

**Title:** Perceived Stress and Coping Skills of University Student-Athletes and the Relationship with Life Satisfaction

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**Tags:** student-athlete, perceived stress, social support, athlete wellbeing, university, Africa

**Sports:** Large variety of sports

**Journal:** African Journal for Physical, Health Education, Recreation and Dance

**Main theme:** Wellbeing

**Secondary theme(s):** Social support

**Aims:** The purpose of the study was to examine the relationship between perceived stress and coping skills with the life satisfaction of university students-athletes.

**Method:** University student-athletes from a South African University competing up to the national level were administered a variety of questionnaires.

**Results and Practical Implications:** Results of the study found that as student-athletes learn to cope with stressful situations, their perceived stress levels decreased, leading to an increase in how satisfied they felt with their life. This suggests how important it is for athlete support staff to teach student-athletes various stress management techniques, perhaps before they move into university, before they encounter these stressful situations. The study also suggested that student-athletes had relatively high stress levels, were constantly worried about their performances, and were only moderately satisfied with their life. This could be attributed to the additional stress that they encounter in their attempt to balance their study and sport responsibilities. Finally, criticism and neglect by coaches, or poor communication lead to stressful situations for athletes. This suggests that coaches should endeavour to have a consistent and positive line of communication with their

student-athletes. To conclude, student-athlete's well-being and success depends on how well they cope with various life stressors, associated with their roles and responsibilities.

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