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THE RELATIONSHIP BETWEEN SELF EFFICACY AND COPING STYLES TO STRESS AND BURNOUT IN SELECTED SPORTS COACHES IN TEHRAN CITY

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ABSTRACT

This study investigated the relationship of self-efficacy and coping styles to stress and burnout in selected coaches sports in Tehran. Accordingly, 450 coaches were randomly selected on the base of Morgan table. Data gathered from the questionnaires as follows; a) coping style of stress (Dadsetan *et al.*, 2009, $\alpha=0/74$), b) self efficacy (Schwartz *et al.*, 1995, $\alpha=0/82$) and, c) Burnout Inventory (Maslash and Jackson, $\alpha=0/80$). The Results showed positive significant correlations between job burnout and coping styles of problem orientation (0/217), Coping styles of exciting orientations(0/373), avoidant coping style (0/454) in total coaches(individual and team field sports coaches). In addition, the correlations between burnout and coping styles of stress in individual field sports coaches were positive significant as follows; coping styles of problem orientation(0/436), coping styles of exciting orientations (0/489), avoidant coping style (0/468) and also the correlations between burnout and coping styles of stress in team field sports coaches were positive significant as follows; coping styles of problem orientation(0/123), coping styles of exciting orientations(0/321), avoidant coping style (0/429). About correlating between occupational burnout and self efficacy in total coaches (individual and team field sports coaches), it was negative significant (-0/332), but separately, in individual field sport coaches wasn't significant (-0/011), meanwhile in team field sports coaches was significant(-0/418). There was negative significant between self efficacy and subtitles of coping styles of stress in total coaches(individual and team field sports coaches), as follows; coping styles of problem orientation (-0/261), coping styles of exciting orientations(-0/229) , avoidant coping style(-0/35) and also in individual field sports was the same; coping styles of problem orientation(-0/352), Coping styles of exciting orientations(-0/334), avoidant coping style(-0/429), but in team field sports coaches there was no significant correlation; coping styles of problem orientation(-0/036), Coping styles of exciting orientations(-0/03), avoidant coping style(-0/04). There was also negative significant correlation between self efficacy and emotional exustion (-0/211), reduction of productivity performance (-0/138) and depleted personality characteristics (-0/ 331) in total selected sports coaches. There were significant differences between self efficacy of individual and team field sport coaches, and it was more in individual sports field coaches than team sport field coaches. Also there were significant differences between occupational burnout of individual and team field sport coaches. And finally, there was significant differences between component of reduction of productivity performance and depleted personality characteristics and no significant differences between two groups in emotional exustion. Accordingly, the efficacy of coaches could be predicted by occupational burnout and subtitles of coping styles of stress.

Keywords: *Occupational Burnout, Self-Efficacy, Coping Styles of Stress, Team and Individual Field Sports*

INTRODUCTION

Self-efficacy is one of the most important components of success and regularity and takes place within the positive psychology field. Self-efficacy-the belief that I can- refer to the person's beliefs based on ability to perform tasks in a particular situation. In addition, other type of self-efficacy, refers to one's general beliefs about own capabilities. Self-efficacy magazine is based on the assumption that people believe about their abilities and a talent has favorable effects on their actions and is most important determinants of behavior. Self-efficacy is effective on behavior selection, effort and perseverance, and targets track and determines how faced with obstacles and challenges were investigated the relationship between job

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burnout and coping styles among teachers in Turkey, and found that highly qualified teachers reach to high levels of emotional exhaustion and job burnout. Results also showed that teachers by using adaptive coping strategies such as self-esteem, social support seeking, and optimism coping, prepare coping strategies to deal with themselves stressful situations (Birsen, 2012), In another study, Komal (2012), were examined organizational commitment and job satisfaction among teachers at the time of job burnout and found that higher levels of job satisfaction will lead to organizational commitment and support a have a direct relationship with job satisfaction (Komal, 2012), Kelly (2007), have examined the relationship between Self efficacy, exercise, social support stress and job burnout among university faculty members and found that there is a no significant difference between self efficacy, exercise, stress, social support and job burnout (Kelly, 2007), André *et al.*, (2011) were investigated job demands, job control, social support and self-efficacy as effective factors on job burnout in physical education teachers and concluded any component of job demands, job control, social support and self-efficacy are fairly substantial influence on job burnout (André, 2011), Kelli (2009) examined the impact of teachers and cultural acceptance as a predictor of job burnout in novice urban teachers after one year of training. Results showed that the concept of teacher effectiveness, cultural acceptance and job burnout urban teachers will change over time (Keli, 2009). This study investigate that whether the efficacy and coping with the stress associated with job burnout in various fields coaches or not.

MATERIALS AND METHODS

The statistical population consists of all who coaches in swimming, tennis, soccer and basketball in Tehran (2013). The study had a sample size of 450 coaches who were randomly selected proportionally according to Morgan table. To collect data, coping with stress styles questionnaires (Dadsetan *et al.*, 2010), Schwarzer General Self-Efficacy questionnaire (Schwarzer and Jrosalm, 1995) and meslesh and Jackson Burnout Inventory was used. Descriptive statistics used for the classification of raw scores, table data, distribution and dispersion index and the correlation coefficient for the relationship between variables and F-tests to determine differences in coping with stress and job burnout of individual and teammates chosen fields coaches were used.

RESULTS AND DISCUSSION

Results

Table 1: Description of coaches sports according their sports

Statistics	Mean	SD
coaching history		
Swimming	6.60	3.72
Tennis	1.77	0.78
Basketball	5.02	3.22
Football	6.59	4.35

The results in the above table shows that the football coaches with (M=6.59 years) coaching experience have maximum and tennis coaching with (M=1.77 years) coaching experience have minimum.

Table 2: Relationship between job burnout and coping styles of male coaches in selected fields of individual and team sport

Coping style	Problem Oriented	Excitement Oriented	Avoidant
Job burnout			
Statistics	Correlation coefficient	0.217**	0.373**
	Significant level	0/000	0.454**
		0.000	0.000

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N	425	425	425
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According to Table 2, with the increase in job burnout, Problem Oriented coping style increases. Also, with the increase in job burnout, avoidant coping style increases.

Table 3: Determination the relationship between job burnout and coping styles of male coaches in selected fields of individual sports

Coping style		Problem Oriented	Excitement Oriented	Avoidant
Job burnout				
Statistics	Correlation coefficient	0. 436**	0.489**	0.468**
	Significant level	0/000	0.000	0.000
	N	128	128	128

According to Table 3, with the increase in job burnout, Problem Oriented coping style in individual sports increases.

Table 4: Determination the relationship between job burnout and coping styles of male coaches in selected fields of team sports

Coping style		Problem Oriented	Excitement Oriented	Avoidant
Job burnout				
Statistics	Correlation coefficient	0. 123**	0.321**	0.429**
	Significant level	0/034	0.000	0.000
	N	297	297	297

According to Table 4, with the increase in job burnout, Problem Oriented coping style in team sports increases.

Table 5: Correlations between job burnout and male coaches' self- efficacy of sports fields

Job burnout	Self- efficacy
Statistics	
	Correlation coefficient
	Significant level
	N

According to Table 5, with the increase in job burnout, coach's self- efficacy increases.

Table 6: Determination the relationship between job burnout and self- efficacy of male coaches in selected fields of individual sports

Job burnout	Self- efficacy
Statistics	
	Correlation coefficient
	Significant level
	N

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According to this table, the correlation between job burnout and self-efficacy -0/011 at the 0/900 level is not significant.

Table 7: Determination the relationship between job burnout and self- efficacy of male coaches in selected fields of team sports

Job burnout	Self- efficacy Statistics
	Correlation coefficient -0.418**
	Significant level 0/900
	N 297

According to Table 4, with the increase in job burnout, self- efficacy in team sports increases.

Table 8: Correlations between self-efficacy and coping styles of male coaches in selected fields of sports

Coping style self- efficacy	Problem Oriented	Excitement Oriented	Avoidant
Statistics	Correlation coefficient -0. 261**	-0.229**	-0.350**
	Significant level 0/000	0.000	0.000
	N 425	425	425

According to table 8, by increasing self-efficacy, coaches Problem Oriented coping style is reduced. Also the correlation between self-efficacy and Excitement Oriented coping in 0.001 level is -0.229 significant and negative. Thus, by increasing self-efficacy, Excitement Oriented Coping reduced.

Table 9: Correlations between self-efficacy and coping styles of male coaches in individual sports

Coping style self- efficacy	Problem Oriented	Excitement Oriented	Avoidant
Statistics	Correlation coefficient -0. 352**	-0. 334**	-0.429**
	Significant level 0/000	0.000	0.000
	N 297	297	297

According to table 9, by increasing self-efficacy, coaches problem oriented coping style is reduced. Also the correlation between self-efficacy and excitement oriented coping in 0.001 level is -0.334 significant and negative. Thus, by increasing self-efficacy, excitement oriented Coping reduced.

Table 10: Correlations between self-efficacy and coping styles of male coaches in team sports

Coping style self- efficacy	Problem Oriented	Excitement Oriented	Avoidant
Statistics	Correlation coefficient 0.036	0.030	0.040
	Significant level 0.686	0.737	0.657
	N 128	128	128

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According to table 10, between self-efficacy and coping styles (problem oriented excitement oriented, avoidant) in team sports there is no Significant relationship.

Table 11: The Relationship between the components of burnout and self-appointed coaches of male sports fields using the Pearson correlation coefficient.

burnout components		Emotional exhaustion	efficiency Reduce	Depletion of the personal characteristics
self- efficacy	Correlation coefficient	-0.211**	-0.138**	-0.331**
Statistics	Significant level	0.000	0.004	0.000
	N	425	425	425

The results in Table 11 show that there is a significant negative relationship between self-efficacy and burnout components.

Table 12: Correlations between the components of coping with stress and burnout components selected male coaches and sports fields using the Pearson correlation coefficient

Coping with stress components		Burnout components	Emotional exhaustion	Efficiency Reduce	Depletion of the personal characteristics
Problem Oriented	Statistics	Correlation coefficient	0/097*	0/255**	0/123*
		Significant level	0/046	0/000	0/011
		N	425	425	425
Excitement Oriented		Correlation coefficient	0/257**	0/291**	0/234**
		Significant level	0/000	0/000	0/000
		N	425	425	425
Avoidant		Correlation coefficient	0/308**	0/309**	0/319**
		Significant level	0/000	0/000	0/000
		N	425	425	425

The results in Table 12 show a significant and positive relationship between problem oriented and excitement oriented coping style with components of burnout.

Table 12: Comparison of self- efficacy between individual sports coaches (tennis and swimming) and team coaches (basketball and football)

Self- efficacy	Sports fields	N	Mean	SD
	individual	128	91.49	6.09
	team	297	70.47	6.47

Results Table 13 shows self-efficacy Mean of individual sports coaches is more than team sports coaches

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Discussion

The aim of this study was to examine the relationship between self-efficacy and of coping with stress styles and burnout in athletic coaches in Tehran. The results showed there were significant a positive were between burnout and of coping with stress styles. The survey results were consistent with the research Kashtidar (2002), Sadeghi-Boroujerdi (2003) and Jalali *et al.*, (2011). Kelly *et al.*, (2007) were investigated the relationship between burnout and stress in sport coaches that is consistent with the present study results. The results also showed that self-efficacy and of coping with stress styles in individual sports there was a significant negative correlation, but in team sports, was not. The present findings were consistent with findings by Khoshnevisan and colleagues (2011), Tejari and colleagues (1999). Self-efficacy between individual and team sports fields coaches in present study, is significantly different that is consistent with the Nourbakhsh results (1999).

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