



Cognitive Appraisal and Stress Coping: Management Strategies Based on Gender Difference in Archery Athletes

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Abstract

Not a few athletes experience stress during training or competing, which can happen to male and female athletes who are influenced by internal or external factors. However, each athlete has a different way of dealing with stress to get out of the existing pressure. This study aims to analyze how gender differences can affect the cognitive appraisal process of archery athletes in dealing with stress. The quantitative descriptive method with an ex-post facto research approach was used in this study involving 23 archery athletes from Bandung City. The instruments used in the study were the Cognitive Appraisal Rating Scale (CARS) questionnaire and the Brief-COPE Inventory Scale, which were given once to respondents. After the data was obtained, data analysis was carried out using the SPSS Version 29 linear regression test. The results of the analysis showed that male athletes had higher cognitive assessment scores, while female athletes showed better stress management abilities. This suggests that although male athletes are superior in cognitive aspects, female athletes are able to manage stress more adaptively through coping strategies that focus more on solutions and social support. This study concludes that cognitive appraisal has a significant influence on stress coping based on gender differences between men and women in archery athletes from Bandung City.

How to Cite

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INTRODUCTION

Stress is often a challenge experienced by athletes. Stress arises from various sources, both internal and external, such as pressure to achieve, intense competition, and very high physical demands (Alficandra et al., 2024). Athletes are not only required to achieve the expected results but also often have to deal with teammates who can increase anxiety and doubt with focus and impact overall performance (Maryam, 2019). Two aspects arise due to stress, the physical and the psychological aspects. The physical aspect impacts the decline in the individual's condition when stressed, such as experiencing headaches, digestive disorders, changes in appetite and others (Febri, 2024). In the psychological aspect, symptoms appear from cognition, emotions, and behaviour that affect psychological conditions negatively, such as feeling sad, delaying work, decreased memory and concentration, fear of failure, loss of interest, difficulty working together, and having low self-esteem (Anggara & Laksmiwati, 2022).

Based on the physical and psychological aspects that arise due to stress symptoms, the athlete's cognitive response greatly influences how the athlete manages the stress itself (Putri & Raharjo, 2023). Cognitive response is related to how athletes process information, make decisions, and handle stimuli that occur during training or matches (M. P. Komarudin et al., 2024). When an athlete is in a challenging situation, such as crucial moments in a match, their cognitive ability to analyze and respond quickly can determine the outcome (Wirth et al., 2018). In the sport of archery, an archer needs to pay attention to various factors, such as weather conditions, distance, and target position, and develop the right shooting rhythm strategy. This cognitive process involves careful analysis of environmental factors, including the impact of wind, rain, and lighting.

Another factor is how an archer carefully regulates the rhythm of the shot from arrow to arrow, which can affect the accuracy of the shot (Hastings, 2023). This is in line with previous studies that revealed that an athlete must be able to anticipate the emergence of stress so as not to cause anxiety disorders and a significant decline in performance (Nugroho et al., 2024). Being able to recognize and manage stress is necessary because this can have a major impact on the success of athletes when competing (Thelwell et al., 2017). Athletes who are aware of the factors that can trigger stress, such as pressure from competition, the expectations they have, and demands

from around them, will be better prepared to face various challenges (K. Komarudin et al., 2024). In addition, by recognizing the source of stress early, athletes can apply appropriate coping strategies, such as breathing relaxation techniques or visualization, which aim to reduce the negative impact of stress (Pratama & Utami, 2024).

Coping is a person's reaction when facing psychological stress as a result of the burden received. Stress Coping is a way used by individuals to face or overcome problems and is also a cognitive and behavioural effort of individuals to modify, withstand, or eliminate threatening stressors (Pambudhi et al., 2022). In general, coping is divided into two, namely reactive coping (reaction after stressors) and proactive coping (aimed at neutralizing stressors in the future) (Bekhter et al., 2021). Proactive individuals excel in stable environments because they are more routine, rigid, and less reactive to stressors, while reactive individuals perform better in more varied environments (Gautam et al., 2024). This shows that the way an athlete copes with challenges is greatly influenced by the specific context in which they are located (Nicholls et al., 2016). The psychological aspect of each sport depends on other conditions, such as regulations, training, physical abilities, athlete quality, and improving psychological aspects is a stage of development of athlete talent in adapting their abilities (Arifin & Wahyudi, 2021).

Related to cognitive appraisal and stress coping above, the author argues that it is necessary to analyze the difference between cognitive appraisal and stress coping, especially in archery, with a focus on gender differences that can affect their psychological responses. Many previous studies have discussed how to deal with stress in general in non-sports circles, but the author has not found any previous studies that discuss how cognitive appraisal and stress coping vary between male and female athletes. The author feels that this study is very important because it can help athletes cognitively make decisions to manage stress better and more appropriately. Good cognitive appraisal in coping with stress can help athletes show their best performance and reduce the possibility of mental problems. In addition, this study takes an in-depth approach, not only to the cognitive domain but also to consider emotions and social relationships that can affect how athletes deal with stress. Understanding the differences between male and female athletes in cognitive appraisal and stress coping will help them design better ways to achieve their best performance and mental health.

It is essential to understand how cognitive

appraisal and stress coping strategies may differ between male and female athletes, especially in archery sports that require high concentration. With that, it can be assumed that gender differences have the potential to influence the psychological responses shown by athletes. These differences include tendencies in assessing stress situations, emotional regulation capacity, and the selection of adaptive coping mechanisms. Therefore, this study specifically aims to analyze the influence of gender differences on cognitive appraisal and stress-coping strategies in archery athletes. This objective is based on the need to gain a more comprehensive understanding of the differences in psychological characteristics between male and female athletes, which can ultimately be the basis for developing gender-specific, contextual, and evidence-based psychological interventions to support optimal athlete performance and mental well-being.

METHODS

The research method used by the author is a quantitative descriptive method, which is quantitative research with a descriptive form using numbers or numerics (statistics), which means that this research is related to the description with statistical figures (Zakariah & Afriani, 2021). For the research design that the author uses, namely ex-post facto. Ex-post facto research examines cause-and-effect relationships that are not manipulated or treated by researchers. Causal research is carried out on programs, activities or events that have taken place or have occurred (Sappaile, 2010).

The subjects in this study were archery athletes who were registered as active athletes and were specially trained under the auspices of the city of Bandung. As many as 23 athletes were divided into 10 male athletes and 13 female athletes, with an age range of 15 - 44 years. The author sees that these athletes have great ambition and potential to achieve achievements but still do not have a stable psychological condition due to internal and external factors experienced by the athletes.

The instrument used by the author to measure stress coping in this study was the brief-coping orientation to problems experienced inventory (Brief-Cope) developed by (Carver, 1997) in the form of a questionnaire. A questionnaire is a data collection technique carried out by giving a set of written questions or statements to respondents to answer (Young, 2015). To measure the cognitive appraisal of athletes, the author used

the Cognitive Appraisal Rating Scale (CARS) research instrument developed by (Suzuki & Sakano, 1993) in the form of a questionnaire that the respondents would later answer. The use of instruments in this study is adoption. Adoption in research refers to the use of existing instruments, as well as instruments developed by other researchers. In the research instrument brief-coping orientation to problems experienced inventory (Brief-Cope), the author adopted the research instrument from García et al. (2018), while in the Cognitive Appraisal Rating Scale (CARS), the researcher used an instrument adopted from Sakakibara & Endo (2016), without significantly changing their contents (McAlpin et al., 2022). Later, both instruments will be distributed to respondents simultaneously, with each questionnaire filled out once by the respondents.

Data analysis in this study used SPSS (Statistical Package for the Social Sciences) with a linear regression test. Linear Regression Analysis is a statistical technique for creating models and investigating the influence of one or more independent variables on one response variable. In other words, this test is carried out to determine the influence of variable X on variable Y (Yusuf Alwy et al., 2024). In this study, the author used a simple linear regression test. A simple linear regression test is a statistical technique used to see the relationship between one independent variable (X) and one dependent variable (Y). This relationship is assumed to be linear, meaning that changes in variable X will result in changes in variable Y consistently (Susanti et al., 2019).

RESULTS AND DISCUSSION

The research results were obtained by statistical data calculations using SPSS (Statistical Package for the Social Sciences) (Elzati, 2024). Then, the results of the quantitative data analysis were presented in **Tables** and **Figures**.

Table 1. Statistical Description

| Variable | Gender | N | Min. | Max. | Sum | Mean | Std. Dev. |
|---------------------|--------|----|------|------|------|-------|-----------|
| Cognitive Appraisal | Male | 10 | 27 | 34 | 297 | 29.70 | 2.359 |
| | Female | 13 | 22 | 36 | 362 | 27.85 | 4.240 |
| Stress Coping | Male | 10 | 67 | 91 | 753 | 75.30 | 7.790 |
| | Female | 13 | 50 | 91 | 1018 | 78.31 | 10.061 |

Table 1 Statistical Description of Cognitive Appraisal and Stress Coping Variables. With 10 male archery athletes and 13 female athletes were involved in the research subjects. The cognitive appraisal variable for male athletes obtained

a minimum value of 27, a maximum value of 34, a total value of 297, an average value of 29.70, and a standard deviation value of 2.359. The cognitive appraisal variable for female athletes obtained a minimum value of 22 and a maximum value of 36, with a total value of 362, an average value of 27.85, and a standard deviation value of 4.240. The stress coping variable for male athletes obtained a minimum value of 67, a maximum value of 91, a total value of 753, an average value of 75.30, and a standard deviation value of 7.790. The stress coping variable of female athletes obtained a minimum value of 50, a maximum value of 91, with a total value of 1018, an average value of 78.31, and a standard deviation value of 10,061. Furthermore, the author presents the results of the normality test in **Table 2**.

Table 2. Normality Test

| Variable | Gender | Statistic | df | Sig. |
|---------------------|--------|-----------|----|------|
| Cognitive Appraisal | Male | .924 | 10 | .392 |
| | Female | .947 | 13 | .560 |
| Stress Coping | Male | .910 | 10 | .278 |
| | Female | .880 | 13 | .071 |

Table 2 Normality test of cognitive appraisal and stress coping variables using the Shapiro-Wilk technique. The results of the cognitive appraisal variable show that male athletes obtained a statistical value of .924, degrees of freedom of 10, and a significance value of .392. Cognitive appraisal in female athletes obtained a statistical value of .947, degrees of freedom of 13, and a significance value of .560. The results of the stress coping variable in male athletes obtained a statistical value of .910, degrees of freedom of 10, and a significance value of .278. Stress coping in female athletes obtained a statistical value of .880, degrees of freedom of 13, and a significance value of 0.071. Then, the author conducted a hypothesis test in **Table 3**.

Table 3. Hypothesis Test

| Model | t | Sig. | R Square | Adjusted R Square |
|----------------|--------|------|----------|-------------------|
| CA – SC Male | 5.418 | .001 | .443 | .373 |
| CA – SC Female | -2.793 | .017 | .415 | .362 |

Table 3 Hypothesis Testing using linear regression that tests the effect of cognitive appraisal on stress coping. This table obtains the results of the t-test on male athletes of 5.418, with a sig-

nificance value of .001 in the results of the linear regression analysis obtained an R-Square value of .443 and an Adjusted R-Square of .373. While female athletes obtained a t-test result of -2.793, with a significance value of .017, the results of the linear regression analysis obtained an R-Square value of .415 and an Adjusted R-Square of .362. Thus, based on the hypothesis test, there is a significant difference between cognitive appraisal and stress coping in male and female athletes. Next, the author presents the percentage of cognitive appraisal and stress coping levels based on gender differences between boys and girls, as shown in **Figure 1**.

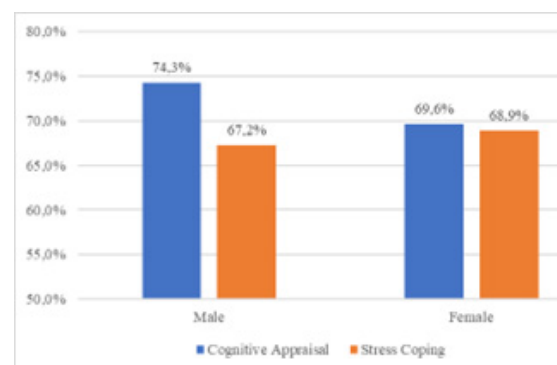


Figure 1. Percentage of Cognitive Assessment and Stress Management

Figure 1 shows the percentage of cognitive assessment results and stress coping of male and female archery athletes. Based on the graph shown, the cognitive assessment of male athletes has a higher percentage value than female athletes, with a percentage value of 74.3% for male athletes and a percentage of 69.6% for female athletes. Based on the results of the percentage of stress coping, female athletes have better stress coping abilities than male athletes, with a percentage value of 68.9% for female athletes and 67.2% for male athletes. The difference between cognitive appraisal and stress coping abilities in male and female athletes is different, but the percentage of cognitive appraisal in both male and female athletes has increased.

The research conducted provided results that cognitive appraisal have an effect on stress coping in male and female athletes. Judging from the percentage of results, the cognitive appraisal of male athletes is higher than that of female athletes. This result shows that male athletes are superior in cognitive aspects such as decision-making and concentration. The ability of athletes to make quick decisions is the first step to per-

forming something well (Komarudin & Novian, 2021). This cognitive appraisal shows that male athletes have higher achievement motivation and are more confident in making decisions. They also change decisions that have been made less often, so they are considered more consistent and confident in competitive situations (Haryono et al., 2024). Female athletes tend to have higher levels of boredom when compared to male athletes in various sports and lower mental preparation (Nopiyanto & Alimuddin, 2020).

The cognitive appraisal of male athletes is a higher percentage than female athletes. In contrast, the stress coping ability of female athletes is superior to male athletes because the coping strategies they use tend to be more adaptive and focused on solutions (Triwidiyanti et al., 2022). Focus on problem solutions and planning, thinking about how to overcome the causes of stress, namely by making strategies for action and thinking about the steps that need to be taken in dealing with a problem (Andriyani, 2019). In dealing with a problem, women tend to use more flexible coping strategies, such as relying on social support and emotional management.

In other words, women are more open to seeking support from friends and family, which can reduce the impact of stress (Hanidah, 2023). If a woman is experiencing stress about the problems she is facing, they do not hesitate to ask for positive support from people in their immediate environment (Illana, 2023). Conversely, men often focus more on results and competition, which can increase the pressure they feel (Paserman, 2023). In addition, according to previous studies, men are less open to seeking social support and only rely on themselves to overcome problems (Rahmadhani, 2025). Despite having a high level of cognitive appraisal, men are less likely to use emotion-oriented coping strategies, which can make them more vulnerable to stress (Wijoyo, 2022).

The difference in percentage values shows that both male and female genders have their advantages. However, there are similarities between the two genders. Namely, the percentage of cognitive assessment in male and female athletes both increase compared to the percentage value of stress coping. Athletes with high cognitive assessments tend to view stress from internal or external sources as an opportunity to develop, not a threat (Rosyidi, 2015). This perception can reduce the effects of stress and trigger physiological responses to be more controlled, such as a more stable heart rate, which is very influential in archery, which requires focus and calm (Vrbik et

al., 2015). Good cognitive assessment allows athletes to focus on solutions by analyzing the situations they face and developing playing strategies, such as adjusting the rhythm of shots from arrow to arrow, rather than avoiding or getting caught up in negative emotions that can cause stress.

Sources of stress in athletes are physical conditions related to repeated training, psychological pressure, and also social to achieve victory (Arbi & Ambarini, 2018). Cognitive assessment plays an important role in the process of dealing with stress and then helping individuals recognize and understand the source of stress, which is the first step in managing their response to the situation (Falloon et al., 2023). In addition, cognitive assessment allows individuals to choose the most appropriate coping strategy. However, not all individuals can do stress coping that is appropriate to the problems they face, especially if they do stress coping with negative things such as using narcotics or alcohol (Putro et al., 2020).

There are positive stress coping strategies that can be alternatives, such as using psychological methods of relaxing the body and mind, talking to coaches to get solutions to the stress faced, seeking emotional support from family or people closest to them, taking time for their happiness, strengthening spiritual aspects as a means of providing meaning, strength, and peace by strengthening prayer and worship to the Almighty, (Jung et al., 2016). Having a good cognitive assessment can influence how athletes or individuals choose how to deal with stress that is good for themselves. This process also helps individuals manage emotions that arise due to stress, allowing for a calmer and more rational response (Hijah et al., 2025). Ultimately, a good cognitive assessment of stressful situations can increase mental resilience, allowing individuals to be better prepared to face challenges and reduce the negative impact of stress (Smith & Ascough, 2016).

CONCLUSION

Based on the research on Cognitive appraisal and Stress Coping: Management Strategies Based on Gender Differences in Archery Athletes, it can be concluded that cognitive appraisal has a significant influence on stress coping based on gender differences between male and female archery athletes in Bandung City. The results of the analysis showed that male athletes had higher cognitive appraisal scores, while female athletes showed better stress-coping abilities. The results and discussion show that although male athletes are superior in cognitive aspects, female ath-

letes are able to manage stress more adaptively through coping strategies that focus more on solutions and social support. Thus, cognitive appraisal plays an important role in the stress coping process, determining what steps athletes will take in managing stress.

Therefore, coaches and sports psychologists should pay more attention to athletes' psychological condition by implementing appropriate psychological skills training programs. By providing training that focuses on adaptive coping techniques and strengthening cognitive appraisal, athletes can be better prepared to face the pressures that arise during training and competition. In addition, emotional support from colleagues and family also needs to be strengthened to help athletes overcome the stress they face.

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