

Research Article**The relationship of coping Strategies of (facing) stress and the source of control (inner/ outer) with the sport success in wrestling athletes in Kermanshah state.****Mojtaba Fatah Pour**

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ABSTRACT:

The aim of this study is to investigate the relationship of the ways of facing stress and the source of control (inner/ outer) with the sport success in wrestling athletes in Kermanshah state. The method is descriptive-correlation and is applicable regarding the end. The samples are all of the wrestling athletes in Kermanshah who were chosen among those having the experience of three years' championship formally but because of number limitation, the all (55) were chosen to collect data. CISS questionnaire of facing stress of Andler & Parkler (1990) was used. Besides, the control questionnaire of Rater (1986) and standard of sport success of Besharat (1384) was used. The validity of them was acceptable in the specialist opinion. The stability of questionnaires thekronbach – alpha (%83-80%) was used. For analysing Data the descriptive Statistics and deductive Was used With SPSS software. The findings showed that among the ways of facing stress, the way of having question has the most correlation with sport success. The inner source of control with the correlation of %45.2 has the more effect.

Keywords: the ways of facing stress, the source of control, sport success, the wrestling athletes of Kermanshah State

INTRODUCTION

Nowadays in sport world, the ongoing practice is not the only key fact of success. It seems that the body and physical ability and behavioral characteristics have also roles (Atarody et.al, 1390). Since the athletes have to compete in stressful situation, so in these situations, the anger and stress will produce (Besharat, 1388). The athletes are the potential elements of stress because they face problems like: having direct relationship with sport community and they should be able to contrast the critics, losing, and physical and mental errors, to be successful (Mehrparvar et.al 2012). Coping strategies, mean the aware strategies and rational way of following the stress. Coping ways, are not stable, but they modify and verify, so, paying attention to psychological problems of athletes is very important (Iwamoto, 2011). Stress has usually three reasons: social psychological elements, environment factors and people's ideas. Among the most

effective factor of facing stress, are the character, the source knowledge, and the environment (Keshavarz et.al 1389.p 136). Another very important factor, is the control source (Tanso 2010). Many problems are caused by these factors since the athletes think that they lose because of inner factors like (practice or ability) and outer factors (luck or difficulty). (Boostan, 2006). The athletes who think that their success is because of luck, say that it is an inner factor because they can not change the situation (Stewart - 2008)

METHOD

The Method of this study is descriptive – correlation and is applicable regarding the aim.

FINDINGS.

According to the descriptive statistics indicators, the range of 25 year old and less

(42.6) with the most frequency. 75.1 percent of the samples were single and 24.9 percent married. Most of them had an diploma or less and others had A.A (36.9%) and B.A (18.4%) and M.A (4.3%) .In order to investigate the stress coping strategies

Table1.Spearman test

Independent variable	Sport - success		
	N	R	SIG
The problem strategy	55	0.325	0.002
The excitement strategy	55	0.215	0.001
The avoiding strategy	55	0.205	0.000
The inner source of control	55	0.425	0.001
The outer source of control	55	0.325	0.003

relationship with sport success , the spearman correlation coefficient was used . (the results in table 1). According to table 1 the problem strategy has the most correlation with sport success (0.325)

In order to predict the sport success of athletes with coping strategies of facing stress and source of control (inner / outer) we used regression .

Table 2.The regression pattern

indicator	R	R ²	Standard error
amount	0.560	0.422	0.471

According to table 2 , the coefficient of multi regression is (R² = 0.422).

this shows that with the coping strategies and control source (inner/outer) about 0.422 percent of variance of success can be predicted .

Table3

variable	B	STdB	Beta	T	Sig
Width from origin	58/69	5/430	-	12/81	0/000
Control source	0/878	0/319	0/452	3/169	0/000
The ways Of coping stress	0/647	0/575	0/231	2/275	0/000

According to the table 3, it can be said that making clear according to variance analysis is meaningful. And with the variables of coping and control source (inner/ outer) , the sport success can be predicted . So the null hypothesis is rejected and the research hypothesis is confirmed . And with Beta=0.452 it can be said that between these two variables, the source control has the most effect.

DISCUSSION AND CONCLUSION

Today , in the society that have extravagant expectations of the athletes , the sport competition has special importance. In these societies , the sport contests , caused extravagant expectations from athletes. And most of the times the results of sport matches are because of the ideas of the competitors this causes very much stress . So it can be said , according to the aim of this project that the athletes, should have the ability of Coping with pain , critics , losing – and - physical – errors , mental errors , to be successful . they can focus on the victory with decreasing

stress . Being active is the common quality .Being active can reduce stress and being successful .Is the result on the other side , these athletes who use the problem style have less stress .this way can decrease excitement and cause the discipline of mind . so with being less stressed , the athletes can know the source of stress better and this part of study is in accordance with crone (2010) and Holen (2012) . the findings show that those athletes who have inner control of stress are more successful . the source of control is a recognition ability with which a person can get prize in special situation

with doing special deeds . or may be because of lack of recognition he cannot control the events .

According to the findings it can be concluded that those athletes can gradually be successful and can relate their success to their abilities

(inner). And they less relate their success to outer control source . we shouldn't expect those athletes who have lived in disorderly situations and not under control , to have inner source . the findings can be given to the tutors of individual and public sport to teach the athletes how they should control their stress.

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