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Comparative study of resilience and self-compassion between sportspersons and non-sportspersons

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Abstract

The purpose of the present study was to compare Resilience and Self-compassion between Sportspersons and non-Sportspersons. The subject of the study was selected from Panjab University, Chandigarh age ranged from 18-25 years. The size of the sample was 80 which were divided into two groups 40 males and 40 females which were further subdivided into 20 Sportspersons and 20 non-Sportspersons in each group. The tools used for the study were: 1) The Brief Resilience Scale developed by Smith *et al.* (2008) consisting of 6 items, and 2) The Self-compassion Scale - Short Form (SCS-SC) developed by Raes, Pommier, Neff & Van Gucht (2011) which consisted of 12 items. To determine the significance difference on variables resilience and self-compassion 't' test was computed with the help of SPSS software. The level of the significance was set at 0.5. Statistical calculation on gathered data showed that there were no significant difference found on resilience and self-compassion between female Sportspersons and female non-Sportspersons, however significant difference was found between male Sportspersons and male non-Sportspersons on self-compassion.

Keywords: Resilience, self-compassion, sportspersons and non-sportspersons

Introduction

The college days in a student's life may be considered as one of the most crucial phases in one's life. This period is often marked with freedom and responsibility both of which need to be maintained in a healthy balance state. And if this balance is not aptly maintained this may give rise to stressful life situations. During this stage, students are consistently confronted with extreme pressure to excel in their respective studies so that they can achieve a remarkable goal in their lives. In their endeavour to achieve their targeted goals each one of them will face various adversities, stressful events, unfavourable life situations but what makes the difference is the way each of them comes out of those stressful life situations. This ability of an individual to rise above all difficult and painful life situations to further work even harder is known as resilience. The American Psychological association (2014) ^[1] defined resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress". Resilience also refers to positive adaptation, or the ability to maintain or regain mental health, despite experiencing adversity (Wald, Taylor & Amundson, 2016) ^[8].

While being resilient enables an individual to bounce back from a stressful event, self-compassion allows the individual to provide self-love and care during times of failure. By self-compassion we mean having the courage to treat oneself with kindness and care even when one cannot achieve a certain goal. It is the ability of the individual to accept one's own shortcomings without any self-blame and self-hatred. Self-compassion is an emotionally positive self-attitude that should protect against the negative consequences of self-judgement, isolation, and rumination (such as depression). As defined by Kristen Neff (2003) Self-compassion has three interrelated components each component has two parts, the presence of one construct and the negation of another. These three concepts are: a) being kind and understanding toward oneself rather than being self-critical, b) seeing one's fallibility as part of the larger human condition and experience rather than as isolating, and c) holding one's painful thoughts and feelings in the mindful awareness rather than avoiding them or over

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identifying with them” (Bernard & Curry, 2011) [3]. With ample amount of academic pressure and hectic daily schedule students these days are more into academic achievement thus sidelining the importance of physical exercise as a daily activity. The importance of physical exercise needs to be made aware so that each one of us may benefit from it. In a study conducted by Soundy, Freeman, Stubbs, Probst, Roskell and Vancompfort (2015) [6] it was found that playing sports resulted in various psychological benefits such as increasing positive attitudes, a feeling of meaningful and purposeful life and desire for achievement. In a study conducted on women athletes by Kilhem, Mosewich, Mack, Gunnell and Ferguson (2018) [5] it was found that being self-compassionate proved to be very important for women athletes’ sports performance.

Objectives of the study

1. To study the difference between Sportspersons and Non-Sportspersons on Resilience.
2. To study the difference between Sportspersons and Non-Sportspersons on Self-compassion.

Methodology

The study was descriptive study on the variable’s resilience

and self-compassion. The study was conducted on a sample of 80 students studying in various colleges of Panjab University, Chandigarh whose age ranged from 18-25 years. The sample was divided into two groups 40 females and 40 males were 20 are Sportspersons and 20 are non-Sportspersons in each group. The data was selected through purposive sampling technique. For the study the following tools were used:

1. The Brief Resilience Scale developed by Smith *et al.* (2008). This scale consists of 6 items, and
2. The Self-compassion Scale – Short Form (SCS-SF) developed by Raes, Pommier, Neff, & Van Gucht (2011) which consisted of 12 items.

For analysis of the study ‘t’ test was applied to compare the mean scores and to find out significant difference. The level of significance was kept at 0.05.

Results and findings

Descriptive analysis of resilience and self-compassion on female Sportspersons and female non-Sportspersons of Panjab University, Chandigarh were presented on table 1.

Table 1: Comparison of Mean Scores between Female Sportspersons and Female Non-Sportspersons on Resilience and Self-Compassion

Variables	Category	N	Mean	Std. Deviation	Std. Error Mean	“t” ratio
Resilience	Sportspersons	20	18.00	2.84	.64	1.07
	Non-Sportspersons	20	19.00	3.06	.68	
Self-compassion	Sportspersons	20	39.20	5.73	1.28	.056
	Non-Sportspersons	20	39.30	5.47	1.22	

*Significant at 0.5 level
‘t’ 0.5, df (38) = 2.042

From Table 1, it is clearly seen that no significant different were found on resilience and self-compassion between female Sportspersons and female non-Sportspersons as the tabulated

value of ‘t’ test 2.042 was larger than the calculated value resilience (1.07) and self-compassion (0.56).

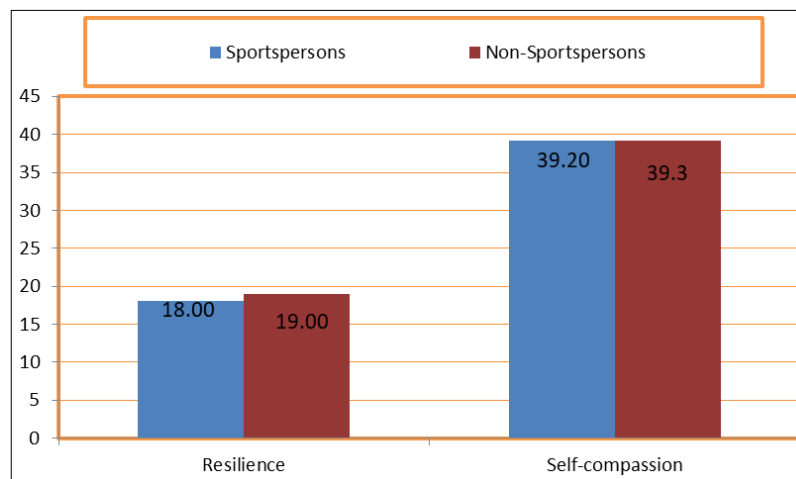


Fig 1: Graphical Representation of Mean Scores of female Sportspersons and female non-Sportspersons on resilience and self-compassion

Descriptive analysis of resilience and self-compassion on male Sportspersons and male non-Sportspersons of Panjab

University, Chandigarh were presented on table 2.

Table 2: Comparison of Mean Scores between Male Sportspersons and Male Non-Sportspersons on Resilience and Self-Compassion

Variables	Category	N	Mean	Std. Deviation	Std. Error Mean	“t” ratio
Resilience	Sportspersons	20	19.55	2.83	.63	.138
	Non-Sportspersons	20	19.40	3.92	.88	
Self-compassion	Sportspersons	20	36.80	4.74	1.06	3.49*
	Non-Sportspersons	20	42.55	5.63	1.26	

*Significant at 0.5 level
‘t’ 0.5, df (38) =2.042

From Table 2, it is observed the result was found to be significant on self-compassion as the calculated value of 't' test 3.49 was larger than the tabulated value 2.042, but no

significant difference was found on resilience on male Sportspersons and male non-Sportspersons of Panjab University, Chandigarh.

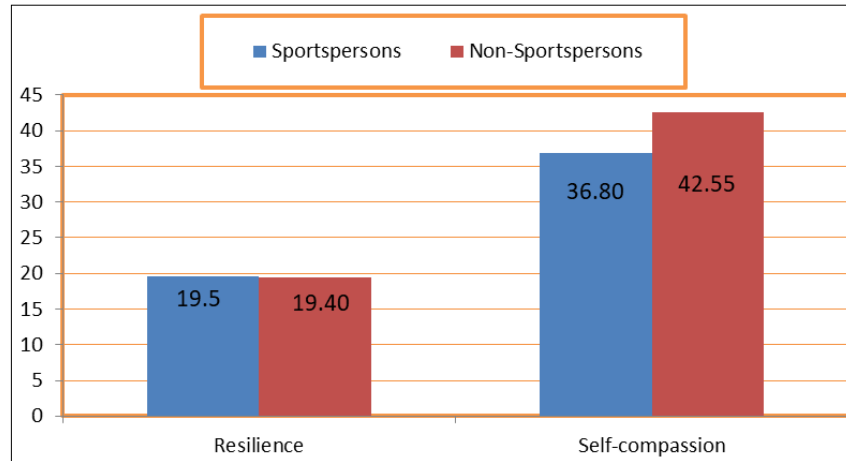


Fig 2: Graphical Representation of Mean Scores of sports person and non-Sportspersons male on resilience and self-compassion

Discussion of finding

The present study was conducted with the aim to investigate significant difference between Sportspersons and non-Sportspersons on resilience and self-compassion. The result obtained indicated that there existed no significant difference between female Sportspersons and female non-Sportspersons on both resilience and self-compassion. For male groups it was found that there was no significant difference between Sportspersons and non-Sportspersons on resilience whereas a significant difference was found between the two groups on self-compassion. The results found turned out to be contradictory to what we actually expected at the beginning of our study. The mean scores of all the groups except for male Sportspersons and male non-Sportspersons on self-compassion were nearly equal. One probable reason for this may be the small sample of the study. Another yet important reason for the same could be that the subjects under study, be it Sportspersons or non-Sportspersons, were all college students who were at a stressful juncture of career making. They might be constantly worrying about their performances in their studies which would eventually decide their career in future. This statement is supported by the following studies. In a study conducted by Beiter, Nash, McCrady, Linscomb, Clarahan and Sammut (2015) [2] on college students it was found that the top three concerns for stress, anxiety and depression in college students were academic performance, pressure to succeed and post-graduation plans. This is also further supported by this finding on students that academic pressure for meeting grade requirements, test taking, volume of material to be learnt and time management were found to produce stress in students (Crocker and Luhtanen, 2003) [4].

Conclusion

Statistical calculation on the gathered data showed that there were no significant differences found between Sportspersons and non-Sportspersons both male and female groups on resilience and self-compassion questionnaire except male groups on variable self-compassion which is found statistically significant.

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