



UNIVERSITI TEKNOLOGI MARA

**STRESS AND COPING STRATEGIES AMONG UNIVERSITY  
STUDENT-ATHLETES**

**MUTMAINA BINTI ABD MUDA**

**2017924751**

**BACHELOR OF SPORTS SCIENCE (HONS)  
FACULTY OF SPORTS SCIENCE AND RECREATION  
UNIVERSITI TEKNOLOGI MARA SARAWAK**

**JANUARY 2020**

## TABLE OF CONTENT

<b>CONTENTS</b>	<b>PAGES</b>
<b>LETTER OF TRANSMITTAL</b>	<b>I</b>
<b>DECLARATION</b>	<b>II</b>
<b>APPROVAL PAGE</b>	<b>III</b>
<b>TABLE OF CONTENT</b>	<b>IV</b>
<b>LIST OF TABLES</b>	<b>VII</b>
<b>LIST OF FIGURES</b>	<b>IX</b>
<b>ACKNOWLEDGEMENT</b>	<b>X</b>
<b>ABSTRACT</b>	<b>XI</b>
<b>CHAPTER 1: INTRODUCTION</b>	
1.1 Background of study	1
1.2 Problem statement	3
1.3 Research questions	5
1.4 Research objectives	6
1.5 Hypotheses	6
1.6 Significance of study	8
1.7 Limitation of study	8
1.8 Delimitation of study	9
1.9 Definition of terms	10

### ***Abstract***

The purpose of this study was to identify the significant different significant different of level of stress and coping strategies between gender, level of participation and types of sport and relationship between stress and coping strategies. Sample size for this study was 290 subjects (N=290) of age between 18 to 25 years old. The result showed a significant difference level of stress between gender, level of participation and type of sport. There was a significant difference ASCI-28 on coping with adversity, confidence and achievement and peaking under pressure. The results of the relationship between stress and coping strategies was low positive correlation.

**Key words: Stress, Coping Strategies, gender, level of participation and types of sport.**

# CHAPTER 1

## INTRODUCTION

### 1.1 Background of study

Athlete's perception of stress has become a common field of research where many qualitative and quantitative studies have been performed (Nicholls, Holt, Polman & Bloomfield, 2006; Anshel & Sutarso, 2007; O'Neil & Steyn, 2007; McKay, Niven, Lavalley & White, 2008). A lot of research has been done and efforts have been made to classify athletes coping styles in various sports by gaining insight into athletes stress experiences and establishing accurate mechanisms (Brennan, 2001; Nicholls, Holt, Polman & Bloomfield, 2006; Anshel, & Sutarso, 2007; Vredenburg, 2007; Anshel, & Si, 2008; McKay, Niven, Lavalley, & White, 2008).

The symptoms of stress are called physiology, behaviour, cognition and emotion. Participating in elite sports involves mental and physical capacity to adapt to worry during the game, with the goal that each partaking competitor should be set up for better execution in two zones (Omar-Fauzee, Yahya, Yaakob Daub, Muhamadul Bakir, Nina Sutresna & Nagoor Meera, 2014).

High achievement athletes need a high level of mental strength to prepare them in a competitive environment to perform better (Gould, Dieffenbach & Moffett, 2002). According to Gatchel (1996) stress is defined as the process of any environmental occurrence that has threatened or challenged the organism's health and that has reacted to the threat.

## CHAPTER 2

### LITERATURE REVIEW

#### 2.0 Introduction

Stress condition is where the athlete engagement in competitive sports with all the media attention provided to sport and the future exposure available from success with large income (Lucifora & Simmons, 2003; Kuethe & Motamed, 2010). Therefore, people who are incapable to manage adequately with the burden of competitive sport will hesitate to perform and always worry about their achievement in sport. It also can lead them to stress since their overthinking and lose confidence (Omar-Fauzee, Daud, Abdullah, & Rashid, 2009).

Kristiansen, Roberts and Abrahamsen (2007) mention as athletes, they all have different sources of stress and therefore each athlete needed unique methods to manage with their sports productively. Besides that, sport involvement requires both cognitive and physical ability of individuals in order to overcome the pressure each training and competition so they can get great outcome of performance and prepare for all kind of conditions. It is important due to the athletes need to prepare when they in particular situation so they can overcome the fear and prepare for mental and physical when they feel nervous and unsure about their performance (Dominikus, Omar-Fauzee, Chong, Meesin & Choosakul, 2009).