
NIKOLETTA FEJES

niki.fejes@gmail.com

Psychology

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University of Pécs

Faculty of Humanities

Supervisor:

Róbert Járαι, PhD

assistant professor, PTE BTK

Grittiness, determination and coping (Examination of the relationship between the grit and the coping among top-athletes and non-athletes)

Theoretical background: Grit is a rather new concept in Psychology and so there has not been many books or literary pieces written on it. Scientific researchers only started looking for the individual differences of successfulness and effectiveness, those traits that assist an individual in performing better, in the 20th century. Grit is one of these traits, it is based on an individual's passion for a particular long-term goal, with a powerful motivation to achieve it. An individual may encounter many obstacles and difficulties when attempting to achieve a particular goal therefore hardiness, determination, and difference coping techniques are all necessary to succeed. This study aims to discuss in detail the grit phenomenon, the essence of hardiness, and the different stress coping techniques. Objective: The aim of my study is to get answers to: (1) whether grit has a relationship with coping; (2) if there are individual difference in grit between top athletes and non-athletes; (3) and the differences in grit-level among sportsmen. Method: My research methods include the Grit Scale, developed by Duckworth and his colleagues, which measures grit, and the CISS-48 questionnaire developed by Endler and Parker, a 48-item self-report measure of stress coping, which was completed by 235 people (123 top-athletes and 112 non-athletes), aged between 14-64. Results: (1) Results show that the higher the score on the Grit Scale the more likely the individual uses task-oriented coping technique and the more unlikely the individual uses emotion-focused and avoidance-oriented coping techniques. (2) Significant differences can be observed between the groups surveyed as to their grit-level: top-athletes seem to be higher in grit then non-athletes. (3) There is no significant difference in grit-level among top-athletes. These findings support the idea that it is the possession of the trait itself and its potential for upgradeability, that contribute to becoming athlete and keeping pursuing its career in sport, not the more precise formulation of objectives, frequent encounters with particular stressors or determination.
