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Reflecting on the Delivery of a Longitudinal Coping Intervention Amongst Junior National Netball Players

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ABSTRACT

Recent research suggests that appropriately-tailored interventions can assist adolescents enhance their coping skills (Frydenberg and Lewis, 2004). The present paper reflects upon the delivery of a longitudinal coping intervention utilized by junior national netball players. Reflection is focused on issues such as the rationale for the intervention, operational issues surrounding the delivery and management of the work. It is also focused on interpersonal issues relating to intervention implementation. We contend that being explicit about developmental and applied processes may enable theoretically sound and efficacious practices to be identified. In addition, unpacking operational issues related to delivery may assist applied sport and exercise psychologists in the development of related work.

Key words: Longitudinal coping intervention, time management, goal setting, problem solving, communication, emotional intelligence, adolescence.

Key Points

- This paper exemplifies the potential benefits of reflective practice and offers an insight into the lessons learned during longitudinal applied research.
- We conclude that intervention-based research must accommodate the idiosyncrasies of an organization and requires the sport organisation to buy into the value of the work.
- Whilst thoughts and associations are offered, readers are encouraged to consider these and alternative associations.

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