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Effect of stress between Sports and Non-Sports Collegiate Men

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Abstract

The purpose of this study was to determine the effect of stress between sports and non-sports collegiate men. The study may help to explore the levels of stress among sports students which may have a positive impact of the performance. Stress is an adaptive response to an internal situation that results in physical, psychological or behavioral deviation for organizational participants. To achieve this purpose 30 men subjects were selected randomly from the Pondicherry University in the age group 20 to 25. Among them 15 were II year M.A. English students and fifteen were M.P.E.S. students of Physical Education Department. The design of measure adopted for this study was questionnaire method. Standardized questionnaires were used and the total score obtained was tabulated and treated to arrive at meaningful conclusions. To find out the significant changes of English departments students and Physical education students from Pondicherry University the researcher used 't' ratio which was calculated and tested as 0.05 level. In this study the conclusion is that the psychological variables of stress were significantly improved by Physical Education's sports students when compared to the non-sports group of English Department students.

Keywords: Stress, Sports, Non-Sports, Effect

Introduction

This study was to determine the effect of stress between sports and non-sports collegiate men. Stress is commonly used word in the English language; stress has something to do with feeling anxious, tense, worries and strain. It is the opposite of feeling calm and relaxed. Stress is an adaptive response to an internal situation that results in physical, psychological or behavioral deviations for organizational participants. Stress is a stage during which the body tends to mobilize its resources and during which it utilizes more energy than it ordinarily would produce. If any conditions that strains the coping capacities of the person which can also lead to physical disorders such as stomach ulcer, degenerative diseases of the heart, kidney, blood vessels and other part of the body. Stress is an adaptive response to an internal situation that results in physical, psychological or behavioral deviation for organizational participants. Work stress may affect any employee, whether the employee is a manager or a worker whether he or she is young or old. Although much is said about managerial stress, studies report that workers are more likely to suffer mental and physical stress than managers. Certain occupations are found too often more stressful to the employees than other. There are some techniques that an individual can practice to reduce the stress level and maintains affair health status, mental and physical. Most of the stress reduction clinics advice their clients to do moderate level of body exercises like jogging, swimming etc. Relaxation is another technique often advocated for stress management. Relaxation can be administered by a professional with the use of specific relaxation techniques like, mediation or bio-feedback techniques. Another technique, namely behavioral self-control, consists of deliberately managing the antecedents and consequences of their own behavior for achieving self-control. A deliberate of unconscious desire to manage and get out of stress is obvious in the increased rate of interest shown in sports and games, joining clubs and rearing of pet animals. For managing stress, relaxation techniques offered by psychologists and mediation has gained currency at international level. Motor performance of anxious and non-anxious subjects did not differ significantly under stress.

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Physical effects of physiological stress: Stress may affect almost any organ system in the body. Stress is any condition that strains the coping capacities of the person and can also lead to physical disorders such as stomach ulcer, degenerative diseases of the heart, kidney, blood vessels and other parts of the body. In genetic engineering terms, stress increases the conjugation of a RNA and DNA. It also increases the free radicals of RNA in the cells. Production of free radicals of RNA in the neurons is extremely hazardous because neurons cannot be regenerated once they are destroyed. These effects together reduce the life span of cells. Thus chronic stress brings on premature old age. This also causes diminished memory and intellectual power. Thus stress has a very long arm and affects health in many ways. There are some techniques that an individual can practice to reduce the stress level and maintain a fair health status like jogging, swimming, behavioral self-control and relaxation techniques like meditation and some asanas etc.,

Statement of the Problem

The purpose of this study was to determine the effect of stress between sports and non-sports collegiate men.

Methodology

Selection of variable and subjects

In the present study investigator selected the following psychological variable of Stress.

To achieve this purpose 30 men subjects were selected randomly from the Pondicherry University in the age group 20 to 25. Among them 15 were II year M.A. English students and fifteen were M.P.E.S. students of Physical Education Department.

Selection of test

This questionnaire measures time urgency, competitiveness, hostility, polyphonic behavior (trying to do many things at a time) and lack of planning. It consists of 14 items and the scoring was (a) almost true (b) usually true (c) seldom true and (d) never true. And assigned weights from 3 to 0.

Administration of this questionnaire

The researcher and personally met the 15 subjects from department of English M.A. II year students, Pondicherry University and 15 students from department of Physical Education M.P.E.S. II year students, Pondicherry University under study to make sure of their cooperation. The researcher has explained them, all the questionnaires were in English enabling the subjects to read and understand and answer the questions. Time was not restricted. After the subjects filled up the questionnaire, it was collected and the scoring of each questionnaire was done separately according to the standard norms provided by authors of the respective scales. This questionnaire measures time urgency, competitiveness, hostility, polyphonic behavior (trying to do many things at a time) and lack of planning. It consists of 14 items and the scoring was (a) almost true (b) usually true (c) seldom true and (d) never true. And assigned weights from 3 to 0. The purpose of investigation and also gave them clear instructions regarding the method of answering the questions. All questions were administered by the researcher in person. The subjects carefully read the instructions of each statement and indicated their responses all the filled questionnaire were collected from subjects and scored according to the scoring key. The total score obtained was tabulated and treated to arrive at meaningful conclusions. And the researcher used the

statistical technique of ‘t’ ratio for interpreting the results.

Analysis of the data and results of the study

To achieve the purpose of the study is to compare the effect of stress between Physical Education Students and English Department Students of Pondicherry University. And this study was to statistically compare by the ‘t’ ratio and the level of confidence was at 0.05.

Table I: Computation of ‘t’ ratio for Stress Physical Education and English Department students of Pondicherry University

Groups	Mean	S.D.	Mean Difference	‘t’ ratio
Physical Education (Dept.) Students	22.66	3.94	7.2	3.09*
English (Dept.) Students	29.86	8.12		

*Significant at 0.05 level of confidence

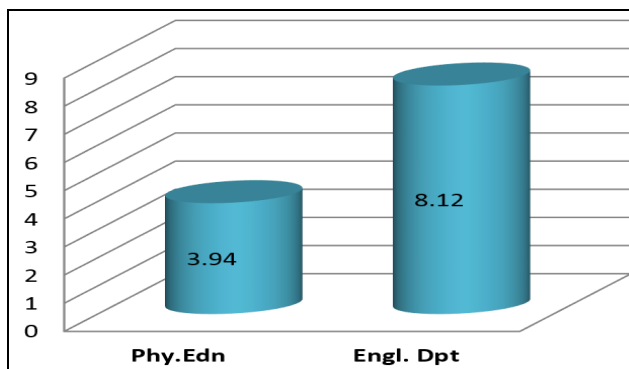
Degree of freedom 14

0.05 level: 2.145

0.01 level: 2.977

The table-I indicates that there is significant difference in stress between Physical Education and English department students. The ‘t’ value required to the significant 0.05 at level of confident at 14 degree of freedom=2.145 and 0.01 level of confident is 2.977. The calculated value is 3.09 which is greater than the tabulated value 2.145 at 0.05 level. So the mean difference shown in stress is 7.2. It is a significant difference. Hence the hypothesis is accepted. The mean difference in stress of Physical Education and English student of Pondicherry University are shown in the bar diagram.

Bar diagram showing the mean of stress of Physical education students and English department students of Pondicherry University



Summary, Conclusions and Recommendations

Summary

The purpose of the study was to find out, the effect of stress on Physical Education and Non Physical Education Students of Pondicherry University. The subjects chosen for the study were 30 studying men in Pondicherry University at the age group of 20 to 25 years. The standardized questionnaire Mukta Rani Rastogi’s scale was used to measure the stress of the sports and non-sports collegiate men.

To facilitate the study 15 students from M.P.E.S. Physical Education department and 15 students from M.A. English department were selected as subjects and measured for the psychological traits. The data collected from the subjects were statistically analyzed to find the significant difference between sports and non-sports students on stress. The ‘t’ ratio was calculated and tested at 0.05 level.

Conclusions

From the analysis of the data the following conclusion were drawn. Psychological variables of stress were significantly improved by Physical Education's sports students when compared to the non-sports group of English department students.

Recommendations

The following recommendations are made on the basis of the study

1. On similar study can be conducted on different age groups.
2. Similar study can be conducted on female subjects also.
3. Similar study can be conducted on other Physical and Physiological variables.
4. The results of the study may be recommended for persons suffering from psychological ailments.

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