



## Optimism as a personal resource for coping in demanding situations

By André Matthias Müller

GRIN Verlag Aug 2011, 2011. Taschenbuch. Book Condition: Neu. 211x150x7 mm. This item is printed on demand - Print on Demand Neuware - Seminar paper from the year 2009 in the subject Sport - Sport Sociology, grade: 1,0, Otto-von-Guericke-University Magdeburg (Sportwissenschaft), course: Sportcoaching , language: English, abstract: AbstractObjective: The aim of the present paper is to explain the construct of optimism in relation to coping strategies. Furthermore, we researched about the possibilities to improve situational optimism in a notional case study. Method: Transactional theory of stress and coping by Lazarus (1982) is the initial point of this paper. We explained appraisal and coping processes and pointed out, that optimism is a needful resource to overcome demanding situations. In the following notional case study, with a young wrestler we used the Life Orientation Test (Scheier & Carver, 1994) and the CAVE-Technique to analyze optimism status. Afterwards we generated hermeneutic ideas to improve the given situational optimism status. Results: A four stadium model, including reflection-, confirmation-, implementation- and re-evaluation phase was created to increase situational optimism. With this, it was possible to reach higher control abilities and optimism. Conclusions: Situational optimism is improvable with the help of the given model. Therefore it is important to re-appraise the outcome...



**READ ONLINE**  
[ 7.72 MB ]

### Reviews

*A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.*

-- **Jarod Bartoletti**

*It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually.*

-- **Hailey Jast Jr.**

## Relevant eBooks



### [My Life as an Experiment: One Man s Humble Quest to Improve Himself by Living as a Woman, Becoming George Washington, Telling No Lies, and Other Radical Tests](#)

SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. Reprint. 212 x 138 mm. Language: English . Brand New Book. One man. Ten extraordinary quests. Bestselling author and human guinea pig A. J. Jacobs puts his life to the test and reports...



### [Born Fearless: From Kids' Home to SAS to Pirate Hunter - My Life as a Shadow Warrior](#)

Quercus Publishing Plc, 2011. Hardcover. Book Condition: New. No.1 BESTSELLERS - great prices, friendly customer service â" all orders are dispatched next working day.



### [How to Make a Free Website for Kids](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



### [A Dog of Flanders: Unabridged; In Easy-to-Read Type \(Dover Children's Thrift Classics\)](#)

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic. Reprint of original edition. Green edition. Mineola...



### [Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned](#)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....



### [A Little Wisdom for Growing Up: From Father to Son](#)

Wipf Stock Publishers, United States, 2007. Paperback. Book Condition: New. 193 x 119 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description: A Little Wisdom for Growing Up is an ancient form of storytelling, of passing on wisdom between...