

Sources of Stress in

Members of Disabled Track-and-Field National Iranian
Team

2007-2008

STRESS

- Impact of Stress on Daily Life and Occupation
- Importance of Stress Coping

STRESS IN ATHLETES

- General Considerations
- Disabled Athletes
- Are normal and disabled athletes equally affected?

STRESS STUDIES

- How to study about stress in athletes?
- Definition of Sources of Stress



Present Study

MATERIALS AND METHODS

- Participants
- Instrument and Procedure
- Questions
- Extraction of Meaning Units, categories and Properties

Results

- Category of Sources of Stress
 - Track-and-field Pressures
 - Relationship Issues
 - Educational/Occupational Demands

Track-and-Field Pressures (Category)

- ...are the result of athletes' participation as a team member...
- Constituting Properties:
 - Advantage of playing
 - Performance Stressors
 - Exercise Issues
 - Religious and Political Issues

Relationship Issues (Category)

- Properties Include:
 - Family/Friends Relationships
 - Tack-and-Field Family
 - Social Issues

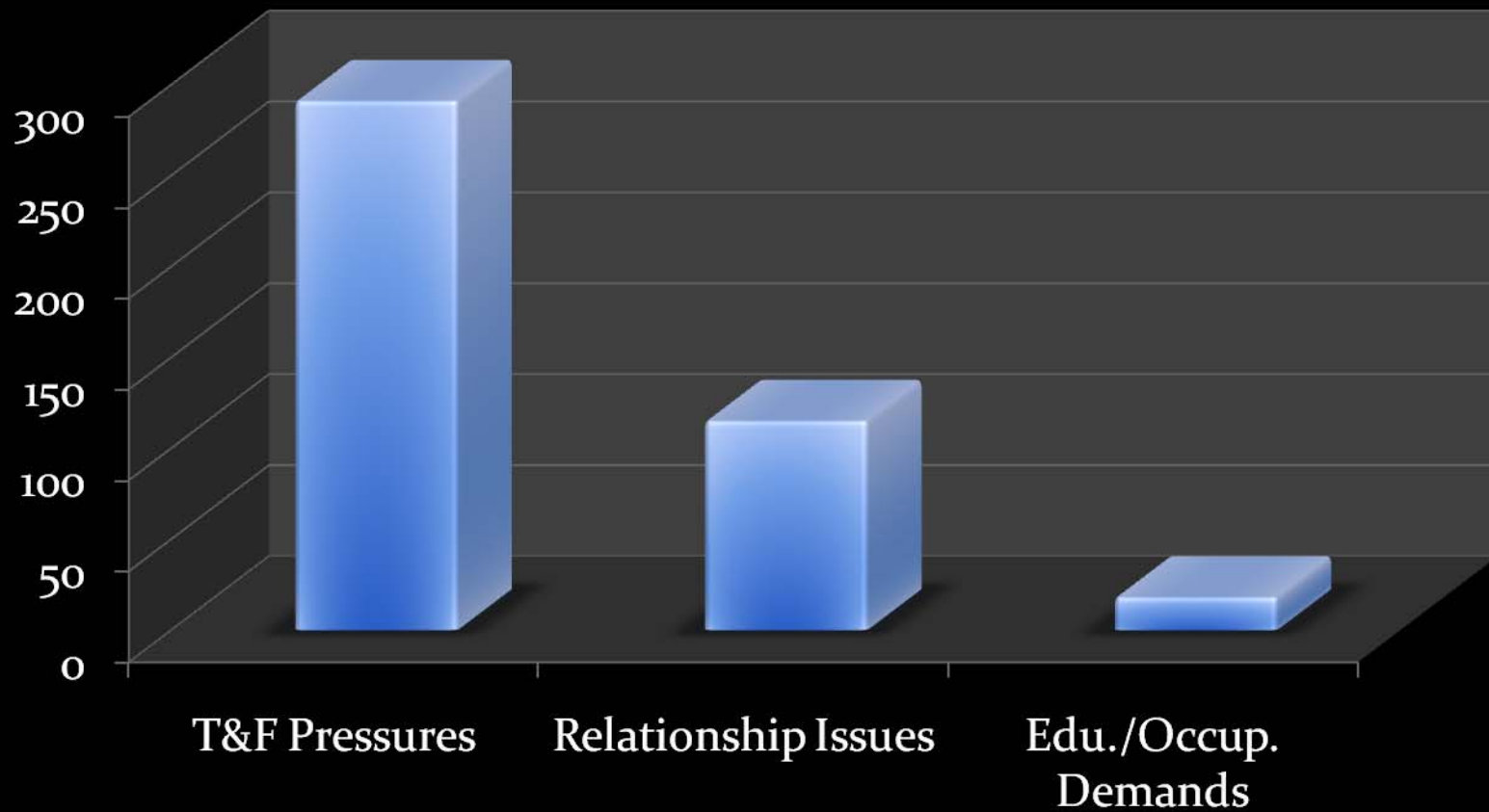
Educational/Occupational Demands (Category)

- Properties Include:
 - Academic/Occupational Issues
 - Timing Issues

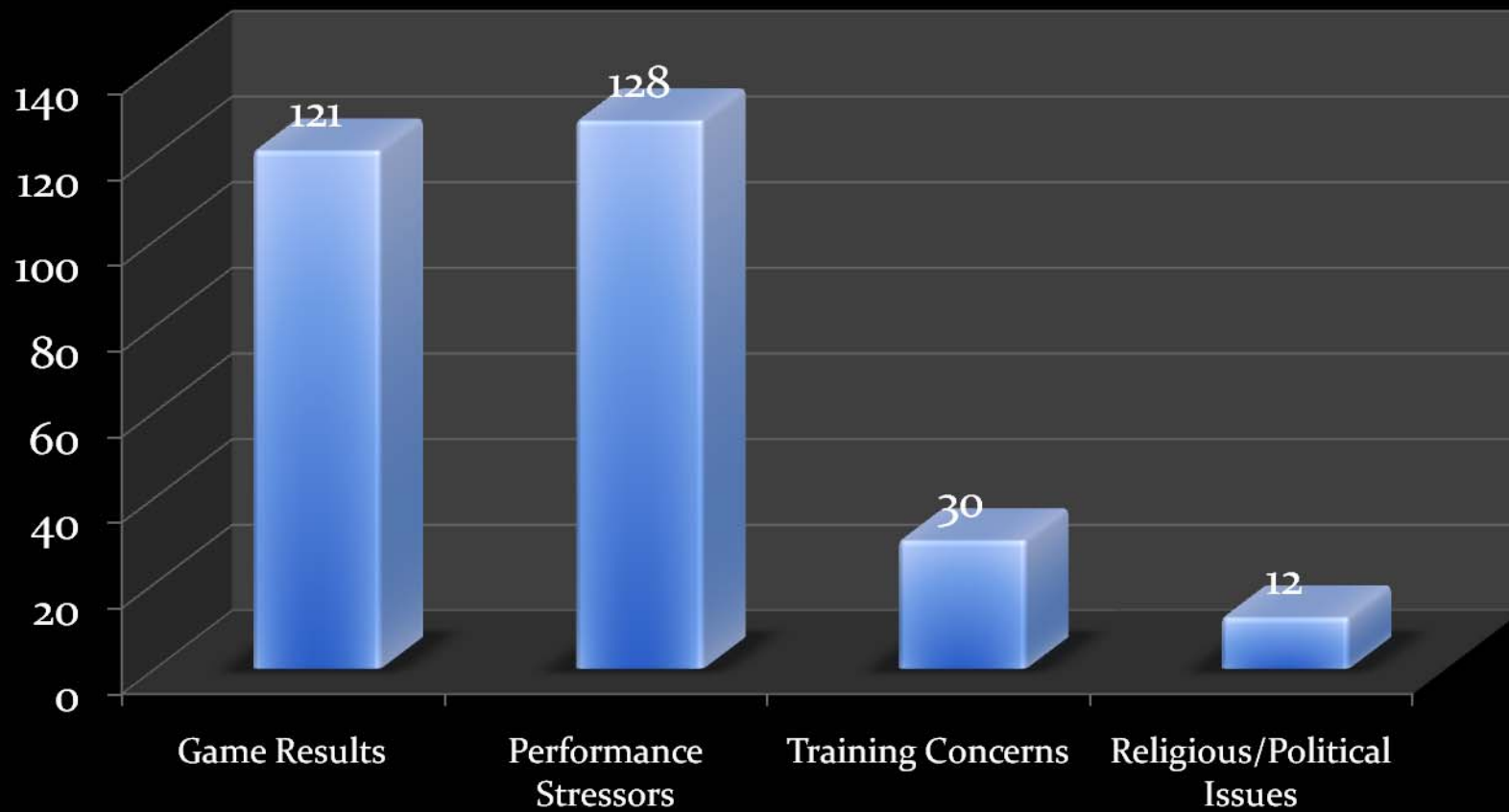
Groupings of Stressors with Frequencies as Expressed by Participant

	F1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	Total
T&F Pressures	28	23	18	18	32	26	24	18	18	24	24	38	291
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	9	13	9	9	14	8	10	10	8	12	6	13	121
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	11	6	8	7	15	15	11	6	6	8	16	19	128
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	5	2	1	2	3	2	3	1	3	2	2	4	30
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	3	2	-	-	-	1	-	1	1	2	-	2	12
Relationship Issues	12	20	3	10	10	8	11	8	4	8	12	9	115
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	2	4	1	2	4	4	5	4	1	4	3	2	36
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	5	11	1	7	4	4	3	4	3	3	6	6	57
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	5	5	1	1	2	-	3	-	-	1	3	1	22
Edu./Occup. Demands	1	-	-	-	3	1	3	-	-	6	-	4	18
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	-	-	-	-	1	-	1	-	-	4	-	1	7
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	1	-	-	-	2	1	2	-	-	2	-	3	11
	41	43	21	28	45	35	38	26	22	38	36	51	424

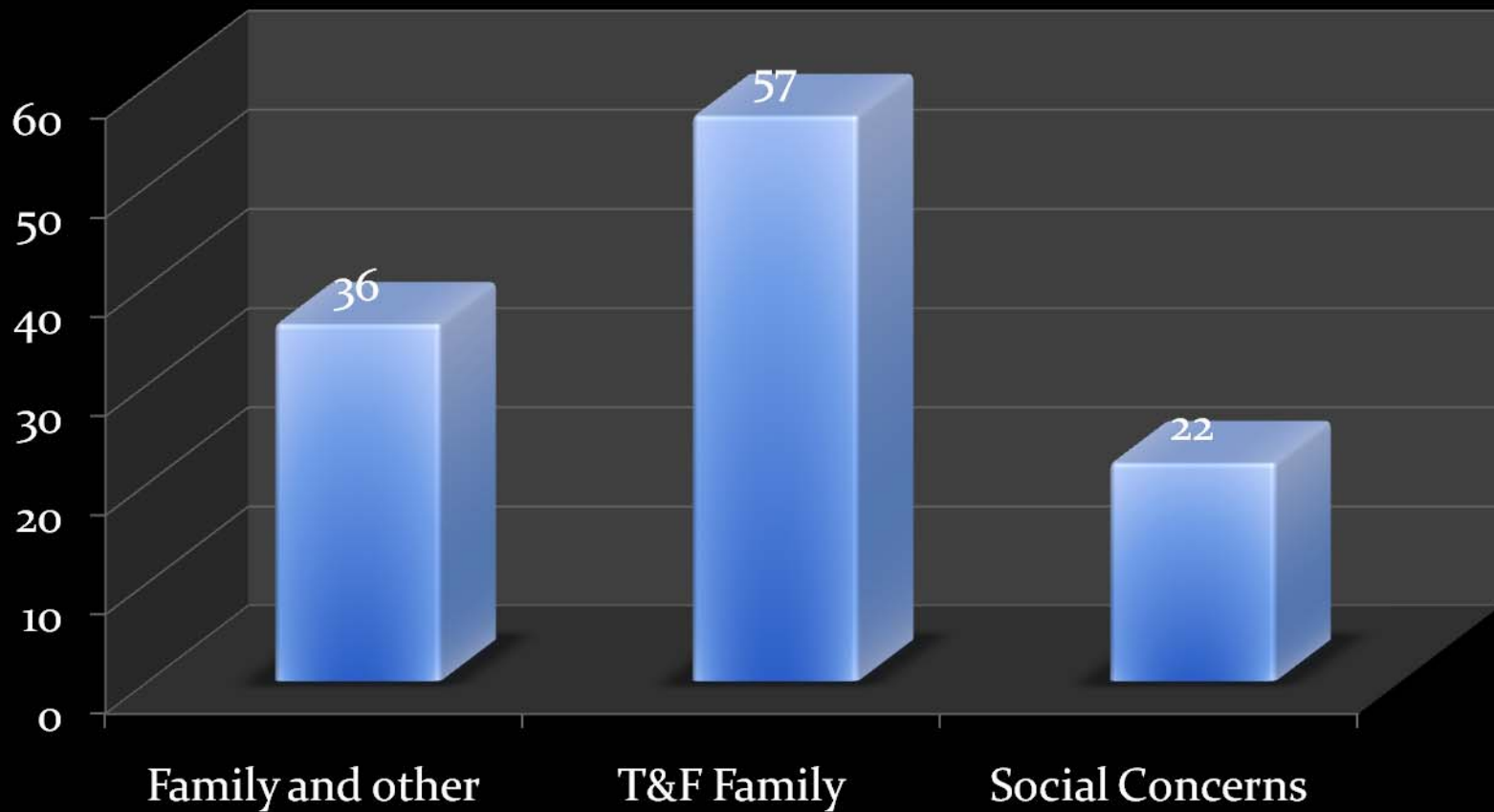
Frequency of Category Stressors



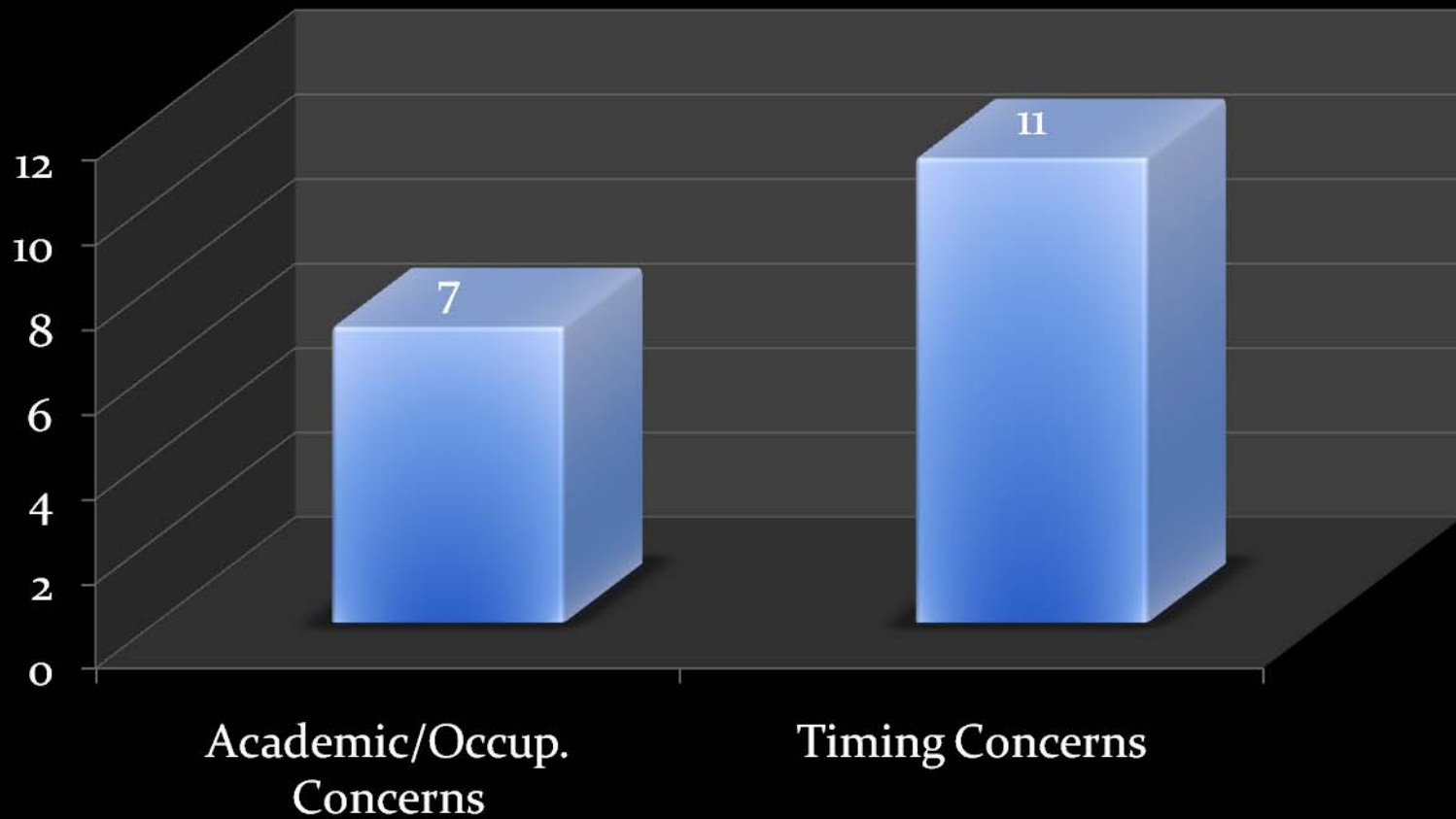
T&F Pressures



Relationship Issues



Educational and Occupational Demands





Discussion

Sources of Stress

- Track-and-Field Pressures: the most common
- Concordant with previous studies:
 - Gordon et al, 2007
 - Puente et al, 2005
 - Gould et al, 1993
 - Nichols et al 2005

Least Common

- Occupational and Educational Concerns
 - Cohen et al, 1990

Religious/Political Issues

- Not previously suggested
- A noticeable Factor
- Importance of Religious belief and Cultural Factors

Highlighted Issues

- Study of Disabled Athletes
- Evaluation of all sources of stress
- Grading of the sources of stress

Future Approaches

- Study of sources of stress in team games
- Studies to evaluate and suggest Coping Strategies in both team and individual games

A photograph of a forest scene. In the foreground, two large tree trunks are visible, heavily covered in green ivy and moss. The background shows a dense forest of thinner trees, some with bare branches and others with green leaves. The ground is covered in brown, fallen leaves and some green undergrowth. The text "Thank You" is overlaid in a large, blue, serif font across the middle of the image.

Thank You