experience, task-oriented coping: $F(2,90) = 0.21$, $p = 0.61$, emotion-oriented coping: $F(2,90) = 0.93$, $p = 0.15$, treat oneself-oriented coping: $F(2,90) = 0.05$, $p = 0.93$, and lastly, for contact a friend-oriented coping: $F(2,90) = 1.07$, $p = 0.26$. Overall, by identifying the coping style associated with stress among them the result of the study will allow a reappraisal of how to improve sport performance.

Keywords: stress, coping style, Paralympic athletes

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