

# A Study on the Influence of Athlete ' s Stress and Coping Style on Team Effectiveness

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## ABSTRACT

This research discussed the influence of the features and stress of athletes participating in 8-person tug-of-wars and their coping style on team effectiveness, and provided suggestions to coaches, instructors and managers for future management and development based on the research result. This research took athletes with experience participating in 8-person tug-of-wars in national competitions as subjects. A total of 210 valid samples were collected. The content of the questionnaire included stress, coping style, team effectiveness and features of athletes. The data were analyzed by independent sample t-test, correlation analyses, One-way ANOVA, and Structural Equation Modeling (SEM). Based on the empirical analysis, the results are as follows: stress has a significant negative influence on team effectiveness; coping style have a significant positive influence on team effectiveness; stress and coping style are highly relevant. In the aspect of stress, personal stress is the most influential factor; in the aspect of coping style, compromise is the most influential factor; in the aspect of team effectiveness, attitude is the most influential factor. One of the most important contributions of this research is proposing the model of the influence of athletes ' stress and coping style on team effectiveness and providing advices to coaches, instructors and managers to strengthen athletes ' ability of coping with stress, reduce their stress and promote athletes ' coping style so they can further increase the entire team effectiveness.

Keywords : stress ; coping style ; team effectiveness ; 8-person tug-of-war

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