

## **ABSTRACT**

**Name of Institution:** De La Salle University- Dasmariñas

**Address:** Dasmariñas, Cavite

**Title:** The Common Psychological Problems Encountered and Coping Strategies of Filipino Athletes for the 2008 Beijing Olympics

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### **Objectives of the Study**

#### **General**

The purpose of this study is to know the different psychological problems encountered and the coping strategies of Filipino athletes for the 2008 Beijing Olympics.

#### **Specific**

1. To be able to know the demographic profile of the athletes according to their:
  - a. Age

- b. Sporting Discipline
  - a. Recent Accomplishments
  - b. Playing Years
  - c. Number of Olympics Joined
- 2. To be able to know the Psychological problems encountered by the athletes at the 2008 Beijing Olympics:
  - a. Before Competition
  - b. During Competition
  - c. After Competition
- 3. To be able to know the coping strategies used by the athletes in aid of the Psychological Problems they have encountered.

### **Scope and Limitation**

This research attempts to determine the coping strategies, behavioral interventions and mental training techniques used by the Filipino Athletes bound for the 2008 Beijing Olympics. Demographic profile, problems encountered by the athletes, coping strategies training techniques of the Filipino athletes in terms of mental, physical, and spiritual aspects and it's relation to sports psychology were the specific topics to discussed on this study.

## **Methodology**

This study research paper focuses on the Filipino athletes/ national team members who have qualified for the 2008 Beijing Olympic Games and the study of the problems they have encountered and their coping strategies for the Olympics in relation to sport psychology.

Data gathered was transcribed and analyzed qualitatively since the answer of the respondents will all be based on their personal experiences and ideas (Calderon, 1993). The data shall then be put into groupings/ will be categorized according to the problems commonly encountered by the athletes before, during, and after the Olympics and the coping strategies they will/ have used. The data gathered will then be analyzed intensively and will be categorized using the concepts and theories of Sport Psychology.

## **Major Findings**

1. The sporting discipline, playing years, and number of Olympics joined is very important to determine which level of stress, pressure and anxiety they have encountered. The age of the athletes serves as the basis to which athletes should be performing in terms of their peak performance level.
2. The Filipino athletes have encountered common psychological stress, anxiety and pressure, what varies is the level of psychological problem they have encountered.

3. The coping strategies used by the Filipino athletes in preparation for the games are mainly emotion- focused coping strategies through avoidance coping techniques, primarily relaxation techniques, goal setting, performance segmenting techniques and other self regulated coping techniques.

### **Conclusions**

This study focuses on the psychological problems encountered by the Filipino athletes who joined the 2008 Beijing Olympics, the coping strategies they have

Used in aid of the problems they have encountered, and its implications to sport psychology.

1.The psychological problems encountered by the Filipino athletes vary from different levels, athletes who were 1<sup>st</sup> time Olympians have higher levels of stress before competition and higher levels of pressure during competition, 4 of the 1<sup>st</sup> time Olympians choked or underperformed during the tournament, while 2<sup>nd</sup> time Olympians have higher levels of anxiety.

2. Avoidance Coping led to underperformance of the Filipino athletes. The athletes were not able to properly cope with the psychological problems they have encountered, this is due to lack of the problem focused coping strategies and proper training program, both physically and psychologically of the athletes.

3. The goal-setting coping strategy of the athletes was not successful due to lack of needed visualization and mental imagery.

4. The researchers therefore conclude that the self-imposed coping strategies used by the athletes failed to prepare them psychologically for the Olympics due to lack of proper psychological training techniques in sport psychology which have to be imposed by a professional sport psychologist.

### **Recommendations**

The researchers would like to recommend the following based on the study of common psychological problems encountered by the Filipino athletes, coping strategies used and its implications to sport psychology:

To Athletes. Sport psychology and proper mental preparation techniques plays a big role especially in the level of elite competition, what separates athletes in the Olympic level is the mental toughness and psychological preparedness of each competitor. We recommend that professional athletes seek the help of professional sport psychologists licensed to design and provide specialized interventions and proper coping strategies based on the concepts and theories of sport psychology prior to big events such as the Olympics.

Sport Psychologist. Sport psychologists are recommended to do researches on what specific interventions and psychological training techniques can be imposed to suit the psychological training needs of Filipino athletes based on

the psychological problems they have encountered from previous Olympic events.

Future Researchers. Future researchers are recommended to conduct studies on performance psychology which was not discussed in this research. They are recommended to conduct researches on the effectiveness of different sport psychological interventions on the Filipino athletes and how they will perform in different sporting competitions.

