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ESTRATEGIAS DE AFRONTAMIENTO Y BIENESTAR PSICOLÓGICO EN JÓVENES TENISTAS DE COMPETICIÓN

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COPING STRATEGIES AND PSYCHOLOGICAL WELL-BEING IN ADOLESCENT COMPETITION TENNIS PLAYERS

KEY WORDS: Coping strategies, Psychological well-being, Adolescents, Tennis.
ABSTRACT: The main goal is to analyze the types of coping strategies preferred by adolescent competition tennis players and specific attention was paid to understanding their strategies' perceived effectiveness and the coping strategy's effectiveness effects on well-being. The sample for this study was made up of 20 adolescent tennis players with a mean age of 15 years who participate at a high competition level. The Spanish Coping Strategies Questionnaire (CSQ) was used to measure the coping strategy used by the players and their psychological well-being was measured by the Psychological Well-Being Scale. The results indicated that the emotional coping strategy was the tennis players' preferred coping strategy in

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