Roles, Rituals and Emotional Regulation of Rugby Players on Different Competitive Levels

Presented by:
Trohandi de Klerk
Rugby Players

Roles

Rituals

Emotional Regulation

3 Competitive Levels

• UFS Residence
• Club
• Provincial
Methodology

• Descriptive, quantitative, cross-sectional study design
• 45 male rugby players, older than 18 years
  • 15 from each level:
    - University residence league: Vishuis
    - Club level: Shimlas
    - Provincial level: Cheetahs
• Ethical approval from relevant authorities (Stud no: 10/2015)
• Informed consent from the participants
• A 4 part self-administered questionnaire
  • Thorough literature review
  • A validated questionnaire, ERQ
Results

Frequency of Roles Assumed by Players and the Importance Ascribed to These Roles

- Residence League (n=15)
- Club Level (n=15)
- Provincial Level (n=15)
Results

Importance of Roles to Players on Different Competitive Levels

<table>
<thead>
<tr>
<th>Roles</th>
<th>Provincial Level</th>
<th>Club Level</th>
<th>Residence League</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friend</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other (student or employee)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rugby Player</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Results

Rituals Performed Before a Rugby Game

- Frequency (n=15)

- Rituals
  - Listening to Music
  - Positive Self-speech
  - Visualisation
  - Prayer
  - Body Warm-Up
  - Kissing a Symbolic Object
  - Singing
  - Anthem

Categories:
- Residence League
- Club Level
- Professional Level
Results

Stressful Situations Experienced During a Game [Median (%)]

- Physical errors made by oneself
- Mental errors made by oneself
- An injury
- Criticism from the coach
- Bad weather
- Poor turnout or lack of support from the crowd
- Miscommunication between team members on the field
- Stressful situations experienced during a game

Residence League

Club Level

Provincial Level
OTPF - Occupational Therapy Practice Framework (Domain)

CLIENT FACTORS
Values, beliefs, and spirituality
Body functions
Body structures

Emotional Regulation

PERFORMANCE PATTERNS
Habits
Routines
Rituals
Roles

Context and Environment
Acknowledgements

• Study Leader: Ms. P.A. Hough
• Biostatistician: Ms. M. Nel
• UFS Occupational Therapy department for financial support to conduct the study
• Thanks goes to Thea Bothma, Jana van der Neut, Janine Human and Tyler Voigt for their contribution towards the study.