

The Effects of Archery as a Sports Branch on Coping with Stress

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ABSTRACT The purpose of this study is to determine the effect of archery on coping with stress. The participants were evaluated in two groups. They were between 19-22 years old. Measurements were measured with a bio feedback system device for five minutes before the shooting then the data was collected. The participants were given shooting techniques training in the same session and shot again. After the second shooting, the measurements were taken for a period of five minutes. Considering the level of excitement values of the participants; pre-test value of the female sports women was 7.52 ± 4.02 , post-test value was 10.31 ± 4.52 and pre-test value of male sportsmen was 10.27 ± 3.50 , post-test value was 13.11 ± 3.48 , which were all found statistically significant ($p < .01$). Regarding the comparison of the two groups, the difference was found statistically significant ($p < .05$). According to the results, playing archery sports may a positive effect on coping with stress.