



**UNIVERSITI TEKNOLOGI MARA
NEGERI SEMBILAN BRANCH**

**IMPACT OF COPING STRATEGIES TOWARDS
THE LEVEL OF RESILIENCE OF UNIVERSITI
TEKNOLOGI MARA ATHLETES**

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AUTHOR'S DECLARATION

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ABSTRACT

Study has proven that for the growth of resilient profile, athletes must deal with the difficulties in sports by using coping with adversity which included motivation, maturity, competitiveness, and optimism. The purposes of these research were to identify the level of resilience of UiTM Sabah athletes, to identify the coping strategies of UiTM Sabah athletes and to investigate the impact of coping strategies towards the level of resilience of UiTM Sabah athletes. A total of 146 athletes from UiTM participated in this study. The instruments used in this study were Athletic Coping Skill Inventory – 28 (ACSI - 28) and Connor – Davidson Resilience Scale (CD - RISC). Data were analysed by using descriptive statistic and simple linear regression. Athletes showed intermediate level of resilience 63% (n=92) and regularly used strategies through coping with adversity (M=8.31, SD=2.16) and confidence and achievement motivation (M=7.83, SD=2.18) as their coping strategies. The results showed that coping strategies gave an impact on the athlete's resilience with confidence and achievement motivation ($F(1, 144) = 40.859, p < 0.001$), with an R^2 of 0.221. coping with adversity ($F(1, 144) = 39.773, p < 0.001$), with an R^2 of 0.216, goal setting and mental preparation with R^2 of 0.194, ($F(1, 144) = 34.631, p < 0.001$), concentration ($F(1, 144) = 27.855, p < 0.001$), with an R^2 of 0.162, coach ability with R^2 of 0.105. ($F(1, 144) = 16.840, p < .001$ and peaking under pressure ($F(1, 144) = 16.338, p < 0.001$), R^2 of 0.102. This study concludes that the coping strategies have a significant impact on the resilience of the UiTM Sabah athletes. The coping strategies used during the competition has generally helped the athletes to overcome difficulties and solved the problem. Besides, the resilience helps the athletes in protecting and motivating themselves in order to achieve their goals.

Key words: coping strategies, resilience, level of resilience, athletes

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