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A comparative study on stress level among male university players of different team games

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Abstract

The present study was intended to compare the level of Stress among male University players of different Games (Cricket, Football, Hockey and Volleyball) by using Stress Scale Test developed by Dr. Vijaya Lakshmi & Dr. Shruti Narain, (2014). Descriptive Research Design was used in this study. For the purpose of present study total 160 male University players of different team Games (Cricket, Football, Hockey and Volleyball) aged between 20 to 25 years were selected as subjects through systematic random sampling. The collected data were analyzed by using one way ANOVA. Level of significant was set at 0.05. The result of the study indicates that there was a no significant difference was found on stress of male University players of Cricket, Football, Hockey and Volleyball games.

Keywords: Stress, anxiety, frustration, pressure and team game

Introduction

Han Seley's concept of stress is closely related to the emotion of anxiety. According to "Seley" (1983) ^[1] Stress is defined as "Non-specific response to the body to any demand upon it". Despite of the causes (Positive and Negative) the body is under stress when aroused high intensity workout is classified as stressful to the body, because of the symptoms occurred in the cardiovascular activity.

However, it is argued, that anger and anxiety are much, ore stressful to the body then Joy and Happiness. Thus to take these factor into consideration, Selye allowed that there are two type of Eustress and Distress. Where Eustress is termed for "Good Stress" and Distress is termed for "Bad Stress" in this Distress is considered as a synonym to the emotion of anxiety or later on refer to as situation specific state anxiety.

The factor responsible for Stress are termed as stressors. Which one suffer in a particular situation. Thus, stress turned into distress when the induced stressful situation persists for a longer time. Two distress work as a source of great stress for the individual resulting in unhappiness and sorrow. When stress surpasses one's limit of tolerating results in the factor causing considerable damage to the body and the psyche of the suffering Individual "Stress Tolerance" is the amount of stress one can tolerate under the pressure of breaking down. When stress get overloaded, it results in a class severe damage and later on become overall unhappiness, discomfort and unproductivity till the extent of loss of life. Thus stress can be described immediate and long term effects of the stress on the body and psychology of the individual. Stress is not far from sportsmen's life. Even at the lower level of competition, the impact and consequences of it are quite detrimental. Although games are classified in many ways, but, team and individual games are most common ways for understanding their nature. It is believed that stress is less harmful when it is tackled in groups. To examine this perception in the field of sports, the present study was designed. The main objective of the study is to find the level of stress among team game male players of Cricket, Football, Hockey and Volleyball game at university level and compare it among the selected group of games.

Materials and Methods

Subjects: For the purpose of this study total 160 male University players from Cricket (40), Hockey (40) Football (40), and Volleyball (40) games aged between 20 to 25 years were selected as the subjects by using systematic random sampling method.

Methodology

Questionnaire method was used to collect the data. Stress was measured by applying Stress Scale developed by Dr. Vijaya Lakshmi & Dr. Shruti Narain, (2014). This Scale consists of total 40 items that measure the total Stress. There are four sub-categories of the Stress in this Scale, i.e. Pressure, Physical Stress, Anxiety and Frustration. Only 'Yes' or 'No' response option is there in this questionnaire and the subject has to tick only one. Before filling up the questionnaire, necessary instructions were given and objectives and significance of the study were explained to the subject. The data was collected by administering the questionnaire in spare time of the subjects.

Statistical analyses

For the analysis of collected data various Descriptive and Inferential statistical techniques were applied. In descriptive statistics, Mean, Range and standard deviation (S.D) were computed for selected Psychological Variable. To compare the different group's means on stress one way ANOVA was computed. The level of significance was set at 0.05.

Results and Discussions

The results of the study have been presented in following tables-

Table 1: Descriptive statistics for Cricket, Hockey, Football and Volleyball male University on Stress Scale.

Game	N	Mean	Std. Deviation	Std. Error	Range	
					Minimum	Maximum
Cricket	40	11.15	6.94	1.09	2.00	33.00
Hockey	40	12.35	7.78	1.23	3.00	38.00
Football	40	10.45	6.32	1.00	1.00	30.00
Volleyball	40	12.92	6.09	0.96	2.00	26.00

It is evident from table-1 that mean and standard deviation of male University players belonging to Cricket, Hockey, Football and Volleyball game is (11.15 ± 6.94) , (12.35 ± 7.78) , (10.45 ± 6.32) and (12.92 ± 6.09) respectively.

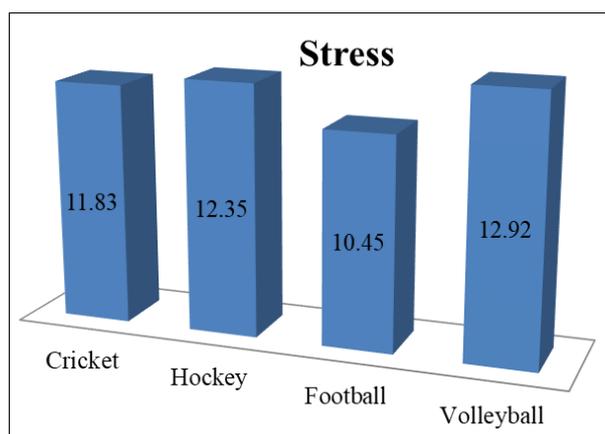


Fig 1: Mean difference of stress level among players of different games

Table 2: One way ANOVA on stress level among male University Level Players of different games.

Game	Sum of Squares	DF	Mean Square	F	Sig.
Between Groups	151.469	3	50.490	1.086	0.357
Within Groups	7250.875	156	46.480		
Total	7402.344	159			

F-ratio 0.05 (3, 156) = 3.09 *Significant at 0.05 level

Table- 2 revealed that there is no significant difference among Cricket, Hockey, Football and Volleyball Male University level players in relation to their level of stress as obtained F-ratio is 1.086 which is lesser than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (3, 156) degree of freedom.

Discussion

On the basis of data analysis, the present study shows no significant difference among Cricket, Hockey, Football, and Volleyball Male University level players on their level of Stress. The variable analysis of the Stress has been discussed as under-

The statistical analysis of data revealed that there is no significance difference on Stress ($F = 1.086$, $p\text{-value} = 0.357$) among male university players of different team games. All the groups of players have shown moderate level of stress in this study. However, it is revealed from the findings that the Football players have less Stress in comparison to the Cricket, Hockey, and Volleyball male players at University level. The less stress in Football players may be attributed to the type of game situation. In the game of Football, usually a player keeps a ball for very less time and get more free time in comparison to Volleyball game and have lesser bouts of sole responsibility in comparison to cricket players. Male Cricket players have shown more stress than the Football players but less stress than the male Hockey and Volleyball players at University level. Male Hockey players have shown more stress than the male Football players and male Cricket players but less stress than the male Volleyball players at university level. The less stress could be occurred in comparison to Volleyball game because in Hockey game, the player can relax, when the ball is in others half or other wing or with his team mates who are far from him as at that time they are stress free because they don't have to be ready to receive or tackle the ball. However, the stress level is higher than the Football and Cricket game because in Hockey, the nature of the game is very fast these days so the ball can come any time to any player and as total Hockey is introduced one can't play while sticking to his one place, he needs to support all his team mates at all time this causes stress at times on players. Male Volleyball players have shown the highest level of stress among the male players of different games at University level. The highest level of stress may occur due to the fast nature of the game and short area of play in the Volleyball game as compare to other games like Football, Cricket and Hockey. The fast pace and repeated Volleys back and forth, keep Volleyball players always under higher level of attention and lesser time to relax between two attempts which may cause more stress to the players during their game. On the other side, in rest of the three games, players find more time to relax and larger area of play with fewer bouts of hyper activity during the game situation which may contributes in reducing the level of stress for these players.

Md. Haneef Kumar (2018) conducted a study on stress among college students in Jammu Division. The results of the study showed no significant difference in pressure, anxiety and frustration among male & female college students in Physical Stress and total stress score.

Mittar Pal Singh Sidhu and Dr. Nishan Singh Deol (2018) [3] conducted an analytical study on psychological, Cultural & gender factor contributing to stress among cyclists in competitive situations. Results revealed that there was significant difference on stress scores among female and male cyclists.

Bhartendu Singh Tomar and Dr. Keshav Singh Gurjar (2018)^[9] conducted a comparative study of stress factors between male and female athletes of Gwalior district, Madhya Pradesh. Significant differences were found on psychological stress among male and female athletics.

From above research study Md. Haneef Kumar (2018) shows similar findings in terms of stress level as that of the present investigation.

Conclusions

Within the limitation of present study and on the basis of available data, it may be concluded that there is no significance difference in the level of stress among the male University level players of Football, Hockey, Volleyball, and Cricket game. The subject's level of participation and nature of training at University level is more or less same, which may cause similar type of adaptation to stress in their behavior which is also confirmed by the results. These players are facing similar kind of pressure for the competition irrespective of their game as the level of competition increases, the distinctive variation in level of stress in different team games may arise.

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