

A Qualitative Investigation into the Perceived Level of Support for Female Sport Participants Post Injury, in Relation to Sir Mason Durie's Māori Models of Well-Being



Materoa Poi and Steven Wills

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INTRODUCTION

It has been recognised to date that psychosocial issues are present in the minds of injured athletes and there hasn't been a set guideline or procedure that can help reduce the effects of the psychosocial issues (Tjong, Murnaghan, Nyhof-Young & Ogilvie-Harris, 2014). A study from Forsdyke, Smith, Jones and Gledhill, (2016) suggest that physical and psychosocial rates are vastly different when referring to readiness in returning to sport. Understanding the benefits of introducing a well-known Māori model, Te Whare Tapa Whā (Durie, 1999), may decrease the severity of the psychological aspects of an injury by incorporating a holistic approach.

The first step is to establish the sources of support available to injured female athletes and if they were deemed sufficient.

PURPOSE

- Is social support accessible for female athletes when they encounter an injury?

METHOD

- This study utilised a 14 question online survey which was administered using Qualtrics. 50 anonymous female participants who had been injured due to sport for more than 4 weeks within the last 5 years and who were aged between 18-35, volunteered through social media posts.
- This study was approved by Wintec Ethics committee.

RESULTS

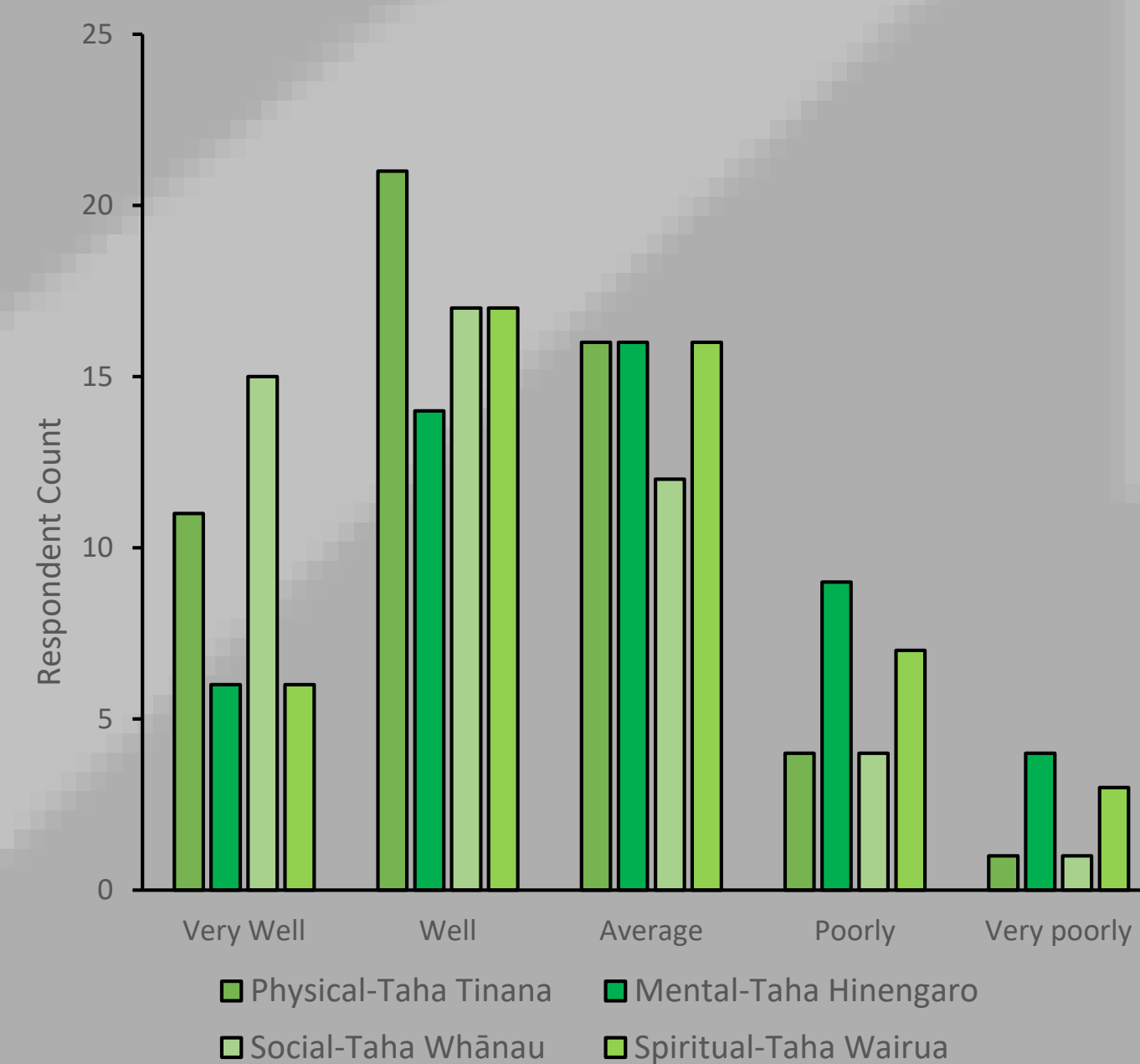


Fig. 1 Self Reflection of Overall Well-Being in Relation to Te Whare Tapa Whā.

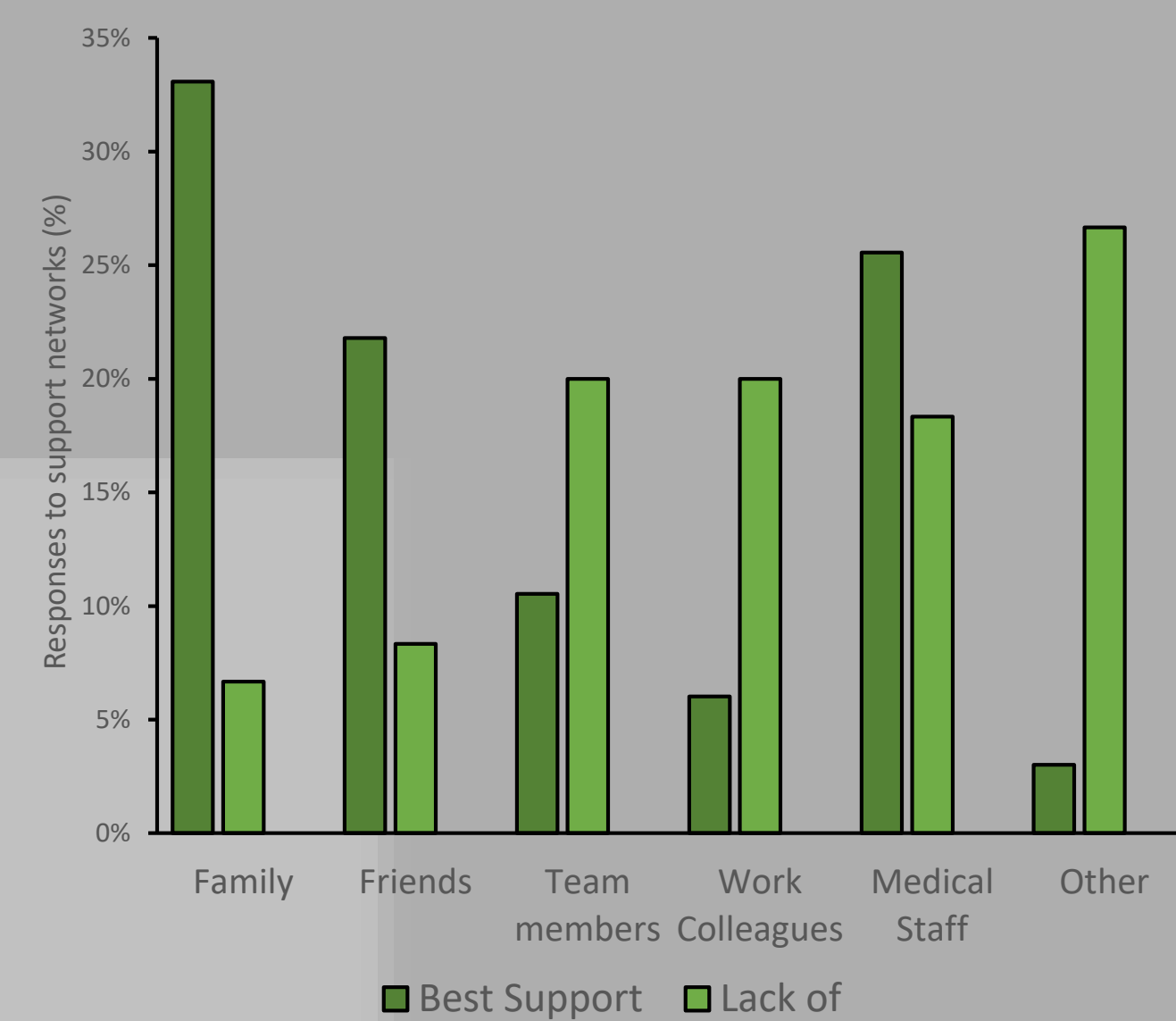


Fig. 2 Self Reflection Regarding Levels of Best or Lack of Support.

Fig. 1 reported an imbalance of physical, mental, spiritual and social aspects throughout the whole graph ranging from very well to very poorly. However, there was only a four participant difference within the average option exposing the potential for an overall holistic balance for female athletes during their rehabilitation.

Fig. 2 The use of social support throughout a variety of networks was imperative to rehabilitative success. There were impeccable results reporting 33% of support were from family members.

PRACTICAL APPLICATIONS

- This study has underlined the importance of strong support networks by keeping in weekly contact with the injured athletes.
- Constant re-evaluation of goal setting and creating task oriented sessions for the athlete.
- Maintaining a balance between all aspects of Te Whare Tapa Whā may assist with the injury rehabilitation.

DISCUSSION

- 28% of participants reported feeling upset when the sporting injury occurred amongst several other feelings; anger 16%, and 14% for both shock and disbelief.
- This study found that it is important to get psychological assistance to mentally prepare athletes to return to sport.
- There was a great deal of support across all networks including, family, friends, team members, work colleagues, medical staff and others. However, multiple participants found little to no support from coaching staff from the initial injury through to returning to competition.
- Although there have been great results in areas within this study, in regards to implementing Te Whare Tapa Whā into a rehabilitation setting, there is a space where this would be advantageous in creating a cohesive connection for successful results within the rehabilitation process.
- The results of this study has well and truly confirmed the importance of psychological rehabilitation alongside physical rehabilitation for female athletes who are facing the adversities of injury.

REFERENCES

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