

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

Presented by:
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Aim

Roles

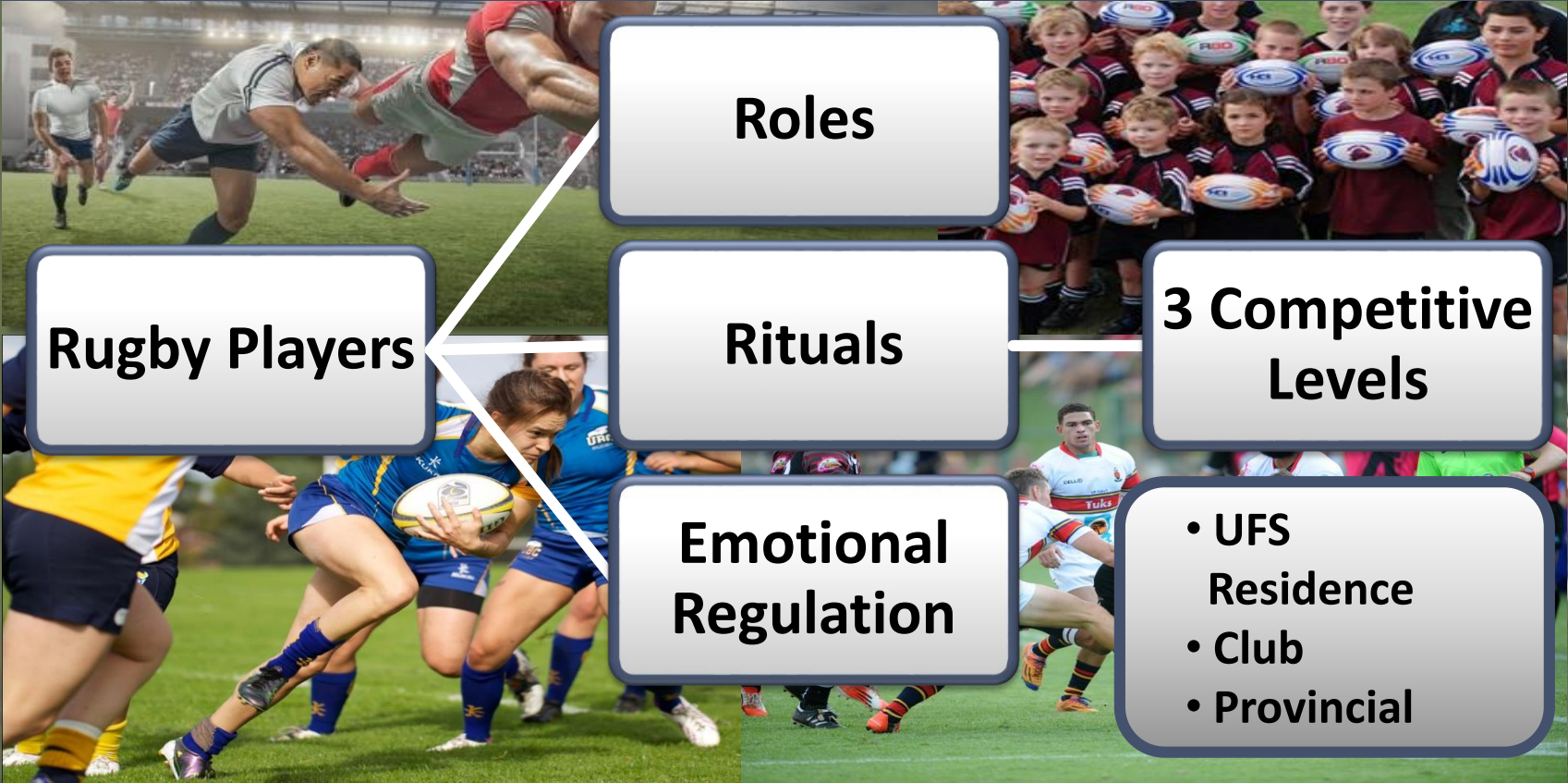
Rugby Players

Rituals

3 Competitive Levels

Emotional Regulation

- UFS
- Residence
- Club
- Provincial

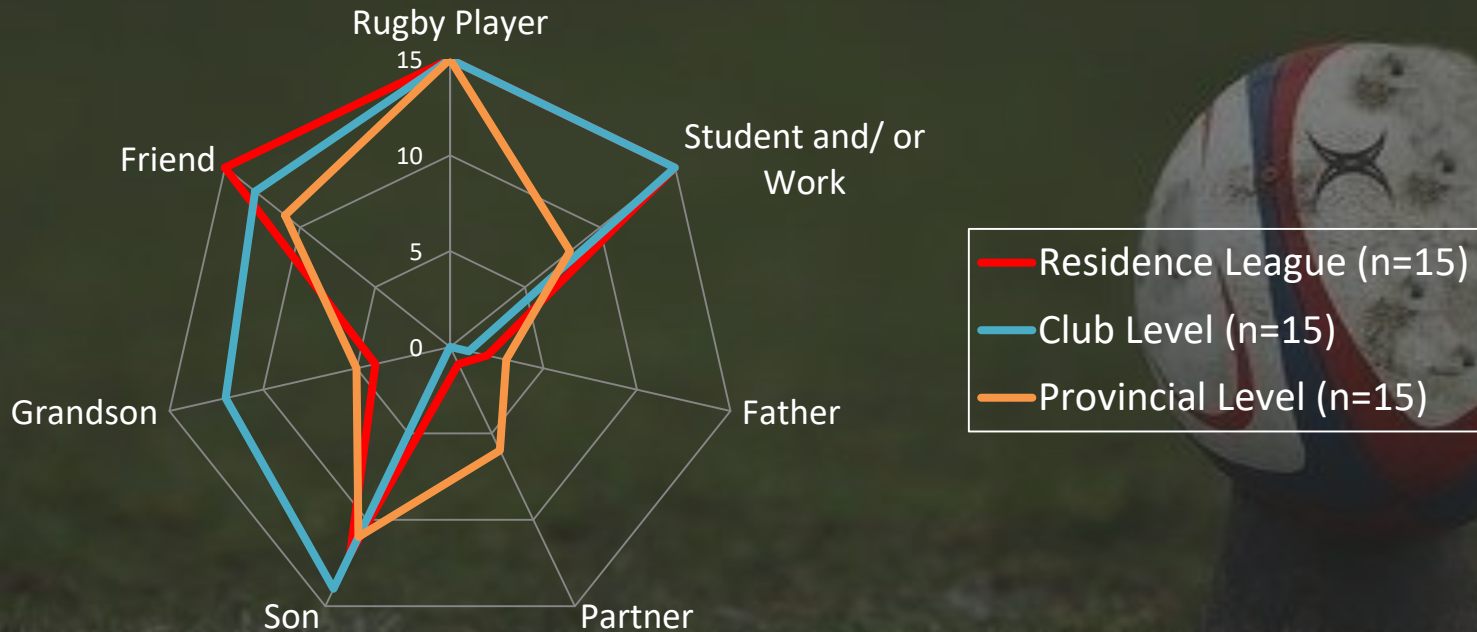


Methodology

- 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

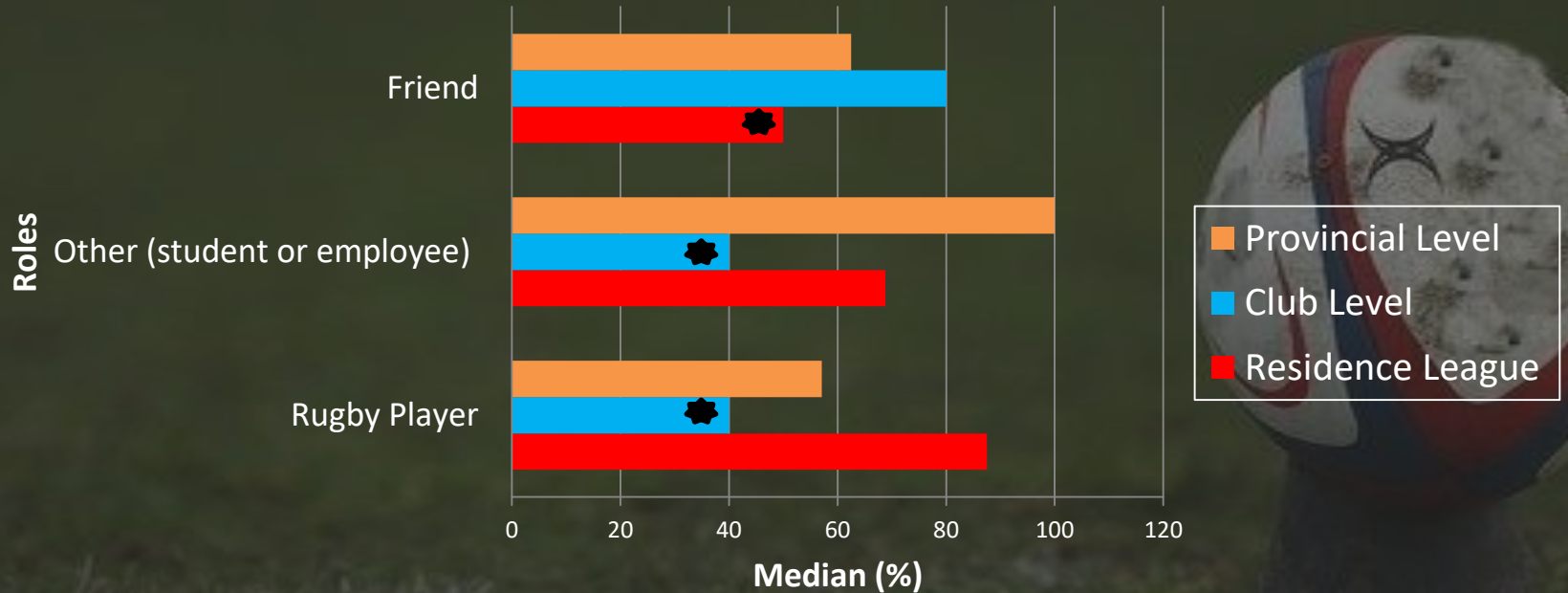
Results

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



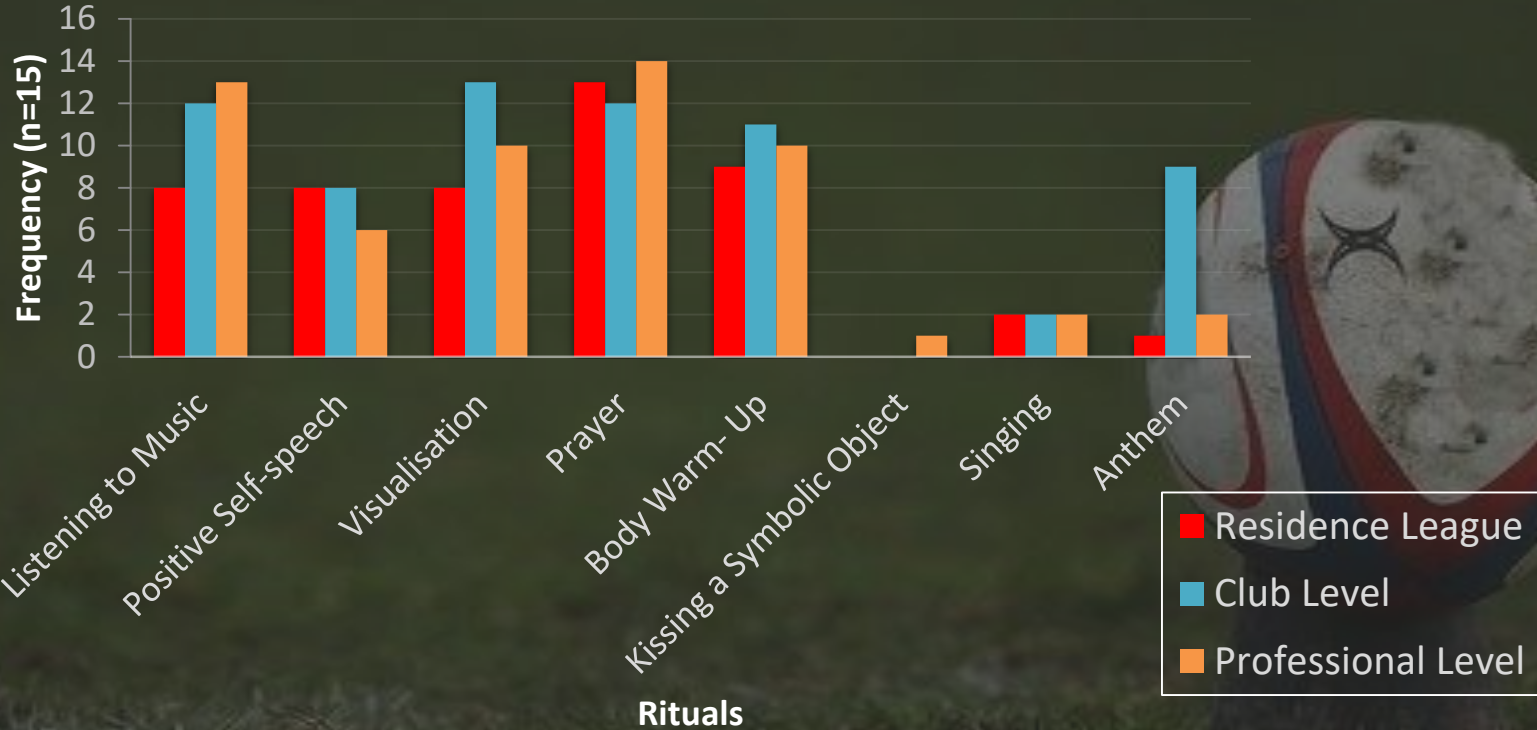
Results

Importance of Roles to Players on Different Competitive Levels



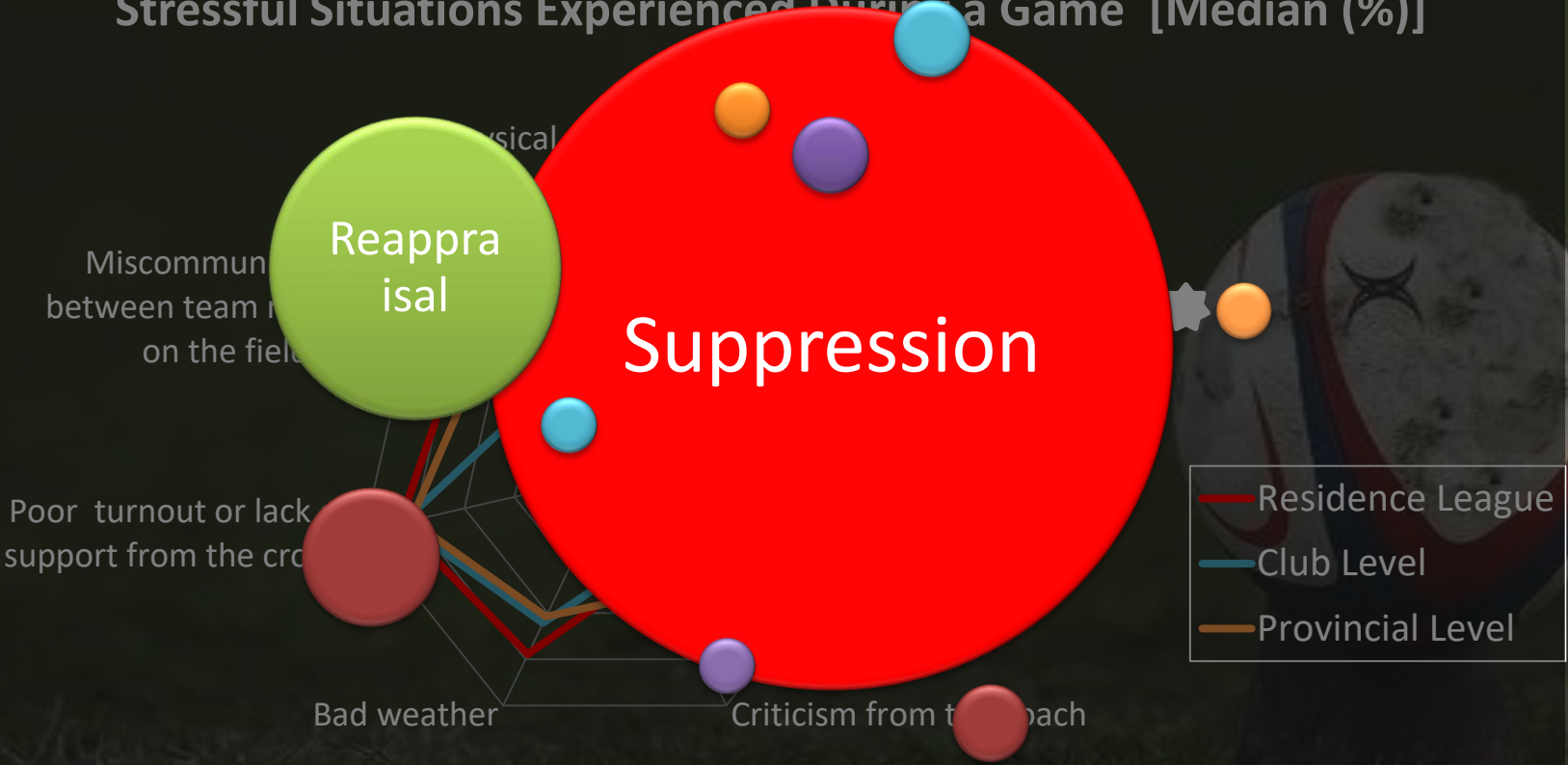
Results

Rituals Performed Before a Rugby Game

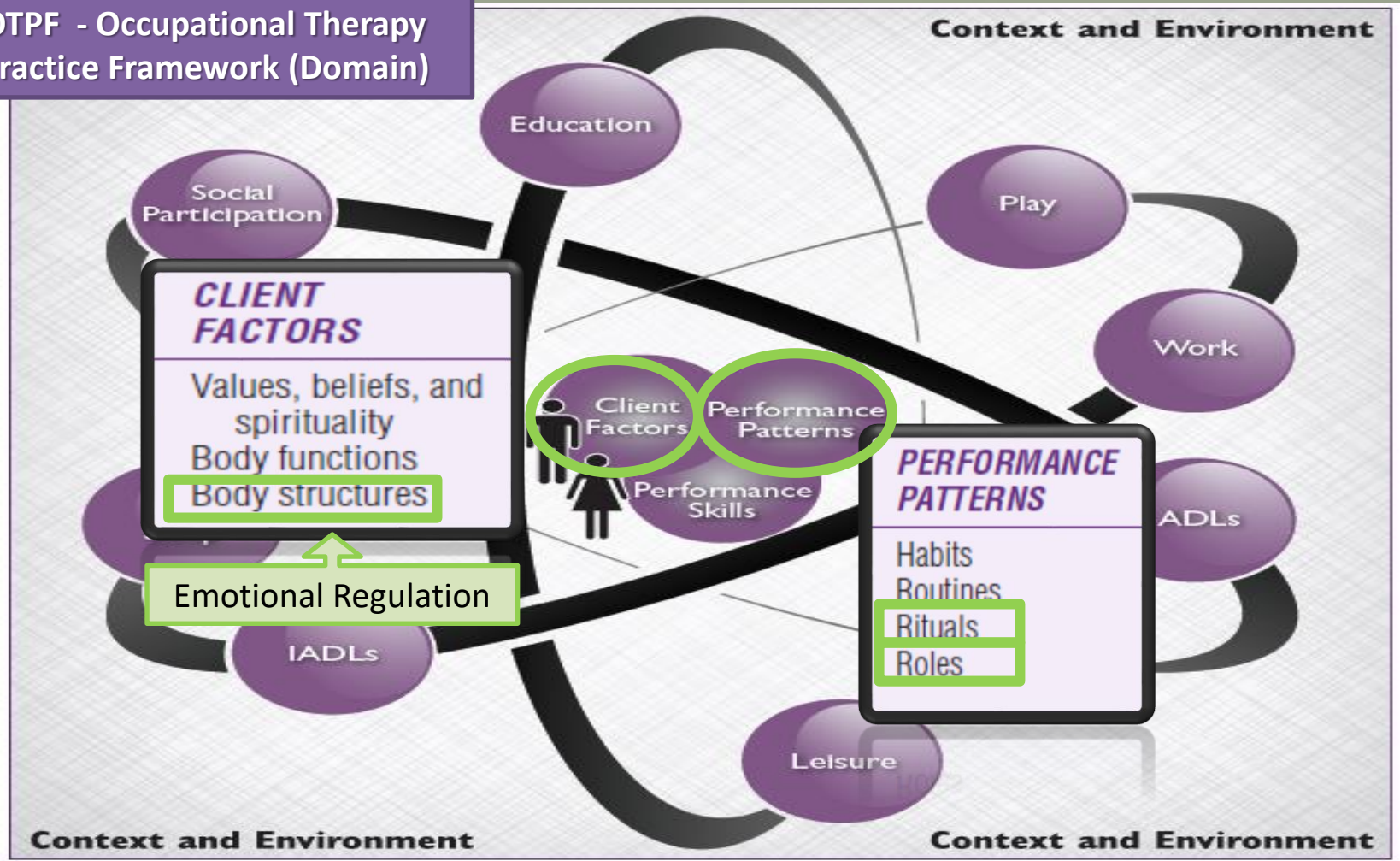


Results

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



OTPF - Occupational Therapy Practice Framework (Domain)



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

