



Introducing the Effectiveness of Group Training of Hope on the rate of Hope and Fear of Failure among Female Martial Artists

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Available online at: www.isca.in, www.isca.me

Received 5th May 2014, revised 25th October 2014, accepted 9th June 2015

Abstract

The purpose of this research is to investigate the effectiveness of group training of hope on increasing of hope and decreasing fear of failure among female martial artists who referred to Khoram Abad clubs. This study is a semi-experimental research using pre-and post-test with control group applied on female martial artists of 18 to 35 years old in Khoram Abad city that were selected using random sampling method. At first the Snyder's hope test and Ken's fear of failure test were performed on participants and then 24 individuals that acquired the least score in the hope and the most score in fear of failure test were selected. From among these individuals 12 individuals were selected using simple random selection for experimental group and 12 individuals were selected for control group. Hope therapy treatment was performed on two experimental and control groups, 10 sessions, each session 2 hours in a week. To analyze data covariance analysis was used. Result of covariance analysis showed that there is a significant difference between averages scores of experimental and control group. Therefore, group training of hope was influential on the rate of hope and fear of failure among female martial artists and the follow up result had a sufficient stability.

Keywords: Hope therapy, fear of failure, martial artists.

Introduction

Most of the athletes show the best performance in their practices. But, at the time of race and competition afflict with specific problems and a type of exhaustion that causes declining their performance. One of the factors that result in decreasing of efficiency is attitude of the athlete about race and his/her evaluation from this position. It means a state of negative emotion that because of indoctrination of one situation will be represented as a threatening position¹. There are different components in sport psychology that are related to performance of athletes that one of the most important of them is fear of failure. Most of the recent studies defined fear of failure as tendency to evaluate minatory and sense of anxiety in the conditions that there is possibility of failure².

Anxiety causes uncertainty, hopelessness, and physiological arousal with symptoms such as fatigue, nervousness and irritability, fear and worry, insomnia and nightmares, palpitation, irregular and rapid breathing, sweating, headache, dizziness, difficulty in concentration and memory, muscle tremor and frequent urination. Generally athletes for different reasons such as sport achievement, difference in abilities or influential capabilities required for sport application are anxious and such anxiety as negative agent interferes in their performance³. Athletes that experience a high level of anxiety will be faced with problems such as declining of performance, muscle pain and aggression at the race⁴.

Anxiety is divided into two parts: cognitive and physical.

Cognitive anxiety is the mental part of anxiety in which mental struggle along with turbulence of a possible risk or physical damage, a shaming condition or inefficiency position will be revealed. Fear of failure and negative evaluation of anxiety position measure the body that is the source of decreasing sport performance. Such arousal happen more than ever rarely in relation to decreasing performance at the time of practices without pressure and it means that usually one athlete shows anxiety related to decreasing performance in the races that are the result of important winning or failure. Based on the view of cognitive-exciting view, failure is considered as a threat for individuals and individuals, who learned fear of failure, fear more than others when facing fearful activities. Of consequences related to fear of failure one can refer to losing interest, shame, and self-assessment and educational failure⁵. In a study dealt with different aspects of and fear consequences from failure of athletes and declared that fear of failure causes cognitive anxiety and self-assessment at the time of races⁶. In a study on 4 athletes of 14 to 17 years old in England in the case of side effect of fear of failure reported that fear of failure in the professional cause's disorder in sleep, interpersonal behavior, the athlete's sport performance⁷. Today, because of little attention to psychology of sport, athletes might experience consecutive failures that resulted in irrevocable damages to them and sport society; therefore, paying attention to sport psychology and related variables to performance of athletes can lead to suitable result. Group training of hope is a treatment program that based on Snyder's hope theory is designed to increase hopeful thoughts and supporting activities related to

investigation of the objectives. In this treatment at first partners will be familiar with principles of hope theory and then they will be educated to apply these principles. Apprentices learn: i. to determine main purposes that are accessible and measureable. ii. To specify different ways for moving toward such purposes. iii. to introduce the results of motivation and mutual influence for every obstacle on incitement. iv. To review development toward objectives. v. To modify the aims and ways if needed. Result showed approval of positive construction on physical and mental health in different studies. In the hope therapy objectives are the main causes of emotion⁸. The positive emotion is the result of reaching at goals or imagination of distancing from it⁹. Hope therapy provides a new framework for active change and offering guidelines to athletes and precludes imaginations of damaging and anxiety disorder and lack of anticipation. Based on the study of Snyder¹⁰ there is relationship between people's high hope and their achievement in sport activities and physical and mental health, and hope has a negative significant correlation to anxiety, because people against imagination and their understanding of vulnerability are not controllable and predictable and think about their negative mental considerations. In analysis of hopeful thoughts showed that more hopeful individuals have more positive thoughts to their life and represent a greater tendency for introducing positive aspects of traumatic position¹¹. In the current sport society, according to psychological and mental impasse of athletes and clubs it seems that this approach is an effective and efficient way to direct athletes to hopeful goals. In this study the researcher investigated the effect of group hope therapy on the rate of fear of failure in female martial artists.

Methodology

This study is a semi-experimental research using pre-and post-test with control group that aimed at analyzing the effect of group hope therapy on increasing of hope and decreasing fear of failure in experienced martial artists with 3 years of sport activity in Khoram Abad city.

Population of this study is athlete females from 18 to 35 years old with three years of sport activity who referred to Khoramabad clubs after necessary coordination with marital clubs of Khoramabad city and necessary descriptions the intention of martial females increased to take part in clubs. Then from among female marital artists 24 individuals were selected using simple randomly method in two experimental and control groups.

Snyder's Hope Scale: To study the hope variable the adolescence hope questionnaire was used. The adolescence hope scale is a self-reporting scale containing 12 questions that was made by Snyder its psychoanalytical features were approved¹². This questionnaire in a study¹³ was applied on 660 girl students in Tehran Province. Stability of Snyder's hope scale was analyzed using internal consistency and Alfa chronbach coefficient was 89%. The hope scale has a high correlation to

scales that measure similar processes. For example the hope scale case is correlated to 50% with Shier and Karo's optimism scale. Also, the score of this scale negatively correlated to the scores of Beck depression inventory (42% to 51%). In addition based on the ideas of clinical experts, validity of this scale was approved using content validity.

The scale of fear of failure: Performance Failure Appraisal Inventory (PFAI) was designed⁶ based on the Lazarus's cognitive-incentive theory that is in line with other multidimensional methods of measuring fear of failure¹⁴. Exploratory factorial analysis showed that this 25 question of the questionnaire includes five dimensions related to fear of failure that measure: i. Experience of failure and embarrassment, ii. decreasing of self-esteem, iii. having an unknown future, iv. losing the interest of important people. Answer to these questions is based on Likert's 5 value scale from -2 (totally disagree) to 2 (totally agree). In the study that was established¹⁵ on 203 athlete students (93 female and 110 male) with average age of 19 to 23 years and sport activity experience to 4 years and 4 months to 7 years and 7 months the result of factorial analysis of 5 questions of fear of decreasing self-esteem, 4 questions of fear of an unknown future, 4 questions of losing the interest of important people and 7 questions of experience of failure and embarrassment can be approved in the questionnaire of failure measurement in performance. Correlative analysis showed that the entire factors have an acceptable correlation with fear of failure. The rate of Alfa-chronbach coefficient to analyze stability of questions in every subscale is more than 50% that represents acceptable internal consistency of each subscale.

The method applying the research: After selection of the samples and their randomly replacement in the control and experimental groups the questionnaire of fear of failure and hope scale before and after application of independent variable (hope therapy) was offered to apprentices to answer them. Treatment sessions contain 10 sessions, each one two hours. In addition, treatment program was designed based on works of MacDermott¹⁶. The time of every session was 70 to 90 minutes and after terminating the educational courses, again the two groups responded to research tools. The content of sessions was as follows in table-1.

To analyze the rate of effectiveness of group training of hope on changes of hope and fear of failure among female martial athletes using descriptive indexes such as average and standard deviation and two indexes of distribution: tilting and strain. In the section of analyzing hypothesis, the parametric test hypotheses such as Kolmogorov- Smirnov test and Shapiro Wilk and Lovine test were used to ensure establishment of conditions of using parametric tests. Finally to analyze findings related to research hypotheses the statistical inferential tests for one-way covariance analysis based on two dependent variables and one independent variable, having pre- and post-test and also

specifying the impact of demographic variables.

Table-1
Session, content and subject of sessions

Sessions	Content and subject of sessions
Session one	Members' familiarity with educational courses. Description of the principles of in-group working and expressing the purpose of groups. Application of fear questionnaire from failure and scale of measuring hope.
Session two	Interpreting the test of the previous session. Introducing the variable of fear of failure and its importance in the results of races and expressing psychological reasons and other causes. Significance and necessity of hope and its role in developing sport purposes.
Session three	Introducing hope: hope formula and its principle. Introducing features of positive purpose and quality of creating it. The role of positive self-repetition of hope in increasing of self-esteem and negative self-repetition in decreasing of hope. Offering strategies for adjusting a clear objective.
Session four	Preparing a list of methods to reach at goals. Depicting relationship between thought and positive sensation. Introducing upcoming thoughts to change beliefs.
Session five	Familiarity with power of soul (will) and methods of reinforcing them. Discovering the obstacles of reaching at the objectives (introducing four obstacles: mental, environmental, sensitivity, and behavioral) findings methods to remove or obviate the obstacles of reaching at achievement in races The role of negative in preparing the conditions for failure.
Session six	Replacing positive emotion in facing obstacles (positive self-repetition, hopeful sports, the technique of finding silver cover, preservation of the joking spirit. Educating techniques of increasing motivation in persuading objectives.
Session seven	Paying attention to personal abilities. Considering do's and don'ts for reaching at purposes. Educating spontaneity and initiative and creative thinking.
Session eight	Influences of hope on life. Evaluating sessions. Thanking each member group.
Session nine	Evaluating the workshop (post-test application of hope and fear of failure).
Session	Third time application of research tools after a month.

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Results and Discussion

24 female martial artists in the two groups of experience and control group equally every group of 12 individuals were studied and statistically the age differences in the two groups were not significant. In the experimental group 25% were below 20 years old, 42% were between 20 to 25 years and 33% were under 20 years old. 50% of participants were between 20 to 25 year old and 17% of them were between 25 to 30 years old. Also in the experimental group 41.7% were diploma and lower,

50% were Associate of Arts Degree (AA) and Bachelor of Art or (BA), and also 8.3% were Master of Arts (MA) and higher. In the control group 50% were diploma and lower, and 50% were AA and BA. In the experimental group 58.3% were single and 41.7% were married. Otherwise, in the control group 50% were single and 50% were married.

Average and standard deviation of pre- and post-test for hope in the two groups' participants.

Table-2
Descriptive information for pre- and post-test female martial artists in the hope scale

Scale and sub-scales	Group	Stage	Average	Standard Deviation
Hope scale	Test	Pre-test	12.31	3.12
		Post-test	26.31	2.85
		Follow up	25.16	2.68
	Control	Pre-test	14.13	3.91
		Post-test	14.85	3.81
		Follow up	13.95	3.88

Table-3
Average and standard deviation of pre- and post-test for hope in apprentices of the two groups

Scale and sub-scales	Group	Stage	Average	Standard deviation
Fear of failure	Experiment	Pre-test	5.34	0.43
		Post-test	-36.25	0.37
		Follow up	-35.86	0.39
	Control	Pre-test	6.74	0.41
		Post-test	6.94	0.31
		Follow up	5.81	0.25
Sense of shame	experiment	Pre-test	-1.38	1.10

Table-4
Summary of findings of one variable covariance analysis for component of hope in control and experimental groups

Variable	Third type Sum squares	Degrees of freedom	Average squares	F ratio	Sig level	Squire	Eta The observe power
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Hope	16.32	1	16.32	17.16	0.000	0.43	0.92
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Result of table-4 shows that after deleting the effect of pretest from average of the two experimental and control group in the hope component (Eta square is equal to 0.43 and level of sig is equal to 0.000 and index of $f=17.16$).

With 99% confident we can say that there is a significant difference between averages of the two groups in hope component and it means that hope group training to 43% is influential in increasing of hope among female martial artists. The power is equal to 0.92% that the rate of intensity effect of experimental variable is shown on dependent variable and we can say that experimental variable influenced to a great extent and in fact, the power effect has been high and these findings are in line with findings of studies⁸, Bijari¹⁶, Aironic¹⁷, Klausner¹⁸ Cheavens¹⁹ and Fiknez¹.

Result of table-5 shows that after removing the impact of pretest from average of the two experimental and control group in fear of failure, eta square is equal to 0.31 and level of significance is 0.035 and index $f=5.236$ with 95% confidence has a significant difference statistically between averages of the two groups in fear of failure and it means that group training of hope is influential in lowering fear of failure among female martial artists. The power effect was 0.72% that the rate of experimental variable effect on dependent variable is shown and we can say that experimental variable influenced with average and higher effect and power effect is more than average level.

Conclusion

The suitable impacts of positive constructs (such as optimism and hope) on physical and mental health are approved in different studies⁸. In this way the construct of hope received a great attention¹². After offering the hope theory¹² and providing a scale for measuring a wide range of studies we analyze relationship between hope and different variables of mental and even physical health. For example, different studies showed that hope with positive affect²⁰ and self-valorizing senses¹⁹ has a positive correlation, and also negatively is related to depression²¹, anxiety²² sense of burnout²³. Emotions are products of purposeful thoughts²⁴. These emotions are responses to achievement or failure in following purposes. Positive emotions are along with perceiving success in following appropriate purposes and negative emotions occur after

unsuccessful following of purposes⁹ based on the result of previous studies this research tried to analyze effectiveness of group training of hope on the rate of hope and fear of failure among female martial artists. Result of this study indicates that this treatment program result in increasing the rate of hope and decreasing fear of stress in female martial artists. These findings are very hopeful and represent the potential value of treatment based on positive psychology generally and hope specifically. Today martial sports are common among youth and interest in martial sports in the recent years increased significantly. For example¹⁴ it was indicated that more than 75 million people all over the world take part in at least one of the martial sports. Growth and development of these latent talents requires guaranteeing security and mental health of the athlete, sport psychology covers precise selection and exciting athletes so that athletes to race in the highest levels. Athletes should apply strategies to resist against high level of pressure to decrease it, and they should apply successful group strategies learn strategies and educate them. It is clear that psychologists are the main figures of sport competition and psychological studies and usage of them in the sport condition enable individuals: i. to describe behavior (athletes of a team that continually win behave more friendly than athletes who frequently loss), ii. To determine a behavior (sudden failure may happen if the team has no sufficient excitation, on the other hand the team which experienced failure before was in a better position to prove that it is possible to defeat rivals) iii. Predicts behaviors (if coach train individuals bitterly, then athlete for anxiety and inability to concentrate would not be able to remember the speeches).

In the present study the group training of hope by educating and pursuing athletes for i. determining purposes ii. Creation of strategies to reach at those purposes, iii. Providing necessary motivation to apply such strategies and preserving them at the working process that causes increasing of the rate of hope among female athletes by forming the sense of ability and positive affect among them to decrease the rate of fear of failure that result in decreasing of performance in the fields of sport.

Regarding limitations of the study we can say that it is possible to generalize findings to the members of group. Also, because of limitation of time, sessions were held in a short time interval and access to appropriate space to perform treatment sessions was so difficult.

Table-5

The summary of findings of covariance analysis of one variable for the components of fear of failure in the experimental and control groups

Variable	Third types of sum squares	Degrees of freedom	Average squares	F ratio	Level of sig	Eta Square	The observed power
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Fear of failure	63.52	1	63.52	5.23	0.035	0.31	0.72
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In this research like most of the studies the self-reporting tools were used to measure the constructs. In the next studies it is possible to use the concrete behavior indexes or semi-structured interviews. It is suggested to use expert psychologists to increase the rate of hope among athletes in the clubs. This study aimed to supply primary conditions for effectiveness of hope therapy; therefore, more studies are required for this research to specify stability of impacts of this program. To reach at a precise conclusion one should compare the result with result of other studies. In addition, clinical observations showed that treatment duration might not be sufficient to change purposes, therefore it is better to use long periods of treatment in the future studies.

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