



The Effect of Perceived Social Support and Spiritual Capital in Psychological Resilience of Martial Athletes

Farzin Moradi¹, Hasan Bahrololom¹, Mansoureh Mokaberian^{1*}

¹ Department of Physical Education and Sport Sciences, Shahrood University of Technology, Shahrood, Iran.

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Abstract

Background: This study aimed to analyze the effect of perceived social support and spiritual capital on the psychological resilience of martial athletes.

Methods: The statistical society of the current research male athletes of martial sports clubs in Kermanshah city among whom the sample was chosen based on random cluster sample. Considering the percentage error to be 0.5, test power to be 0.80, effect size to be 0.15, 160 samples were taken as the sample size for the present study. To heighten the validity of the research and the possibility of the removal of some of the samples, the sample size was considered as 180 people. The data was gathered based on the perceived social support questionnaire by Zimet et al (1988), spiritual capital questionnaire by Golparvar et al (2014), and short-form of resilience by Conner-Davidson and was analyzed through Pierson's Correlation test and stepwise regression analysis.

Results: The results of the correlation test indicated that both variables of perceived social support and spiritual capital have a positive and significant relation to psychological resilience, respectively ($r=0.16$, $Pvalue=0.03$), ($r=0.17$, $Pvalue=0.02$). However, the result of stepwise regression showed that perceived social support has the main effect in helping us predict the resilience of martial athletes ($Pvalue\leq 0.05$).

Conclusions: Therefore, according to the results, one can claim that upon the increase in perceived social support, the psychological resilience of the martial athletes also increases.

Keywords: Perceived social support, Spiritual capital, Resilience, Martial sports.

*Corresponding to: M Mokaberian, Email: mokaberian@shahroodut.ac.ir

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Introduction

Nowadays, sports include a wide range of activities among which martial sports have achieved a unique status among sports fans. One of the research challenges in the field of sports psychology is an analysis of the mental skills of martial athletes.¹ The nature of martial sports, as a contact sport, calls for a situation in which the athletes become very hardworking and competitive so that they would not give up in the face of physical and psychological pressures which exist in competition and drills.² Factors such as the presence of an opponent, the risk of injury, and the speed of action and high technical reaction, put athletes under a lot of pressure.³ One of the factors which help in dealing with athletic stress is psychological resilience. Resilience means a positive and

successful interaction with the environment which plays a significant role in dealing with tensions and life threats and their negative effects.⁴ Resilience makes a sort of positive adaptability mechanism in one and leads one to use one's capacities successfully even in the face of difficulties and dangerous factors and, therefore, to use these challenges and tests as an opportunity for empowering one's self.^{5,6}

Different researches show that different factors influence the amount of athletes' participation in sports activities and their resilience; among those factors, one can mention perceived social support.⁷ Cob for the first time defined social support as a kind of awareness through which one believes that they are being loved, valued and respected. Social support is defined as received and perceived support. The received social support includes deeds that are done through the members of social media so that the one in need is helped. Perceived social support is a concept that refers to the mental evaluations of the people of their relations and supportive behavior.⁸ Perceived social support is strengthened through direct and indirect methods. In the direct social support, while one is doing physical activities, one confronts with the help of family members and friends and in the indirect social support, one is applauded by the family members and friends to take part in athletic activities.⁹ The results of some studies conducted on the same issue indicate that there is a positive relationship between social support and resilience.¹⁰⁻¹² The results of a study conducted by Eskandari et al (2019) similarly point out that psychological resilience is directly predictable through social support, self-effectiveness, and meaning in the life of the university students.¹³

Resilience is achieved through different means one of which is the belief in a superior power in dealing with tricky and challenging situations.¹⁴ Spiritual capital refers to having meaning and purpose in human beings' life. Meaning in life refers to a situation in which people experience having a feeling of purposefulness, consistency, and sense which has a significant effect on the welfare and psychological health of the people.¹⁵ Today's people's preoccupation is dealing with the problem of spirituality, in its different forms. From the structuralism and phenomenological point of view, spirituality is of high value to enter the humanistic models and literature. That is why the new paradigm of sports research is moving towards the analysis and statement of different aspects and indicators of humanistic spirituality and the factors affecting it and its effective factors.¹⁶ Among the benefits and paying

attention to spiritual capital, one can refer to people's reliance on spiritual sources at the time of disasters and difficulties to deal with crises and appearance and growth of such concepts as patience and tolerance. Reliance on spiritual values brings about such feedback as trust, munificence, value, and faith in positive purposes.¹⁷ One can say that positive psychological structures among which one can mention resilience demonstrate a group of abilities, capacities, and spiritual sources, the use of which leads to heightening one's adaptability and, consequently, one's spiritual health.¹⁸ Different researches have been conducted on spiritual quotient and resilience.¹⁰⁻¹² Sa'adat Talab and Jafari (2020) have done a research on the role of spiritual happiness in the relation of social capital and social support with the resilience of the workers against COVID 19 during the social distancing period. The results demonstrate that the direct relationship between social capital and social support with resilience is positive and significant. Besides, the indirect relationship between social capital and social support through spiritual happiness is positive and significant. After analyzing the conducted studies on the subject, we found out that there have been few types of research on the simultaneous effect of two variables of perceived social support and spiritual capital on resilience. Moreover, most of the studies have been conducted on patients or workers and there have been few types of research that looked at the subject from a sportive point of view. Thus, the researchers decided to answer the question of whether perceived social support and spiritual capital can be predictive of martial athletes' resilience or not.

Materials and Methods

The current study is an applied one and in terms of data collection methodology, it is a descriptive study, of non-experimental and correlative plan and its field performance method, was done through questionnaires. The statistical society of the present study was male athletes of martial art clubs in Kermanshah city the number of which was 22 clubs and among which the sample was chosen based on a random cluster sample. First, from among 8 areas of Kermanshah city, 4 areas were chosen based on population size, and, of all the clubs, twelve clubs were chosen from these 4 areas based on the level of their activities. The numbers of active athletes in these clubs were 270 and to estimate the sample size, G power software was used. Considering the percentage error to be 0.5, test power to be 0.80, effect size to be 0.15, 160 samples were taken as the sample size for the present study. To heighten the validity of the research and the possibility of the removal of

some of the samples, the sample size was considered as 180 people.

Personal information form: This form includes such information as age, marital status, income, education level, job, and the length of athletic activity in the club.

Perceived social support questionnaire: Perceived a social support scale is a 12-item software that is made of three significant sources of family, friends, and important people in one's life by Zimet et al (1988). This scale measures one's perceived social support in each of the three following aspects in Likert's 5-item spectrum, from completely disagree (number 1), to completely agree (number 5). The validity and reliability of this scale were reported as to be good by Zimet et al. Abdollahi et al (2018) approved the validity of the questionnaire and measures its reliability through using Cronbach's alpha method and reported it as 0.91.¹⁹

Spiritual capital questionnaire: this questionnaire is designed based on Likert's 5-item spectrum (from very little 1 to very much 5) and contains 21 questions which are designed in four aspects of spiritual valuation (6 questions), quiet with God (6 questions), the importance of spirituality (6 questions), spiritual influence (3 questions). Based on the specialist's views, 2 of the questions were removed from the questionnaire because of their similarity, and a 19-question questionnaire of spiritual capital was handed to the athletes. Golparvar et al (2015) approved the validity of the questionnaire and its reliability was measured by the Cronbach alpha method and reported to be 0.93.²⁰

Short form of Conner-Davidson resilience questionnaire: this questionnaire contains 6 questions, the scoring of which is based on Likert's 5-item spectrum from 1 to 5 (completely disagree to completely agree) validity of the structure of this copy of the questionnaire, based on confirmatory factor analysis, has been reported as to be 0.69 to 0.90 for every 6 questions with factor load which is indicative of the fact that the mentioned structure has an acceptable validity.²¹

Generally, to approve the face and content validity of the questionnaires, all the questionnaires were handed to 12 professors and specialists in the sports field and prominent martial athletes, and their comments and revisions were imposed and then, based on their comments, the questionnaires were balanced and corrected. The reliability of the above questionnaires was also measured by the Cronbach Alpha method and through using an early sample of 30 people, the results of which are mentioned in the following table 1.

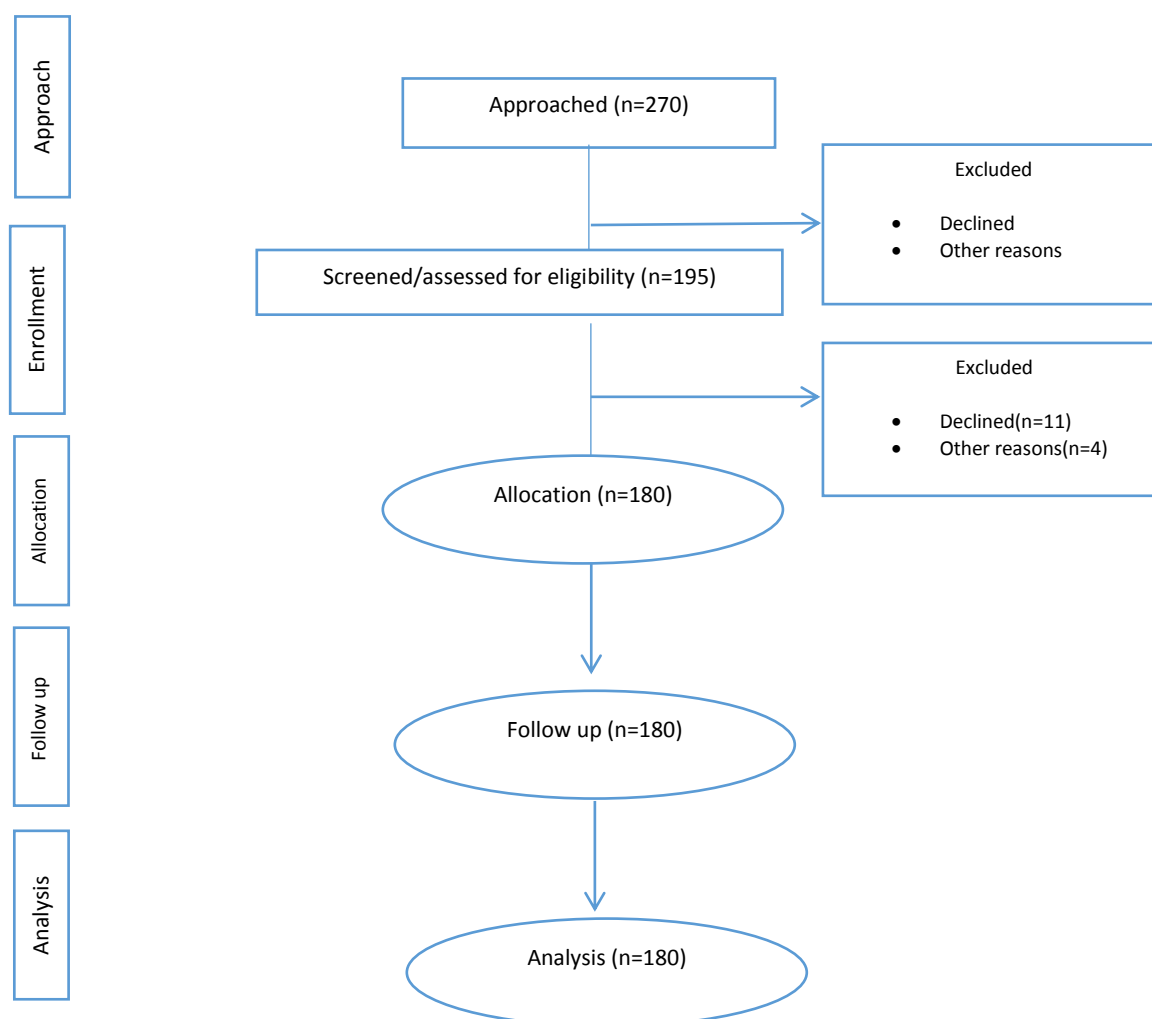
Table 1. The reliability of the used questionnaires in the present research

Variables		Cronbach alpha
Perceived social support	Family	0.87
	Friends	0.77
	Others	0.85
Spiritual capital	Spiritual valuation	0.91
	Quiet with God	0.89
	Importance of spirituality	0.88
Resilience	Spiritual influence	0.85
	Resilience	0.86

The present study has an ethics code, UMIN000045963 number. first, the statistical information of all the martial athletic clubs in Kermanshah was gathered through sports and the youth office in Kermanshah the numbers of which were 22 clubs the addresses and information of which was gathered after getting a letter of recommendation from the sports faculty of the Shahrood university of technology and presenting it to the head of sports and the youth office in Kermanshah and also after talking with the heads of the martial sports clubs. To justify the research, the basic information about the research and how the questionnaires must be filled were given to the athletes and then the questionnaires were distributed among the male martial athletes and then gathered after being filled. Inclusion criteria were having at least 2 years of experience in martial arts, continuous attendance for 3 days a week in martial arts clubs, willingness to cooperate in the research, and

completing relevant questionnaires. Exclusion criteria were reluctance to cooperate and participate in research. As shown in figure 1, out of 270 martial athletes, 180 people were finally selected as the subjects of the present study and completed the questionnaires.

To analyze the data, inferential and descriptive statistics were used. To analyze the raw data, the descriptive statistics of the dispersion and central indexes were used. For inferential analysis of the data, first, the presupposition of using parametric statistical tests and variance equality and normality of the data was analyzed and then to analyze the relationship between the variables and determining the predicting role of the variables, Pierson's Correlation test, and stepwise regression analysis was used. In this respect, SPSS.26 software was used and the significance level was set at 0.05.



Figurer 1. Steps for selecting subjects

Results

Analysis of the demographic characteristics demonstrated that the analyzed society, 127 people (70.6%) were single and 53 people (29.4%) were married and most of them had any experience of doing 2 to 5 years of martial sports. (71.1%)

Before, analyzing the research data, the basic hypotheses of the test were analyzed. The best method for analyzing the normality of the data of the Likert spectrum and the questionnaire is the analysis of the data skewness and data elongation. If the level of data skewness and elongation is between -2 to 2, the data is normal. As is mentioned in table number 2, none of the research variables violate the hypothesis of normality.

To analyze the simple relation between each of the independent variables (perceived social support and spiritual capital) with the dependent research variable (resilience) the Pierson correlation coefficient was used, the results of which are indicated in table number 3.

As it can be seen in the above table, there is a significant and positive relationship between perceived social support and martial athletes' resilience ($r=0.16$, $Pvalue=0.03$), and the shared variance between perceived social support and resilience is 2.5. Furthermore, there is a positive and significant relation between the athletes' spiritual capital and resilience ($r=0.17$, $Pvalue=0.02$), with their significance level being 95 percent and the shared variance between these two variables is 2.89.

To analyze which of the variables of perceived social support and spiritual capital, as predictive variables, have more share in predicting the variable of resilience, Stepwise Regression was used. Before conducting multiple regression analysis, to analyze the hypothesis of independence of the errors and lack of alignment between predictive variables (perceived social support and spiritual capital), Durbin Watson statistics and tolerance indicator was analyzed. In case the achieved statistics is less than 4, it indicates the independence of the errors. For this analysis, the size of this statistic is calculated to be 1.93 which is indicative of the fact that there has been no violation of the hypothesis. Besides, the diagnostic

index of alignment for each of the predictive variables was analyzed separately and it was between 0 and 1 which proves the lack of alignment between predictive variables.

As one can see in table number 4, only the social support variable is entered in the regression equation and the spiritual capital variable could not pass the desired criterion and was removed from the model. As one can see, there are multiple correlation coefficients of 0.155 between perceived social support and resilience of the athletes and the determination coefficient is 0.24. The 0.24 determination coefficient shows that 24 percent of changes in the martial athlete's resilience (the dependent research variable) are under the influence of the perceived social support variable; in other words, 24 percent of resilience variance is determinable by social support. To say it in another way, the most proper model which achieves the determination coefficient is defined by the perceived social support. Plus, the results of the regression analysis of variance indicate that perceived social support can have a significant prediction of martial athletes' resilience ($F=4.367$, $Pvalue=0.038$).

Based on table 5, the perceived social support variable of 95 percent ($Pvalue=0.038$) has a significant relation with resilience. The relation between this independent variable and the independent variable of the research is a direct relation due to the positivity of the numerical amount of B. one can say that perceived social support is one of the significant and affective variables on resilience, in such a way that with the increase in social support, the resilience also increases. Additionally, the gradient of the line for social support variable is equal to 0.103 based on which can say that whenever perceived social support from people is more, the athletes' resilience also increases.

But about the significance and the role of dependent variables in predicting regression equation, one should use standard Beta amounts. These amounts should be 0.155 for perceived social support, meaning that upon per increase in social support, there will be 0.155 amount of increase in resilience. All in all, the achieved regression equation for predicting athletes' resilience through stepwise regression is as: $resilience=2.832+0.155$ (perceived social support).

Table 2. Analyzes the normality of the research variables

Variable	Skewness	Elongation
Perceived social support	-0.79	1.35
Spiritual capital	-0.42	0.50
Resilience	1.04	1.13

Table 3. The results of the correlation coefficient between dependent and independent research variables

Variables	Pierson coefficient	Pvalue
Perceived social support	0.16	0.03
Spiritual capital	0.17	0.02

Table 4. Multiple correlation coefficients between resilience with independent research variables in Stepwise Regression

Stepwise regression	R	R square	Adjusted R square	Std. the error of the estimate
1	0.155	0.24	0.018	0.463

Table 5. Standard and non-standard coefficients for predicting resilience through perceived social support

Model	Unstandardized coefficients		Standardized coefficients	t	Pvalue
	B	Std. Error	Beta		
Constant	2.832	0.199		14.198	0.0001
Perceived social support	0.103	0.49	0.155	2.090	0.038

Dependent variable: Psychological resiliency

Discussion

This study aimed to analyze the effect of perceived social support and spiritual capital in martial athletes' psychological resilience. The results of the first part of the research about the correlation between variables of spiritual capital and resilience demonstrate that there is a positive and significant relationship between these variables. The results of this part of the research are aligned with the results of the research conducted by.²²⁻²⁴ These researchers have pointed to the positive and significant relation between spirituality and resilience. In this respect, one can say that spiritual feelings serve as a complementary part of different aspects of humans' lives and a person who has different spiritual experiences can deal with difficulties and problems and find solutions for them. In other words, spiritual experiences function individually and, despite guiding human beings for practice, it gives special solutions for problems that occur for people with different lifestyles.²⁵

But the results of the second part of the research show a positive and significant correlation between perceived social support and resilience. Furthermore, the results of stepwise regression analysis show that the perceived social support variable has the most shares in predicting martial athletes' resilience. To put it another way, only perceived social support could help predict martial sports' resilience. The results of this study were aligned with the results of the studies conducted by Ahmadi and Mehrabi (2020), Eskandari et al (2019), Chang and Yarnal (2018), and Li et al (2021) and they have pointed to the positive effect of perceived social support on psychological resilience in them researches.^{11,13,26,10} Ahmadi and Mehrabi (2020) mentioned in research that the relation between social support and resilience and development after the incident is positive and significant. The results of this study show that improving social support can have a positive effect on resilience.²⁶ Eskandari et al (2019) in research entitled as predicting the effect of psychological resilience based on social support and the style of attachment with the interference of self-effectiveness and meaning in life showed that psychological resilience is directly predictable with social support, secure attachment, self-effectiveness and meaning in life. Plus, psychological resilience is predictable through social support indirectly and through self-effectiveness and meaning in life.¹³ Razzaghi et al (2019) conducted research entitled predicting students' psychological resilience in Ardabil based on attachment styles and social support. The results of the study indicate that 37 percent of the variance is related to resilience through attachment styles and social support. Besides, secure attachment style, social support, and avoidance attachment style are the most significant resilience predictors in students.²⁷ Chang and Yarnal (2018) in research which was about the relation between social support and resilience, concluded that there is a positive and significant relationship

between social support and resilience. And upon the increase in social support, one's resilience also increases.¹¹

Resilience in the face of a crisis or life pressures such as sickness, disease, pain, incidents, disasters, natural disasters, and loss becomes meaningful and increases one's capacity for a successful adaptation. In other words, in the face of situations which decrease the quality of life, resilience acts like a protective shield against this decrease in the quality of life and leads to a more adaptable life condition.²⁸ Perceived social support means the preparation of material and psychological sources on the part of important people in one's life including the family, friends, and other important people to help one deal with life pressures. Therefore, those who feel supported by family, friends, and the other important people in their lives, perform much better in the face of disasters and challenges in their lives and are more successful in dealing with obstacles.²⁹ One can state that two internal and external protective factors play important roles in bringing about resilience in people. The internal protective factors are a) using life skills especially problem-solving skills, decision-making, assertiveness, and impulse control, and b) sociability, ability to love and be loved, and making positive relationships. And external protective factors include stepping up in making close relationships, close relationships, honoring education, lively interaction style, improving supportive relationships with others are among the characteristics which are found in family, school, society, and peers which improves resilience.³⁰ Thus, one of the characteristics of the powerful people in the face of tensions is having social support. The social support systems can balance the negative effects of tension on one's psychological health and providing enough social support have significant effects on one's psychological health and helps them in dealing with problems and environmental stresses.³¹

Based on the above-mentioned points and the findings of the present study, one can say that higher perceived social support leads to higher psychological resilience and thus leads one to deal with crises and challenges in a much better way. And upon the increase in perceived social support, the martial athletes' psychological resilience also increases. Among the limitations of the present study, one can refer to the fact that due to the Coronavirus pandemic, there was not the possibility of the physical appearance of the researchers in the sports clubs, so, the questionnaires were distributed online and it was presupposed that they all understood the questions thoroughly.

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Conflict of Interest

The authors declare that they have no conflict of interest.

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