

## Relations among Coping with Stress, Anxiety and the Achievement Motive of Athletes and Non-Athletes

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**Abstract :** This research deals with relations among strategies and styles of coping with stress, social interaction anxiety and the achievement motive of young athletes and non-athletes. The research was conducted on the sample of 402 examinees (197 female and 205 male participants) of the average age of 20.76, divided into three groups: athletes, recreationists, and non-athletes. The COPE-S questionnaire, the Social Interaction Anxiety Scale (SIAS) and the Achievement Motivation Questionnaire (MOP 2002) were used for conducting this research and they had satisfactory reliability. The results of the research indicate that athletes, recreationists and non-athletes are not different when it comes to strategies and styles of coping with stress. Non-athletes have more noticeable social interaction anxiety when compared to athletes ( $U=5281.5$ ,  $p=.000$ ) and also when compared to recreationists ( $U=7573$ ,  $p=.000$ ). There was a difference among these three groups in the achievement motive ( $\chi^2(2)=23,544$ ,  $p=.000$ ) and the three components of this motive (Competing with others,  $\chi^2(2)=31,718$ ,  $p=.000$ , Perseverance,  $\chi^2(2)=9,415$ ,  $p=.009$  and Planning orientation,  $\chi^2(2)=8,171$ ,  $p=.017$ ). The research also indicates a significant difference in the relation between social interaction anxiety and the achievement motive of examinee subgroups, where the most significant difference is between athletes and non-athletes ( $q=-.45$ ). Moreover, women more frequently use emotion-focused coping ( $U=16718$ ,  $p=.003$ ), while men more frequently use avoidance ( $U=14895.5$ ,  $p=.000$ ). Women have a lead when it comes to expressing social anxiety ( $U=17750.5$ ,  $p=.036$ ) and the achievement motive ( $U=17395.5$ ,  $p=.020$ ). The discussion of the results includes findings of similar previous research and theoretical concepts of the variables which were examined. Future research should be oriented towards examining the background of the differences which were (not) gained as well as towards the influence of personality dimensions on the variables which were examined in order to apply the results in practice in the best way.

**Keywords :** achievement motivation, athletes, coping with stress, non-athletes, recreationists, social interaction anxiety

**Conference Title :** ICSPC 2018 : International Conference on Sports Psychology and Coaching

**Conference Location :** Zurich, Switzerland

**Conference Dates :** January 15-16, 2018