



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2018; 5(3): 194-195
© 2018 IJPESH
www.kheljournal.com
Received: 17-03-2018
Accepted: 19-04-2018

Dr. Kalpana B Zarikar
Associate Professor & HOD,
Dept. of Physical Education, Dr.
B.A.M. University, Aurangabad,
Maharashtra, India

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

Dr. Kalpana B Zarikar

Abstract

The purpose of this study was to compare the mental stress between inter university and inter collegiate team game male 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 male players of different colleges affiliated to Dr. Babasaheb Ambedkar Marathwada University. Mental stress were obtained by administering 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 team game male players. The significance of data was judged at .05 levels. The result of the study indicates that mental stress of Inter-collegiate team game male players was higher than Inter-university male players.

Keywords: Mental stress, collegiate

Introduction

Stress is the process whereby an individual perceives a threat and responds with a series of psychological and physiological changes, including increased arousal and the experience of anxiety. We tend to experience stress when we meet demands that are difficult to meet, but which carry serious consequences if we fail to meet them. If stress is long-term or chronic serious harm to both physical and mental health.

Delimitations

The study has been delimited to the inter-collegiate and inter university level team game male 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

The objectives of the study are stated as follows:

- 1) To study the mental stress of Inter University team game male players of Dr. Babasahab Ambedkar Marathwada University.
- 2) To study the mental stress of Inter Collegiate team game male players of Dr. Babasahab Ambedkar Marathwada University.
- 3) To compare the mental stress between Inter collegiate and Inter University team game male players.

Hypotheses

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

Correspondence

Dr. Kalpana B Zarikar
Associate Professor & HOD,
Dept. of Physical Education, Dr.
B.A.M. University, Aurangabad,
Maharashtra, India

Methodology

Selection of Sample

The sample consists of eighty male 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, Softball and Hockey team game male players. The researcher will use survey research methodology for the study.

Sample Design

S. No.	IUT Male Players	ICT Male 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

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 male players.

Results and discussion

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

Variable	Group	N	Mean	SD	t- value
Mental stress	IUT	40	15.75	6.37	9.21
	ICT	40	27.92	5.41	

*Significant at .05 level.

From the above table we shows that the mean of team game of IUT and ICT male players is 15.75 and 27.92 respectively. The result concluded that the t test value is 9.21 which is significant at .05 level. The above table reveals that there is significance difference between Inter-university and Inter-collegiate male players on mental stress. Thus it may be concluded that mental stress of team game male Inter-university and Inter-collegiate players are different. Hence the first hypothesis is rejected and the second is accepted.

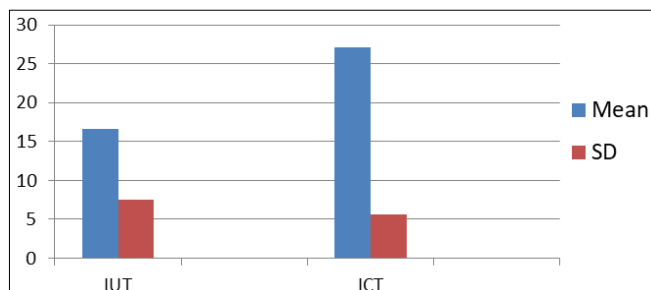


Fig 1: Histograms showing mean and SD scores of mental stress of team game male IUT and ICT players.

Mental stress of Inter-collegiate players has been higher than 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-collegiate and Inter University team game male players on mental stress.
- 2) Mental stress of Inter-collegiate players has been higher than Inter University team game male players.

References

1. Bull Stephen J. Sports Psychology- A self Help Guide London: The Crowood Press Ltd., 1991.
2. Kamlesh ML. Psychology in Physical Education and Sports New Delhi: Metropolitan Book Co. Pvt. Ltd., 2002.
3. Mangal SK, Bhatiya MM. Khel Manavidhnyan, Prakash Brothers Education Publishers, 1998.
4. May Jerry R, Asken Michael J. Sports Psychology, New York, PMA Publishing Corp, 1987.
5. Singh Agyajit. Sports Psychology Friends Publications Delhi, 1920.