

## **DETERMINATION OF THE WAYS OF COPING WITH STRESS OF CANDIDATES APPLIED SPORT SCIENCES FACULTY SPECIAL SKILLS EXAM**

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### **Abstract**

The purpose of this research is to examine the ways coping with stress the candidates who applied for the special talent examination of faculty of sports science according to their gender, High education transition examination score and the status of licensed sports. The study was conducted on 664 students with a mean age selected by random sampling ( $age = 19.12 \pm 2.23$ ) from 1057 students enrolled in the Faculty of Sports Sciences of Akdeniz University in 2015. As a means of collecting data in the survey, The Coping with Stress Scale (Livestyle Scale) developed by Türküm (2002) based on Folkman and Lazarus' models was used. As a result, candidates use the most problem-oriented coping style. As a result, candidates use the most problem-oriented coping style. Problem-focused coping of female candidates is statistically higher than male candidates. High education transition examination score average of students with low, according to the students with higher score of High education transition examination are higher avoidance average points. The way in which the candidates deal with stress according to the type of sport they play is different.

**Keywords:** Coping with stress, problem-focused coping, social-support seeking, avoidance, candidate.