

**THE COMPARISON OF STRESS COPING TECHNIQUES
BETWEEN MALE AND FEMALE UiTM HOCKEY PLAYERS**

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**Research Project Report is submitted in partial fulfillment of the
requirement for Bachelor Sport Science (Hons.)**

September 2002

ACKNOWLEDGEMENTS

First of all, I wish to express my gratitude to Allah S.W.T. for giving me a full strength to finish up my study. I also would like to place and record my appreciation and special thanks to my advisor, Pn. Sharifah Mazlina Syed Abd. Kadir for her guidance, support and encouragement also her invaluable contribution from beginning until end of this study. Thanks for everything.

My underlying gratitude to my family that gives fully support to me and thank for being there when I needed it the most. I really appreciate all of their encouragements and support. Additionally, thanks to my friends, colleagues and my entire classmates for their kindness, willingness to help me from the beginning until end of this study.

Lastly, thanks to all other individuals and organizations that have contributed directly or indirectly towards the success of this study. May God bless all of you.

Thank you.

ABSTRACT

Background. In sports, pressure or stress are come from many aspects such as coach, referee, opponents, teammates and etc. In hockey, players also cannot run from pressure or stress because hockey are like others team sports that need full effort and concentration, in order to maintain performance and to win the competitions. Therefore, players should take any steps to avoid stress from disturbing their performance in competition situation.

Aims. The aim of this study is to identify the techniques used by the male and female hockey players to coped with stress and compare the techniques used by the male and female hockey players to cope with stress in competitive situation. The research is also to know the effectiveness of the techniques used.

Sample. The subjects of this research will be 15 males and 15 female UiTM hockey players that represent UiTM Shah Alam in KARISMA Games. The subject comes from various courses in UiTM Shah Alam.

Method. The students who give consent to be a subject will receive one set of questionnaire and the subjects will be given an explanation on how to answer the questions. Questionnaires that has been answered will be collected, analysed and compared.

Result. After analysis result indicates, that both subjects male and female hockey players are facing with the same causes of stress and using the same techniques to reduce the stress level in competitive situation.

Conclusion. As a conclusion, there are no differences of stress coping techniques used between male and female subjects and there are also no differences whether techniques used by the male subjects are better than female or techniques used by the female subjects are better than male because both subjects or players are using the same techniques to cope with stress in competitive situation.

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CHAPTER 1

INTRODUCTION

1.1. Background of the Study

In sports, such as individual sports or team sports athletes cannot escape from pressure or stress that will become an anxiety provoking. In sports, pressure or stress are come from many aspects such as coach, referee, opponents, teammates and etc. In hockey, players also cannot run from pressure or stress because hockey are like others team sports that need full effort and concentration, in order to maintain performance and to win the competitions. Therefore, players should take any steps to avoid stress from disturbing their performance in competition situation.

Hockey are played by both sexes whether male or female team. Both teams will play by eleven players, three substitutions with the same rules. Therefore, the sources of stress maybe will come from the same source. There is no any research that study the differences of techniques used by male and female hockey players. Therefore, this research will identified and compare the stress coping techniques use by male and female hockey players and also to know whether the techniques effective or not.

Stress can be viewed as way of testing a person to see just 'how much he or she can take' much in the same way as new machines are tested for power and endurance. In fact stress originally was essentially an engineering term but more recently it is increasingly referred to in the context of the physical and psychological demands, which are made upon people. Stress, however is difficult to define. This is