

The Effects of Self-Management of Marine Leisure Sports Club Members on Coping with Stress

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Abstract

Background/Objectives: This study aimed to identify the effects of self-management on stress coping of marine leisure sports club members. *Methods/Statistical analysis:* The subjects of this study were 283 club members participating in marine leisure sports in South Korea. The survey was used as the research tool. Data processing included frequency analysis, validity and reliability verification, correlation analysis, and multiple regression analysis. Through these methods, the following results were obtained: *Findings:* First, the self-management of marine leisure sports club members showed a positive correlation with stress coping. Second, mental management and physical management were found to have positive effects on problem-focused coping. Third, mental management, interpersonal management, and physical management were found to have positive effects on social support seeking. Fourth, mental management, interpersonal management, and practice management were found to have positive effects on aesthetic thinking. Fifth, mental management, interpersonal management, physical management, and practice management were found to have positive effects on emotional coping. *Improvements/Applications:* The conclusion drawn from the above results is that marine leisure sports club members have good coping abilities through self-management. Therefore, participating in marine leisure sports can relieve daily stress for participants, contributing to their physical, mental, and social health.

Keywords: Self-Management, Marine, Leisure, Sports, Club Members, Stress.

INTRODUCTION

One of the characteristics of modern sports is that they are conducted in conjunction with nature. Sports that are carried out in conjunction with nature include adventure sports, mountain sports, and marine sports. Among them, skin diving, rafting, windsurfing, and yachting have recently garnered a lot of attention. These are collectively referred to as marine leisure sports, and Korea possesses the natural conditions suitable for these activities. The three environmental factors influencing marine leisure sports are the natural environment, the modified environment, and the social environment [1]. Korea has the world's longest rias coastline, offering an optimal natural environment. However, the academic system for marine leisure sports is still in its formative stages. Due to an excessive focus on marine leisure sports, the modified and social environments are relatively underdeveloped [2]. For the popularization of marine leisure sports, it is essential to have water quality management that meets global standards and extensive government and commercial support.

The popularization of marine leisure sports can invigorate the lives of office workers and contribute to the development of these sports. Particularly, it helps office workers who are exhausted from daily life not only relieve stress but also improve self-management [3]. Participation in sports activities allows office workers to break free from the complexities of work and daily routines and realize their potential as independent beings [4]. This, in turn, enables them to enjoy their work more and focus on it with greater enthusiasm. Office workers who participate in eco-friendly sports activities, in particular, have clearer goals and more thorough self-management. Successful individuals or those who have achieved their goals often have clear objectives and rigorous self-management [5].

Self-management is the process of mentally preparing and overcoming through self-restraint in life [6]. It is also described as a psychological and behavioral strategy where individuals become more meticulous in achieving their personal goals [7]. Participants in recreational sports inevitably require psychological and behavioral self-management. Particularly in sports situations, essential self-management involves mentally preparing and overcoming by self-restraint in daily life. In a complex and crowded urban environment, people often move according to their daily tasks and may forget their own existence due to a monotonous lifestyle. Modern people, in particular, experience an endless cycle of returning to work without efficiently utilizing their leisure time to relieve

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tension and desires. Office workers today carry emotional anxiety due to stress [8]. Chronic and excessive stress negatively affects psychological and physiological processes and hinders skill performance [9]. How individuals cope with stress has a decisive impact on their physical, psychological, and social stability [10]. Stress coping can be divided into problem-focused coping and emotion-focused coping. Problem-focused coping involves cognitive and behavioral efforts to directly resolve or overcome a specific stressor. Emotion-focused coping involves efforts to restore emotional balance disrupted by stress. Kenneth, David, Williams, & Gary (2003) [11] concretized stress coping strategies into confidence, acceptance, financial freedom, physical health, and social support. The coping strategies individuals use in stressful situations are diverse and can have positive effects depending on the strategy chosen [12]. Combining previous studies, self-management and stress are related to various psychological and behavioral variables such as confidence, concentration, and situation coping ability [13]. However, previous studies related to self-management and stress have been limited to elite athletes [14]. Research on recreational sports, especially marine leisure sports, is lacking. This study aims to provide data that help understand the effects of self-management of marine leisure sports club members on coping with stress.

Research Method

Subjects of the Study

The subjects of this study were marine leisure sports club members in Korea. Using convenience sampling, 300 participants were sampled. Of the collected data, 283 responses deemed reliable were used for the final analysis. The general characteristics of the study subjects are shown in <Table 1>.

Table 1. General Characteristics of Study Subjects

| Variable | Category | Number (n) | Percentage (%) |
|-----------------------|---------------------------|------------|----------------|
| Gender | Male | 197 | 69.6 |
| | Female | 86 | 30.4 |
| Age | 20s | 59 | 20.8 |
| | 30s | 81 | 28.6 |
| | 40s | 78 | 27.6 |
| | 50s and above | 65 | 23.0 |
| Final Education Level | High School Graduate | 52 | 18.4 |
| | Junior College Graduate | 81 | 28.6 |
| | University Graduate | 91 | 32.2 |
| | Graduate School and above | 59 | 20.8 |
| Experience | Less than 2 years | 91 | 32.2 |
| | 2-3 years | 71 | 25.1 |
| | 3-4 years | 57 | 20.1 |
| | More than 4 years | 64 | 22.6 |
| Total | | 283 | 100 |

Survey Tools

The questionnaire used in this study consisted of four items on the general characteristics of the study subjects, 15 items on four factors of self-management, and 16 items on four factors of stress coping. The self-management scale, set as the independent variable, was based on the Athletes' Self-Management Questionnaire (ASMQ) developed by Heo (2001) [15] and used by Seo (2012) [16], modified and supplemented for the purpose of this study. The sub-factors of the self-management scale were mental management, interpersonal management, physical management, and practice management. The stress coping scale, set as the dependent variable, was based on the stress coping scale developed by Forkman & Lazarus (1985) [17] and used by Chung & So (2007) [18], modified and supplemented for the purpose of this study. The sub-factors of the stress coping scale were problem-focused coping, seeking social support, psychological thinking, and emotional coping. Each item was measured on a 5-point Likert scale, with 1 point for "strongly disagree" and 5 points for "strongly agree".

Validity and Reliability

Exploratory factor analysis was conducted to verify the validity of the questionnaire. Factor extraction was performed using principal component analysis and varimax rotation.

Self-Management

| Table 2. Validity and Reliability of Self-Management | | | | | |
|---|-------------------|--------------------------|---------------------|---------------------|----------------|
| Items | Mental Management | Interpersonal Management | Physical Management | Practice Management | h ² |
| Item07 | .914 | .122 | .185 | -.045 | .736 |
| Item06 | .871 | .130 | .221 | .042 | .731 |
| Item08 | .802 | .040 | .241 | .100 | .831 |
| Item05 | .793 | .122 | .289 | .142 | .644 |
| Item10 | .035 | .886 | .127 | .190 | .747 |
| Item11 | .201 | .877 | .116 | .172 | .826 |
| Item12 | .077 | .838 | .161 | .164 | .886 |
| Item09 | .104 | .835 | .128 | .229 | .713 |
| Item03 | .196 | .139 | .862 | .172 | .777 |
| Item04 | .146 | .166 | .766 | .092 | .839 |
| Item01 | .394 | .044 | .755 | .094 | .852 |
| Item02 | .344 | .195 | .748 | .124 | .760 |
| Item15 | -.048 | .119 | .195 | .830 | .661 |
| Item13 | .176 | .234 | .165 | .740 | .671 |
| Item14 | .076 | .360 | .016 | .732 | .744 |
| Eigenvalue | 6.139 | 2.752 | 1.413 | 1.113 | |
| Variance% | 40.926 | 18.350 | 9.419 | 7.422 | |
| Cumulative% | 40.926 | 59.276 | 68.694 | 76.116 | |
| Reliability | .844 | .846 | .840 | .850 | |
| Kaiser-Meyer-Olkin=.845 Bartlett's Test of Sphericity($\chi^2=2944.782$, $df=105$, $p=.000$) | | | | | |

Based on the results of exploratory factor analysis, the KMO value was found to be .845 as shown in Table 2. Bartlett's test of sphericity yielded $\chi^2=2944.782$, $df=105$, $p=.001$, which is statistically significant. This indicates that the collected data is suitable for factor analysis. The factor analysis of the 15 items of self-management resulted in the extraction of four factors, explaining about 76.1% of the total variance. To verify the reliability of the self-management scale, Cronbach's α coefficient for internal consistency was calculated. The results showed .844 for mental management, .846 for interpersonal management, .840 for physical management, and .850 for practice management. The reliability values were confirmed to be generally high.

Coping with Stress

| Table 3. Validity and Reliability Results of Coping with Stress | | | | | |
|---|------------------------|------------------------|--------------------|------------------|----------------|
| Items | Problem-focused coping | Social support seeking | Aesthetic thinking | Emotional coping | h ² |
| Item02 | .865 | .129 | .033 | .171 | .755 |
| Item03 | .840 | .172 | .112 | .127 | .795 |
| Item04 | .829 | .204 | .015 | .095 | .764 |
| Item01 | .828 | .149 | -.002 | .218 | .738 |
| Item08 | .095 | .817 | .110 | .220 | .701 |
| Item06 | .257 | .794 | .220 | .145 | .766 |
| Item07 | .160 | .786 | .149 | .268 | .738 |
| Item05 | .220 | .765 | .204 | .159 | .737 |
| Item13 | .058 | .147 | .834 | .125 | .659 |
| Item15 | -.002 | .117 | .812 | .158 | .700 |
| Item14 | -.036 | .127 | .796 | .301 | .751 |
| Item16 | .143 | .233 | .696 | .185 | .680 |
| Item11 | .116 | .220 | .182 | .810 | .736 |
| Item12 | .129 | .211 | .220 | .755 | .742 |
| Item10 | .201 | .264 | .196 | .743 | .698 |
| Item09 | .348 | .125 | .304 | .656 | .593 |

| | | | | | |
|---|--------|--------|--------|--------|--|
| Eigenvalue | 6.521 | 2.458 | 1.433 | 1.143 | |
| Variance% | 40.757 | 15.361 | 8.954 | 7.146 | |
| Cumulative% | 40.757 | 56.117 | 65.072 | 72.217 | |
| Reliability | .851 | .832 | .850 | .832 | |
| Kaiser-Meyer-Olkin=.848 Bartlett's Test of Sphericity($\chi^2=2725.999$, $df=120$, $p=.000$) | | | | | |

As shown in Table 3, the exploratory factor analysis results indicated a KMO value of .848. Bartlett's test of sphericity yielded $\chi^2=2725.999$, $df=120$, $p=.001$, which is statistically significant. This indicates that the collected data is suitable for factor analysis. The factor analysis of the 16 items of coping with stress resulted in the extraction of four factors, explaining about 72.2% of the total variance. To verify the reliability of the coping with stress scale, Cronbach's α coefficient for internal consistency was calculated. The results showed .851 for problem-focused coping, .832 for social support seeking, .850 for aesthetic thinking, and .832 for emotional coping. The reliability values were confirmed to be generally high.

4. Data Processing

The data collected through the questionnaire was statistically processed using SPSS 24.0 to obtain results suitable for the research purpose. First, exploratory factor analysis and reliability verification were conducted to verify the validity and reliability of the measurement tools. Second, multiple regression analysis was conducted to examine the effect of self-management of marine leisure sports club members on coping with stress. The significance level for all statistics was set at $\alpha=.05$.

Research Results

Correlation between Self-Management and Coping with Stress among Marine Leisure Sports Club Members

As shown in Table 4, there was a significant correlation between self-management and coping with stress among marine leisure sports club members. Specifically, mental management showed significant positive correlations with problem-focused coping ($r=.738$), social support seeking ($r=.414$), aesthetic thinking ($r=.333$), and emotional coping ($r=.474$). Interpersonal management showed significant positive correlations with problem-focused coping ($r=.201$), social support seeking ($r=.708$), aesthetic thinking ($r=.436$), and emotional coping ($r=.494$). Physical management showed significant positive correlations with problem-focused coping ($r=.575$), social support seeking ($r=.474$), aesthetic thinking ($r=.356$), and emotional coping ($r=.490$). Practice management showed significant positive correlations with problem-focused coping ($r=.180$), social support seeking ($r=.436$), aesthetic thinking ($r=.567$), and emotional coping ($r=.560$).

Table 4. Correlation Results between Self-Management and Coping with Stress

| Category | | | | | | | | | |
|---------------------------|---------|---------|---------|---------|---------|---------|---------|---|--|
| Mental Management | 1 | | | | | | | | |
| 1Interpersonal Management | .276*** | 1 | | | | | | | |
| 1Physical Management | .572*** | .355*** | 1 | | | | | | |
| 1Practice Management | .211*** | .506*** | .346*** | 1 | | | | | |
| 1Problem-focused coping | .738*** | .201*** | .575*** | .180** | 1 | | | | |
| 1Social support seeking | .414*** | .708*** | .474*** | .436*** | .430*** | 1 | | | |
| 1Aesthetic thinking | .333*** | .436*** | .356*** | .567*** | .170** | .430*** | 1 | | |
| 1Emotional coping | .474*** | .494*** | .490*** | .560*** | .440*** | .543*** | .522*** | 1 | |
| *** $p<.001$, ** $p<.01$ | | | | | | | | | |

Effect of Self-Management on Coping with Stress among Marine Leisure Sports Club Members

Effect of Self-Management on Problem-focused coping

Table 5. Effect of Self-Management on Problem-focused coping

| Variable | B | SE | β | <i>t</i> | Tolerance | VIF |
|--|-------|------|---------|-----------|-----------|-------|
| (Constant) | .804 | .213 | | 3.777*** | | |
| Mental Management | .574 | .044 | .614 | 12.944*** | .666 | 1.500 |
| Interpersonal Management | -.049 | .044 | -.051 | -1.108 | .700 | 1.428 |
| Physical Management | .272 | .055 | .246 | 4.951*** | .608 | 1.644 |
| Practice Management | -.010 | .052 | -.009 | -.200 | .712 | 1.405 |
| F=97.163***, R ² =.583, Adjusted R ² =.577 | | | | | | |
| *** <i>p</i> <.001 | | | | | | |

As shown in Table 5, the regression model of self-management affecting problem-focused coping among marine leisure sports club members was statistically significant ($F=97.163$, $p<.001$). The overall explanatory power for this was approximately 58.3% of the total variance ($R^2=.583$). The relative influence of self-management on problem-focused coping showed positive effects in mental management ($\beta=.614$, $p<.001$) and physical management ($\beta=.246$, $p<.001$).

Effect of Self-Management on Social Support Seeking

Table 6. Effect of Self-Management on Social Support Seeking

| Variable | B | SE | β | <i>t</i> | Tolerance | VIF |
|--|------|------|---------|-----------|-----------|-------|
| (Constant) | .289 | .216 | | 1.339 | | |
| Mental Management | .139 | .045 | .147 | 3.077** | .666 | 1.500 |
| Interpersonal Management | .557 | .045 | .583 | 12.467*** | .700 | 1.428 |
| Physical Management | .183 | .056 | .165 | 3.282*** | .608 | 1.644 |
| Practice Management | .060 | .053 | .053 | 1.138 | .712 | 1.405 |
| F=93.928***, R ² =.575, Adjusted R ² =.569 | | | | | | |
| *** <i>p</i> <.001, ** <i>p</i> <.01 | | | | | | |

As shown in Table 6, the regression model of self-management affecting social support seeking among marine leisure sports club members was statistically significant ($F=93.928$, $p<.001$). The overall explanatory power for this was approximately 57.5% of the total variance ($R^2=.575$). The relative influence of self-management on social support seeking showed positive effects in mental management ($\beta=.147$, $p<.01$), interpersonal management ($\beta=.583$, $p<.001$), and physical management ($\beta=.165$, $p<.001$).

Effect of Self-Management on Aesthetic Thinking

Table 7. Effect of Self-Management on Aesthetic Thinking

| Variable | B | SE | β | <i>t</i> | Tolerance | VIF |
|--|------|------|---------|----------|-----------|-------|
| (Constant) | .700 | .241 | | 2.907** | | |
| Mental Management | .147 | .050 | .168 | 2.926** | .666 | 1.500 |
| Interpersonal Management | .132 | .050 | .149 | 2.651** | .700 | 1.428 |
| Physical Management | .058 | .062 | .056 | .928 | .608 | 1.644 |
| Practice Management | .462 | .059 | .437 | 7.871*** | .712 | 1.405 |
| F=44.226***, R ² =.389, Adjusted R ² =.380 | | | | | | |
| *** <i>p</i> <.001, ** <i>p</i> <.01 | | | | | | |

As shown in Table 7, the regression model of aesthetic thinking affecting social support seeking among marine leisure sports club members was statistically significant ($F=44.226$, $p<.001$). The overall explanatory power for this was approximately 38.9% of the total variance ($R^2=.389$). The relative influence of aesthetic thinking on social support seeking showed positive effects in mental management ($\beta=.168$, $p<.01$), interpersonal management ($\beta=.149$, $p<.001$), and practice management ($\beta=.437$, $p<.001$).

The Effects of Self-Management on Emotional Coping

Table 8. The Effects of Self-Management on Emotional Coping

| Variable | B | SE | β | <i>t</i> | Tolerance | VIF |
|--|------|------|---------|----------|-----------|-------|
| (Constant) | .161 | .215 | | .749 | | |
| Mental Management | .222 | .045 | .260 | 4.959*** | .666 | 1.500 |
| Interpersonal Management | .163 | .044 | .188 | 3.669*** | .700 | 1.428 |
| Physical Management | .152 | .055 | .151 | 2.754** | .608 | 1.644 |
| Practice Management | .369 | .052 | .358 | 7.043*** | .712 | 1.405 |
| F=66.844***, R ² =.490, Adjusted R ² =.483 | | | | | | |
| *** <i>p</i> <.001, ** <i>p</i> <.01 | | | | | | |

As shown in Table 8, the regression model of the effects of self-management on emotional coping of marine leisure sports club members was found to be statistically significant ($F=66.844$, $p<.001$). The overall explanatory power was about 49.0% ($R^2=.490$). The relative influence of self-management on emotional coping showed positive effects in mental management ($\beta=.260$, $p<.001$), interpersonal management ($\beta=.188$, $p<.001$), physical management ($\beta=.151$, $p<.01$), and practice management ($\beta=.358$, $p<.001$).

DISCUSSION

Stress has a very wide-ranging impact on maintaining a healthy life, so it requires lifelong management. To minimize the negative effects of such stress, many researchers have conducted various empirical studies on stress [12]. From this perspective, this study verified the relationship between self-management and stress coping of marine leisure sports club members and confirmed the following facts. The discussion based on these facts is as follows.

As a result of examining the relationship between self-management and stress coping of marine leisure sports club members, it was found that mental management had a significant relationship with problem-focused coping, social support seeking, aesthetic thinking, and emotional coping. This result can be interpreted as the higher the level of mental management of marine leisure sports club members, the higher the levels of problem-focused coping, social support seeking, aesthetic

thinking, and emotional coping. Mental management can be categorized into endurance, confidence, and positive thinking. Such mental management is a behavior that adapts to or reduces the demands arising from stress. In other words, it positively affects stress coping and can expand the ability to control stress [19]. In this regard, it was argued that there are significant differences in problem-focused coping depending on participation in physical activities [18]. It was also said that regular participation in exercise increases the level of problem-focused coping [18]. Therefore, the mental management in this study supports the research results that it is related to problem-focused coping. Furthermore, Cho, Kim & Hong (2009) found that mental management had a positive effect on coping strategies such as emotion-focused, problem-focused, and avoidance coping in a study on male college athletes. This previous research aligns with the results of this study on the correlation between self-management and stress coping. Among the self-management of marine leisure sports club members, mental management, interpersonal management, and physical management were found to have significant relationships with emotional coping. Emotional coping refers to reactions such as emotional expression, seeking comfort or support from others, and avoiding the source of stress (Jeong Dong-hwa, 2007). In this study, it was found that the higher the levels of mental management, interpersonal management, and physical management of marine leisure sports club members, the higher the level of emotional coping. Marine leisure sports club members experience stress in the process of maintaining positive relationships with people around them and overcoming various psychological and behavioral factors such as confidence, anxiety, and emotions. At this time, strategies to cope with mental management aspects, such as overcoming negative emotions like anxiety and boosting self-confidence, and interpersonal management aspects related to human relationships with parents, friends, and colleagues, are necessary. Kenneth, David, Williams, & Gary (2003) divided coping into a dynamic process according to stress situations, selection of coping strategies, and cognitive evaluation of coping abilities, stating that coping strategies should vary according to stress situations. Considering that self-management is the ability to manage one's actions and life, stress coping can be seen as coping with stress arising from self-management situations. Therefore, thorough self-management can be interpreted from the perspective that it can cope with stress.

In this study, mental management, interpersonal management, and physical management were identified as variables explaining stress coping, partially supporting previous research. These results suggest that the higher the levels of mental management, interpersonal management, and physical management, which include positive thinking and effort towards goals, restrained human relationships, and physical management to enhance individual physical strength and skills [7], the more they can control and strengthen the imbalanced elements caused by stress.

CONCLUSION

This study aimed to identify the effects of self-management on stress coping of marine leisure sports club members. The subjects of this study were 283 club members participating in marine leisure sports in South Korea. The survey was used as the research tool. Data processing included frequency analysis, validity and reliability verification, correlation analysis, and multiple regression analysis. Through these methods, the following results were obtained:

First, the self-management of marine leisure sports club members showed a positive correlation with stress coping.

Second, mental management and physical management were found to have positive effects on problem-focused coping.

Third, mental management, interpersonal management, and physical management were found to have positive effects on social support seeking.

Fourth, mental management, interpersonal management, and practice management were found to have positive effects on aesthetic thinking.

Fifth, mental management, interpersonal management, physical management, and practice management were found to have positive effects on emotional coping.

The conclusion drawn from the above results is that marine leisure sports club members have good coping abilities through self-management. Therefore, participating in marine leisure sports can relieve daily stress for participants, contributing to their physical, mental, and social health.

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