



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2018; 5(4): 116-117
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www.kheljournal.com
Received: 22-03-2018
Accepted: 24-04-2018

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A comparative study of mental stress of inter university and inter collegiate team game female players of Dr. Babasaheb Ambedkar Marathwada University

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Abstract

The purpose of this study was to compare the mental stress between inter university and inter collegiate team game female players of Dr. Babasaheb Ambedkar Marathwada University. The study was conducted on eighty samples, consisting of forty Inter-college and forty Inter-university team game female players of different colleges affiliated to Dr. Babasaheb Ambedkar Marathwada University. Mental stress were obtained by administrating Mental Stress Scale. The data collected through aforesaid tests were analyzed with respect to mental stress. T test was applied to compute the significances between inter university and inter collegiate female players. The significance of data was judged at .05 levels. The result of the study indicates that mental stress of Inter-collegiate team game female players was higher than Inter-university female players.

Keywords: Mental stress scale, inter university players, inter collegiate players, team game

Introduction

Hans Selye (1983) defined stress as “the nonspecific response of the body to any demand made upon it.” Selye is saying that when aroused, the body is under stress regardless of whether the cause is something negative like anger or positive like joy. According to him it is of two types: the bad stress he labeled eustress and the bad stress he labeled distress.

The best way to understand whether the player in stress is to conceptualize it as a process as opposed to an outcome. The stress process begins with the environmental or competitive situation. The competitive situation is not by itself stressful. It is how the player interprets the situation that determines whether or not the situation is stressful or not.

Delimitations

The study has been delimited to the inter-collegiate and inter university level team game female players. Volleyball, Basketball, Cricket, Handball and Hockey players, in the age group of 18-27 years were drawn from Dr. Babasaheb Ambedkar Marathwada University Aurangabad and colleges affiliated to them.

Objectives of the study

- 1) The objectives of the study are stated as follows
- 2) To study the mental stress of Inter University team game female players of Dr. Babasaheb Ambedkar Marathwada University.
- 3) To study the mental stress of Inter Collegiate team game female players of Dr. Babasaheb Ambedkar Marathwada University.
- 4) To compare the mental stress between Inter University and Inter Collegiate team game female players.

Hypotheses

- 1) There would be no significant difference between Inter university and inter collegiate team game female players on mental stress.
- 2) There would be significant difference between Inter university and inter collegiate team

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game female players on mental stress.

Methodology

Selection of Sample

The total sample consists of eighty female players of Dr. Babasahab Ambedkar Marathwada University. The subjects were drawn from the colleges affiliated to Dr. Babasahab Ambedkar Marathwada University Aurangabad. Random Sampling Technique was employed to select the subjects. The data was collected from Volleyball, Basketball, Cricket, Handball and Hockey team game female players. The researcher will use survey research methodology for the study.

Sample Design

| S. No. | IUT Players | ICT Players | Total |
|--------|-------------|-------------|-------|
| 1 | 40 | 40 | 80 |

Tools used

Dr. Abha Rani Bisht’s Mental Scale has been taken to assess the mental stress. This questionnaire consisted of fifty two statements.

Method for Analysis

Student’s T test has been applied to find out the significant differences among two groups at 0.05 level of significance. The collected data were tabulated to find out the difference of mental stress among intercollegiate and inter university team game female players.

Results and discussion

Table 1: Mean SDs and t value of mental stress between IUT and ICT team game female players

| Variable | Group | N | Mean | SD | t- value |
|---------------|-------|----|-------|------|----------|
| Mental stress | IUT | 40 | 16.65 | 7.48 | 7.1 |
| | ICT | 40 | 27.15 | 5.60 | |

*Significant at .05 level.

The above table shows that the mean of team game IUT and ICT female players is 16.65 and 27.15 respectively. The result concluded that the t value is 7.1 which is significant at .05 level. The above table reveals that there is significance difference between Inter-university and Inter-collegiate female players on mental stress. Thus it may be concluded that mental stress of team game female Inter-university and Inter-collegiate players are different. Hence the first hypothesis is rejected and the second is accepted.

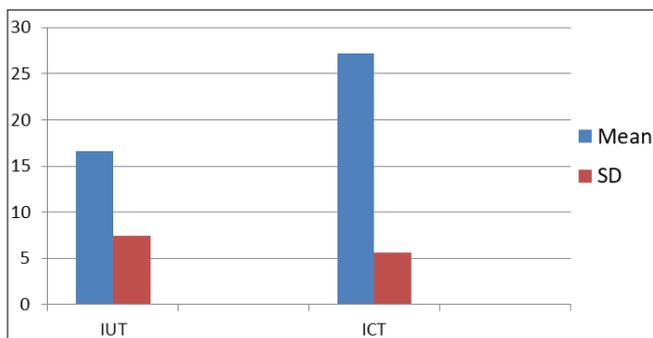


Fig 1: Histograms showing mean and SD scores of mental stress of team game female IUT and ICT players.

Inter–university players. Due to lack of physical activity and social interaction, the Inter-collegiate players have higher mental stress than Inter-university players. The result of the study indicates that mental stress of Inter-collegiate players was higher than Inter-university players.

Conclusion

- 1) There is significant difference between Inter University and Intercollegiate team game female players on mental stress.
- 2) Mental stress of Inter-collegiate players has been higher than Inter University team game female players.

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