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| <b>College *</b>                    | College of Education  |
| <b>Department *</b>                 | Department of Psychological and Quantitative Foundations  |
| <b>Title of Research *</b>          | The Implementation of Surfing As A Way To Cope With Traumatic Life Events   |
| <b>Other Authors *</b>              | Wendy Rasmussen, BA, William Ming Liu, PhD  |
| <b>Introduction &amp; Purpose *</b> | <p>Men and women both experience life stressors, however, men tend to cope in more maladaptive ways than do women. Authors posited theories (gender role strain, adherence to masculine norms; Addis &amp; Mahalik, 2003) and reasons why men eschew treatment (fear of being perceived weak or feminine). Men may avoid traditional treatments because their masculinity may not be adequately recognized and integrated into treatment (Rabinowitz &amp; Cochran, 2002). Physical activity is one way men may feel comfortable expressing their masculinity. This poster presents qualitative findings exploring the perspectives of male surfers and how surfing facilitates socio-emotional adjustment.</p> |
| <b>Experimental Design *</b>        | <p>This study included 11 male surfers between the ages of 24–33 years of age who voluntarily surfed at a Southern California beach. After receiving IRB approval, qualitative interviews were conducted in the ocean while the participants surfed using a waterproof video camera. Examples of the twenty-three interview questions are, “How has surfing helped you deal with a traumatic life event” and “What does surfing provide you emotionally?” Responses were analyzed using Consensual Qualitative Research methodology (Hill et al., 2005).</p>  |
| <b>Results *</b>                    | <p>Results reveal surfers engage in surfing to gain a sense of understanding into their life, cope with traumatic life events, and as an emotional outlet. One participant explained, “Every traumatic event I have, I just feel like I gotta go surf, I gotta get out in the water. I can’t go for a walk or go for a run... those just aren’t really options, I’d much rather be out here surfing.”</p>   |
| <b>Conclusions *</b>                | <p>Surfing may provide men with the opportunity to experience physiological and psychological health benefits as well as cope with stressful and traumatic life events. Understanding this link between physical activity and psychological health may allow psychologists varied ways to work with men.</p>  |

Created  
**2 Apr 2012**  
 11:01:16 PM

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