

EMOTION - FOCUSED STRESS COPING STRATEGIES OF PARASOCCER ATHLETES

***Moses, M.O. and **Falola, K.O.**

1. Scholar, Department of Human Kinetics and Health Education, University of Ibadan, Ibadan, Oyo State, **NIGERIA.**
2. Scholar, Department of Human Kinetics and Health Education, University of Ibadan, Ibadan, Oyo State, **NIGERIA.**

Email: moniy152002@yahoo.com

(Received May 31, 2011, accepted June 03, 2011)

ABSTRACT

This study investigated the stress coping strategies of parasoccer athletes in Ondo State, Nigeria. Fifty five parasoccer male athletes' opinions were sampled through modified and validated questionnaire from three locations within the State. Hypothesis was set on four stress coping strategies of associative coping thoughts, dissociative coping thoughts, wishful thinking and relaxation, two question items were set on each of the variables. Descriptive statistics of percentage count on the respondents age shows that 23.6% of them falls within the age range of 15-19 years, 65.5% between 20-24 years whereas 10.9% occupies the bracket of 25-29 years. Inferential statistics of Chi-square used and reported that associative coping thoughts has values of 14.655 and 24.055 with significant values of .001 and .000, dissociative coping thoughts has 29.145 and 8.782 with significant values of .000 and .032, wishful thinking has 32.927 and 42.818 with significant values of .000 and .000 whereas relaxation has 48.491 (.000) and 44.273 (.000). Based on finding from the results, it was concluded that all the variables were significantly the stress coping strategies of parasoccer athletes in Ondo State and appropriate recommendations were given.