

## Supplementary Tables

**Table S1a. School-related stress — Total (n = 553)**

|                                    |           | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          |
|------------------------------------|-----------|-------------|----------|---------------------|----------|--------------|----------|
|                                    |           | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |
| Do you experience stress at school | Never     | 26          | 9.42     | 16                  | 5.78     | 42           | 7.59     |
|                                    | Rarely    | 95          | 34.42    | 54                  | 19.49    | 149          | 26.94    |
|                                    | Sometimes | 105         | 38.04    | 101                 | 36.46    | 206          | 37.25    |
|                                    | Often     | 40          | 14.49    | 76                  | 27.44    | 116          | 20.98    |
|                                    | Always    | 10          | 3.62     | 30                  | 10.83    | 40           | 7.23     |
|                                    | Total     | 276         | 100.00   | 277                 | 100.00   | 553          | 100.00   |
|                                    | Medians   | 3           |          | 3                   |          |              |          |

*U: 27925.50; p < .001*

**Table S1b. School-related stress — Girls (n = 260)**

|                                    |           | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          |
|------------------------------------|-----------|-------------|----------|---------------------|----------|--------------|----------|
|                                    |           | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |
| Do you experience stress at school | Never     | 9           | 7.96     | 2                   | 1.36     | 11           | 4.23     |
|                                    | Rarely    | 37          | 32.74    | 21                  | 14.29    | 58           | 22.31    |
|                                    | Sometimes | 41          | 36.28    | 56                  | 38.10    | 97           | 37.31    |
|                                    | Often     | 18          | 15.93    | 51                  | 34.69    | 69           | 26.54    |
|                                    | Always    | 8           | 7.08     | 17                  | 11.56    | 25           | 9.62     |
|                                    | Total     | 113         | 100.00   | 147                 | 100.00   | 260          | 100.00   |
|                                    | Medians   | 3           |          | 3                   |          |              |          |

*U: 5551.50; p < .001*

**Table S1c. School-related stress — Boys (n = 293)**

|                                    |           | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          |
|------------------------------------|-----------|-------------|----------|---------------------|----------|--------------|----------|
|                                    |           | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |
| Do you experience stress at school | Never     | 17          | 10.43    | 14                  | 10.77    | 31           | 10.58    |
|                                    | Rarely    | 58          | 35.58    | 33                  | 25.38    | 91           | 31.06    |
|                                    | Sometimes | 64          | 39.26    | 45                  | 34.62    | 109          | 37.20    |
|                                    | Often     | 22          | 13.50    | 25                  | 19.23    | 47           | 16.04    |
|                                    | Always    | 2           | 1.23     | 13                  | 10.00    | 15           | 5.12     |
|                                    | Total     | 163         | 100.00   | 130                 | 100.00   | 293          | 100.00   |
|                                    | Medians   | 3           |          | 3                   |          |              |          |

*U: 8882.00;  $p < .001$*

**Table S1d. Sense of safety at school — Total (n = 553)**

|                           |           | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          |
|---------------------------|-----------|-------------|----------|---------------------|----------|--------------|----------|
|                           |           | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |
| Sense of safety at school | Never     | 7           | 2.54     | 15                  | 5.42     | 22           | 3.98     |
|                           | Rarely    | 18          | 6.52     | 32                  | 11.55    | 50           | 9.04     |
|                           | Sometimes | 34          | 12.32    | 42                  | 15.16    | 76           | 13.74    |
|                           | Often     | 94          | 34.06    | 114                 | 41.16    | 208          | 37.61    |
|                           | Always    | 123         | 44.57    | 74                  | 26.71    | 197          | 35.62    |
|                           | Total     | 276         | 100.00   | 277                 | 100.00   | 553          | 100.00   |
|                           | Medians   | 4           |          | 4                   |          |              |          |

*U: 30285.50;  $p < .001$*

**Table S1e. Sense of safety at school — Girls (n = 260)**

|                           |           | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          |
|---------------------------|-----------|-------------|----------|---------------------|----------|--------------|----------|
|                           |           | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |
| Sense of safety at school | Never     | 3           | 2.65     | 9                   | 6.12     | 12           | 4.62     |
|                           | Rarely    | 7           | 6.19     | 18                  | 12.24    | 25           | 9.62     |
|                           | Sometimes | 15          | 13.27    | 22                  | 14.97    | 37           | 14.23    |
|                           | Often     | 42          | 37.17    | 58                  | 39.46    | 100          | 38.46    |
|                           | Always    | 46          | 40.71    | 40                  | 27.21    | 86           | 33.08    |
|                           | Total     | 113         | 100.00   | 147                 | 100.00   | 260          | 100.00   |

*U: 6783.50;  $p < .001$*

**Table S1f. Sense of safety at school — Boys (n = 293)**

|                           |           | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          |
|---------------------------|-----------|-------------|----------|---------------------|----------|--------------|----------|
|                           |           | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |
| Sense of safety at school | Never     | 4           | 2.45     | 6                   | 4.62     | 10           | 3.41     |
|                           | Rarely    | 11          | 6.75     | 14                  | 10.77    | 25           | 8.53     |
|                           | Sometimes | 19          | 11.66    | 20                  | 15.38    | 39           | 13.31    |
|                           | Often     | 52          | 31.90    | 56                  | 43.08    | 108          | 36.86    |
|                           | Always    | 77          | 47.24    | 34                  | 26.15    | 111          | 37.88    |
|                           | Total     | 163         | 100.00   | 130                 | 100.00   | 293          | 100.00   |

*U: 8228.50;  $p = .001$*

**Table S2a. School-related stressors — Total (n = 553)**

|                       | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          | $\chi^2$ | <b>p</b>        |
|-----------------------|-------------|----------|---------------------|----------|--------------|----------|----------|-----------------|
|                       | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |          |                 |
| Marks                 | 118         | 42.75    | 161                 | 58.33    | 279          | 50.54    | 13.40    | <b>&lt;.001</b> |
| Contact with teachers | 53          | 19.20    | 62                  | 22.38    | 115          | 20.80    | 0.85     | 0.358           |
| Loneliness            | 17          | 6.16     | 36                  | 13.00    | 53           | 9.58     | 7.46     | <b>0.006</b>    |
| Tests and quizzes     | 177         | 64.13    | 201                 | 72.56    | 378          | 68.35    | 4.54     | <b>0.033</b>    |
| Excess homework       | 31          | 11.23    | 24                  | 8.66     | 55           | 9.95     | 1.02     | 0.314           |
| Quarrels              | 35          | 12.68    | 44                  | 15.88    | 79           | 14.29    | 1.16     | 0.283           |
| Older peers           | 25          | 9.06     | 36                  | 13.00    | 61           | 11.03    | 2.19     | 0.140           |
| Teacher feedback      | 48          | 17.39    | 84                  | 30.55    | 132          | 23.96    | 13.08    | <b>&lt;.001</b> |
| Other                 | 10          | 3.62     | 23                  | 8.36     | 33           | 5.99     | 5.50     | <b>0.019</b>    |

**Table S2b. School-related stressors — Girls (n = 260)**

|                       | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          | $\chi^2$ | <b>p</b>        |
|-----------------------|-------------|----------|---------------------|----------|--------------|----------|----------|-----------------|
|                       | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |          |                 |
| Marks                 | 48          | 42.48    | 98                  | 66.67    | 146          | 56.15    | 15.18    | <b>&lt;.001</b> |
| Contact with teachers | 27          | 23.89    | 38                  | 25.85    | 65           | 25.00    | 0.13     | 0.719           |
| Loneliness            | 10          | 8.85     | 25                  | 17.01    | 35           | 13.46    | 3.65     | 0.056           |
| Tests and quizzes     | 80          | 70.80    | 110                 | 74.83    | 190          | 73.08    | 0.53     | 0.469           |
| Excess homework       | 10          | 8.85     | 14                  | 9.52     | 24           | 9.23     | 0.03     | 0.853           |
| Quarrels              | 13          | 11.50    | 26                  | 17.69    | 39           | 15.00    | 1.92     | 0.168           |
| Older peers           | 10          | 8.85     | 21                  | 14.29    | 31           | 11.92    | 1.80     | 0.181           |
| Teacher feedback      | 16          | 14.16    | 46                  | 31.72    | 62           | 24.03    | 10.73    | <b>0.001</b>    |
| Other                 | 6           | 5.31     | 20                  | 13.70    | 26           | 10.04    | 4.96     | <b>0.026</b>    |

**Table S2c. School-related stressors — Boys (n = 293)**

|                       | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          | $\chi^2$ | <b>p</b> |
|-----------------------|-------------|----------|---------------------|----------|--------------|----------|----------|----------|
|                       | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |          |          |
| Marks                 | 70          | 42.94    | 63                  | 48.84    | 133          | 45.55    | 1.01     | 0.317    |
| Contact with teachers | 26          | 15.95    | 24                  | 18.46    | 50           | 17.06    | 0.32     | 0.572    |
| Loneliness            | 7           | 4.29     | 11                  | 8.46     | 18           | 6.14     | 2.18     | .141     |
| Tests and quizzes     | 97          | 59.51    | 91                  | 70.00    | 188          | 64.16    | 3.46     | 0.063    |
| Excess homework       | 21          | 12.88    | 10                  | 7.69     | 31           | 10.58    | 2.06     | 0.152    |
| Quarrels              | 22          | 13.50    | 18                  | 13.85    | 40           | 13.65    | 0.01     | 0.931    |
| Older peers           | 15          | 9.20     | 15                  | 11.54    | 30           | 10.24    | 0.43     | 0.514    |
| Teacher feedback      | 32          | 19.63    | 38                  | 29.23    | 70           | 23.89    | 3.66     | 0.056    |
| Other                 | 4           | 2.45     | 3                   | 2.33     | 7            | 2.40     | 0.01     | 0.943    |

**Table S3b. Psychosomatic symptoms — Girls (n = 260)**

|                       | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          | $\chi^2$ | <b>p</b>        |
|-----------------------|-------------|----------|---------------------|----------|--------------|----------|----------|-----------------|
|                       | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |          |                 |
| Silence               | 31          | 27.43    | 40                  | 28.99    | 71           | 28.29    | 0.07     | 0.787           |
| Sweating              | 10          | 8.85     | 24                  | 16.44    | 34           | 13.13    | 3.22     | 0.073           |
| Nail biting           | 16          | 14.16    | 34                  | 23.13    | 50           | 19.23    | 3.31     | 0.069           |
| Blushing              | 8           | 7.08     | 20                  | 13.61    | 28           | 10.77    | 2.83     | 0.093           |
| Lack of concentration | 42          | 37.17    | 87                  | 59.18    | 129          | 49.62    | 12.39    | <b>&lt;.001</b> |
| Crying                | 10          | 8.85     | 18                  | 12.24    | 28           | 10.77    | 0.77     | 0.383           |
| Hand tremors          | 26          | 23.01    | 60                  | 40.82    | 86           | 33.08    | 9.15     | <b>0.002</b>    |
| Abdominal pain        | 39          | 34.51    | 77                  | 52.38    | 116          | 44.62    | 8.25     | <b>0.004</b>    |
| Other                 | 10          | 8.85     | 24                  | 16.33    | 34           | 13.08    | 3.14     | 0.077           |

**Table S3c. Psychosomatic symptoms — Boys (n = 293)**

|                       | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          | $\chi^2$ | <b>p</b>     |
|-----------------------|-------------|----------|---------------------|----------|--------------|----------|----------|--------------|
|                       | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |          |              |
| Silence               | 38          | 23.31    | 32                  | 25.20    | 70           | 24.14    | 0.14     | 0.711        |
| Sweating              | 30          | 18.40    | 21                  | 16.15    | 51           | 17.41    | 0.25     | 0.615        |
| Nail biting           | 20          | 12.27    | 18                  | 13.85    | 38           | 12.97    | 0.16     | 0.691        |
| Blushing              | 11          | 6.75     | 6                   | 4.62     | 17           | 5.80     | 0.60     | 0.440        |
| Lack of concentration | 48          | 29.45    | 62                  | 47.69    | 110          | 37.54    | 10.27    | <b>0.001</b> |
| Crying                | 5           | 3.07     | 4                   | 3.08     | 9            | 3.07     | 0.00     | 0.996        |
| Hand tremors          | 27          | 16.56    | 24                  | 18.46    | 51           | 17.41    | 0.18     | 0.672        |
| Abdominal pain        | 28          | 17.18    | 34                  | 26.15    | 62           | 21.16    | 3.49     | 0.062        |
| Other                 | 7           | 4.29     | 10                  | 7.69     | 17           | 5.80     | 1.53     | 0.218        |

**Table S4b. Stress coping strategies — Girls (n = 260)**

|                              | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          | $\chi^2$ | <b>p</b>        |
|------------------------------|-------------|----------|---------------------|----------|--------------|----------|----------|-----------------|
|                              | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |          |                 |
| Using social media           | 31          | 27.43    | 78                  | 53.42    | 109          | 42.08    | 17.65    | <b>&lt;.001</b> |
| Reading                      | 35          | 30.97    | 41                  | 28.08    | 76           | 29.34    | 0.26     | 0.614           |
| Physical activity (training) | 49          | 43.36    | 15                  | 10.27    | 64           | 24.71    | 37.49    | <b>&lt;.001</b> |
| Talking to friends           | 31          | 27.43    | 43                  | 29.45    | 74           | 28.57    | 0.13     | 0.723           |
| Walking                      | 41          | 36.28    | 38                  | 26.03    | 79           | 30.50    | 3.16     | 0.076           |
| Talking to others            | 45          | 39.82    | 48                  | 32.88    | 93           | 35.91    | 1.34     | 0.250           |
| Breathing exercises          | 13          | 11.50    | 22                  | 14.97    | 35           | 13.46    | 0.66     | 0.420           |
| Video games (XBox)           | 12          | 10.62    | 35                  | 23.97    | 47           | 18.15    | 7.65     | <b>0.006</b>    |
| Other                        | 11          | 9.73     | 35                  | 23.81    | 46           | 17.69    | 8.69     | <b>0.003</b>    |

**Table S4c. Stress coping strategies — Boys (n = 293)**

|                              | <b>Judo</b> |          | <b>Non-training</b> |          | <b>Total</b> |          | $\chi^2$ | <b>p</b>        |
|------------------------------|-------------|----------|---------------------|----------|--------------|----------|----------|-----------------|
|                              | <b>N</b>    | <b>%</b> | <b>N</b>            | <b>%</b> | <b>N</b>     | <b>%</b> |          |                 |
| Using social media           | 50          | 30.86    | 50                  | 38.46    | 100          | 34.25    | 1.85     | 0.175           |
| Reading                      | 16          | 9.88     | 16                  | 12.31    | 32           | 10.96    | 0.44     | 0.510           |
| Physical activity (training) | 69          | 42.33    | 16                  | 12.40    | 85           | 29.11    | 31.26    | <b>&lt;.001</b> |
| Talking to friends           | 62          | 38.04    | 39                  | 30.00    | 101          | 34.47    | 2.07     | 0.151           |
| Walking                      | 30          | 18.40    | 27                  | 20.77    | 57           | 19.45    | 0.26     | 0.613           |
| Talking to others            | 42          | 25.77    | 27                  | 20.77    | 69           | 23.55    | 1.00     | 0.318           |
| Breathing exercises          | 5           | 3.07     | 9                   | 6.92     | 14           | 4.78     | 2.36     | 0.125           |
| Video games (XBox)           | 57          | 34.97    | 83                  | 63.85    | 140          | 47.78    | 24.17    | <b>&lt;.001</b> |
| Other                        | 12          | 7.36     | 18                  | 13.85    | 30           | 10.24    | 3.31     | 0.069           |

**Table S5a. Coping strategies (JSR) — Total (n = 553)**

|                                         | <b>M Judo</b> | <b>M Non-training</b> | <b>SD Judo</b> | <b>SD Non-training</b> | <b>t</b> | <b>p</b>        |
|-----------------------------------------|---------------|-----------------------|----------------|------------------------|----------|-----------------|
| Dispositional active coping             | 1.53          | 1.55                  | 1.02           | 1.04                   | -0.20    | 0.843           |
| Dispositional concentration on emotions | 0.93          | 1.32                  | 0.95           | 1.20                   | -4.21    | <b>&lt;.001</b> |
| Dispositional social support seeking    | 1.27          | 1.34                  | 0.89           | 0.99                   | -0.77    | 0.444           |
| Situational active coping               | 2.17          | 2.01                  | 0.92           | 1.02                   | 1.95     | 0.052           |
| Situational concentration on emotions   | 1.63          | 1.88                  | 0.97           | 1.15                   | -2.80    | <b>0.005</b>    |
| Situational social support seeking      | 1.69          | 1.67                  | 0.94           | 1.02                   | 0.30     | 0.761           |

**Table S5b. Coping strategies (JSR) — Girls (n = 260)**

|                                         | <b>M Judo</b> | <b>M Non-training</b> | <b>SD Judo</b> | <b>SD Non-training</b> | <b>t</b> | <b>p</b>        |
|-----------------------------------------|---------------|-----------------------|----------------|------------------------|----------|-----------------|
| Dispositional active coping             | 1.49          | 1.66                  | 1.07           | .99                    | -1.33    | 0.186           |
| Dispositional concentration on emotions | 1.19          | 1.72                  | 1.16           | 1.23                   | -3.56    | <b>&lt;.001</b> |
| Dispositional social support seeking    | 1.45          | 1.56                  | 0.91           | 1.02                   | -0.93    | 0.353           |
| Situational active coping               | 1.94          | 2.07                  | 0.97           | .94                    | -1.04    | 0.299           |
| Situational concentration on emotions   | 1.77          | 2.29                  | 1.05           | 1.10                   | -3.83    | <b>&lt;.001</b> |
| Situational social support seeking      | 1.67          | 1.77                  | 0.98           | 0.98                   | -0.81    | 0.421           |

**Table S5c. Coping strategies (JSR) — Boys (n = 293)**

|                                         | <b>M<br/>Judo</b> | <b>M Non-<br/>training</b> | <b>SD<br/>Judo</b> | <b>SD Non-<br/>training</b> | <b>t</b> | <b>p</b>    |
|-----------------------------------------|-------------------|----------------------------|--------------------|-----------------------------|----------|-------------|
| Dispositional active coping             | 1.55              | 1.42                       | .99                | 1.09                        | 1.14     | .254        |
| Dispositional concentration on emotions | .75               | .86                        | .71                | .99                         | -1.09    | .275        |
| Dispositional social support seeking    | 1.15              | 1.08                       | .86                | .90                         | .72      | .472        |
| Situational active coping               | 2.32              | 1.94                       | .86                | 1.09                        | 3.37     | <b>.001</b> |
| Situational concentration on emotions   | 1.53              | 1.43                       | .90                | 1.04                        | .91      | .362        |
| Situational social support seeking      | 1.71              | 1.55                       | .92                | 1.05                        | 1.36     | .176        |

**Table S6: Distribution normality diagnostics**

Given the relatively large sample sizes ( $n = 276$  and  $n = 277$ ), formal normality tests such as the Shapiro–Wilk test were considered inappropriate, as they detect even minor and inconsequential deviations from normality as statistically significant. Instead, skewness and kurtosis were computed for both groups. Following the criterion that values within the range of  $-2$  to  $+2$  indicate distributions that do not deviate substantially from normality (Hair, J. F., Hult, G. T. M., Ringle, C. M., & Sarstedt, M. (2022). *A Primer on Partial Least Squares Structural Equation Modeling (PLS-SEM)* (3rd ed.). Thousand Oaks, CA: Sage), all distributions were deemed acceptable.

Homogeneity of variances was also examined. A statistically significant deviation was found only for the variable “Dispositional concentration on emotions,” but the results were highly similar across both the classical and robust test variants, with no impact on overall conclusions. Based on these results, distributions were considered sufficiently normal, and parametric independent-samples t-tests were applied.

**Table S6. Skewness and kurtosis in the study groups**

|                                         | <b>Judo</b>     |                 | <b>Non-training</b> |                 |
|-----------------------------------------|-----------------|-----------------|---------------------|-----------------|
|                                         | <b>Skewness</b> | <b>Kurtosis</b> | <b>Skewness</b>     | <b>Kurtosis</b> |
| Dispositional active coping             | .25             | -.75            | .18                 | -.86            |
| Dispositional concentration on emotions | 1.04            | .37             | .59                 | -.73            |
| Dispositional social support seeking    | .41             | -.27            | .49                 | -.33            |
| Situational active coping               | -.33            | -.22            | -.23                | -.70            |
| Situational concentration on emotions   | .02             | -.66            | .07                 | -.89            |
| Situational social support seeking      | -.05            | -.54            | .17                 | -.71            |

**Table S7. Internal consistency of JSR subscales (Cronbach’s  $\alpha$ )**

|                                         | <b>Alfa Cronbacha</b> |
|-----------------------------------------|-----------------------|
| Dispositional active coping             | 0,70                  |
| Dispositional concentration on emotions | 0,79                  |
| Dispositional social support seeking    | 0,61                  |
| Situational active coping               | 0,66                  |
| Situational concentration on emotions   | 0,67                  |
| Situational social support seeking      | 0,64                  |