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## Sudip Naskar

Research Scholar, Department of  
Physical Education, Faculty of  
Arts, Banaras Hindu University,  
Varanasi, Uttar Pradesh, India

## Saurabh Mishra

Research Scholar, Department of  
Physical Education, Faculty of  
Arts, Banaras Hindu University,  
Varanasi, Uttar Pradesh, India

## Meghdut Murmu

MP. Ed. Post Graduate,  
Government Institute for  
Physical Education, Banipur,  
West Bengal, India

## BC Kapri

Professor, Department of  
Physical Education, Faculty of  
Arts, Banaras Hindu University,  
Varanasi, Uttar Pradesh, India

## Corresponding Author:

### Saurabh Mishra

Research Scholar, Department of  
Physical Education, Faculty of  
Arts, Banaras Hindu University,  
Varanasi, Uttar Pradesh, India

## Study on stress and motor fitness ability among married and unmarried soccer players

Sudip Naskar, Saurabh Mishra, Meghdut Murmu and BC Kapri

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### Abstract

**Objective:** The present study was designed to compare stress and motor fitness ability among married and unmarried soccer players.

**Methodology:** A cross sectional study was consisting of 60 tribal male subjects namely married soccer players (n = 30) and unmarried soccer players (n = 30) selected from football coaching camp of Bankura and Purulia District of West Bengal, India. The age of the subjects were ranging from 21 to 27 years. Further, descriptive statistics, and 't' test applied to assess and compare the stress and motor fitness variables between the selected group of subjects.

**Result:** Statistically, there was significant difference found on stress ( $t = 27.34$ ) between married and unmarried soccer players. Whereas, there was no significant difference found between married and unmarried soccer players on their motor fitness variables i.e. Explosive leg strength ( $t = 14.89$ ), Shoulder muscle strength ( $t = 1.26$ ), Agility ( $t = 22.43$ ) respectively.

**Conclusion:** Findings established of the present study, it was concluded that Married and Unmarried both soccer players were involved in same type of activity in training session. Poor families' subjects are not given proper free space for their personal bringing like family support to play the game and nutritional needs. For these causes the stress level was more than Unmarried soccer players.

**Keywords:** Soccer player, motor fitness, stress, married and unmarried

### Introduction

Soccer the game of football is both an art and science. The game of football involves high level of skill efficiency in kicking, dribbling, passing, goalkeeping technique which has to be performed with great degree of efficiency in speed and agility. It is important that every individuals needs to be well skilled to play a team game like soccer. All the players should coordinate with one another during offensive and defensive situations. The game of football is contains physical challenges. Every player needs to have high efficient level of agility to response and to control every team situations during the play. Soccer is on top in all competitive sports, this game having very rich traditional throughout the globe. But this game has changed rapidly in recent times due to physical fitness, motor fitness, technical and tactical approach. Motor fitness component and coordinative abilities become back bone. Fundamental training developed motor fitness to improve soccer skill performance. Today the game has become so advance and competitive globally. There are various motor qualities that work with football players like speed, strength, flexibility and coordinative abilities. Almost in all the sports these motor abilities are of great deal to players. Stress is defined as a physical mental and emotional factor that causes bodily and mental tension. Stress can be external (from the environment, psychological or social situation) or internal (Illness or from a medical procedure). Stress is a physical, mental or emotional, demand, which tends to disturb the homeostasis of the body and it is an everyday part of life. Stress is unavoidable in life and sport, and all performing actors, artists and athletes perform their tasks with varying stress levels. The science of sports have proved about the performance which cannot be only the product of physical or biomechanical outcome, but also of psychological product that plays a great role in determining the performance. All the beginner competitors are at stress during their early competition stage thus; need to be optimising it for better performance.

Athletes coping stress due to genetically stress factor need to be more careful for experiencing good environment during early stage of competition so that they are better performer at later stage of higher competition. While acute stress may actually act as a challenge, if not harnessed, it can evolve to not only an episodic stress or that can affect one in the long term, but can also hamper one's playing capability.

It has been observed by the sports scientist that the lifestyle factors are much more deciding factors in coping stress factors including married life. Thus, it has become the point of guessing for the lay people to find out if the married players are free to stress level or the unmarried players are more stressful during competition. The scholars hereby want to search the fact about the stress and motor fitness ability among married and unmarried soccer players through this study.

## Methodology

### Selection of the Subject

For the selections of the subjects simple random sample technique was adopted. Total 60 male soccer players were selected for the study from the local tribes of Bankura and Purulia Districts of West Bengal. Subjects were aged between

21 to 27 years and were classified into two groups of 30 players in each group on the basis of their marital status i.e. married and unmarried players.

### Selection of the Variables

For the collection of the data researcher has taken JCR Motor Fitness test to find out the motor fitness of all the subjects. The following variables were related for the present study.

### Independent Variables

1. Explosive Leg Strength
2. Shoulder Muscle Endurance
3. Agility

### Dependent Variables

#### Stress

The variables selected for the study were measured through a given criterion level as suggested in JCR motor fitness Test.

### Criterion Measure

The variables selected for the study was measured through a selected but reliable and valid test known as JCR motor fitness test as per the following table:

Sl. No.	Variables	Methods	Equipments	Unit
1.	Explosive leg strength	Vertical jump	Wall, marking chalk,	Metre.
2.	Shoulder muscle endurance	Chining up	Hanging chining Bar and stop watch	Sec.
3.	Agility	Shuttle run	Stop watch, clapper, and 10 metre. Marking lane.	Sec.
4.	Stress	International Stress Management Association	Questionnaire and pen	Score

### Collection of Data

The tests of all the selected motor fitness and stress variables were administered at the football during the coaching camp at Shiberbandh Adibasi Sagen Sakam Football Coaching Camp and Jangalpur Adibasi Youth Football Coaching Club. All the subjects (30 married, 30 unmarried male soccer players) were properly oriented and explained the tests very clearly. The subjects were allowed few trials before the actual test was conducted. Then one after another the tests were administered and data were recorded carefully. The subjects

were well oriented before applying the questionnaire. There was no time limit but they were instructed to respond as quickly as possible. For measuring Stress Vulnerability Questionnaire was applied.

### Statistical Technique

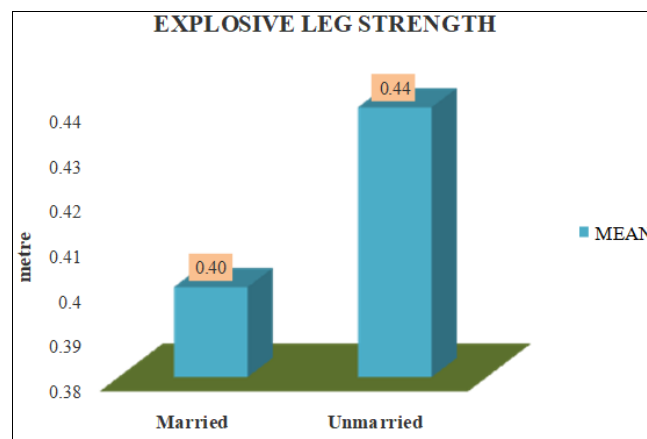
The statistical analysis of data in selected motor fitness components and stress level were computed by applying t-test statistics for each variable separately. The level of significance was set at 0.05 level of confidence.

## Findings and discussion

**Table 1:** Descriptive statistics of JCR test

Variables	Subjects	Mean	S.D.	Two tailed p - value	't' - value
Explosive leg strength	Married Soccer player	0.39	0.11	0.001	14.89
	Unmarried Soccer player	0.44	0.07		
Shoulder Muscle Endurance	Married Soccer player	9.27	2.39	0.001	1.26
	Unmarried Soccer player	8.70	2.12		
Agility	Married Soccer player	9.93	0.57	0.001	22.43
	Unmarried Soccer player	10.09	0.76		

N = 60\* Significant at 0.05 level's' (2, 58) = 2.0



**Fig 1:** Graphical representation of mean, S.D. on explosive leg Strength

It is evident that from table shows that there was no significant different exist among Married and Unmarried soccer player in respect of Explosive leg strength. The Married soccer players mean were 0.40 compare to the Unmarried soccer players mean 0.44 and there difference 0.04.

Because Married and Unmarried both the soccer players were involved in same type of activity in training session. Though the variable explosive leg strength was depend upon individual.

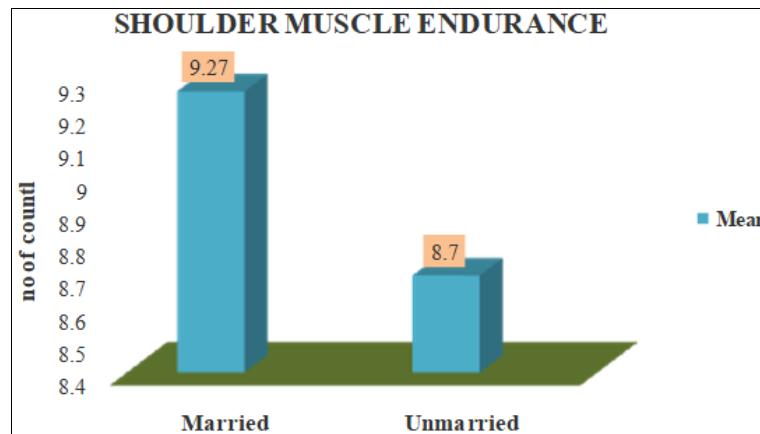


Fig 2: Graphical representation of mean, S.D. on Shoulder Muscle Endurance

It is evident that from table shows that there was no significant different exist among Married and Unmarried soccer player in respect of Shoulder muscle endurance. The Married soccer players mean were 9.27 compare to the Unmarried soccer players mean 8.70 and there difference

0.57. Because Married and Unmarried both the soccer players were involved in same type of activity in training session. Though the variable Shoulder muscle endurance was depend upon individual.

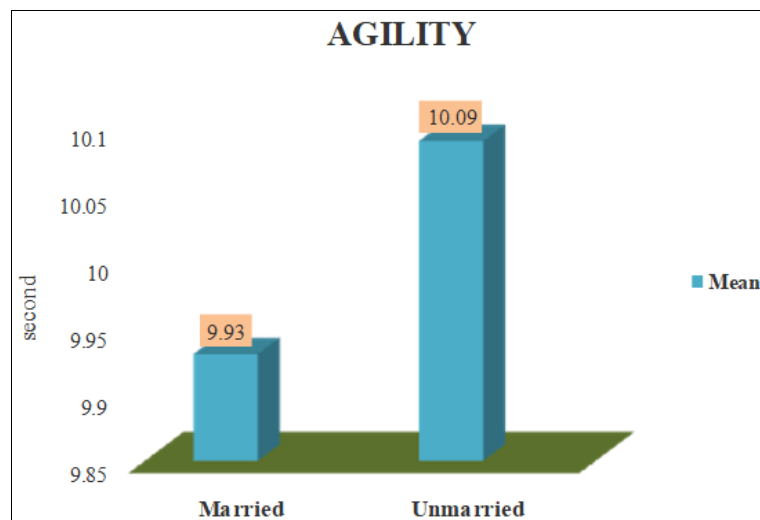


Fig 3: Graphical representation of mean, S.D. on Agility

It is evident that from table shows that there was no significant different exist among Married and Unmarried soccer player in respect of Agility. The Married soccer players mean were 9.93 compare to the Unmarried soccer players mean 10.09 and there difference 0.16. Because Married and Unmarried both soccer players were involved in same type of activity in training session. Though the variable Agility was depend upon individual.

Table 2: Mean, S.D. and 't'- ratio of stress among Married and Unmarried soccer players

Subject	Mean	S.D.	Two tailed p - value	't' - value
Married	15.20	1.75	0.001	27.34
Unmarried	10.56	2.86		

N= 60\* Significant at 0.05 level 't' (2, 58) =2.0

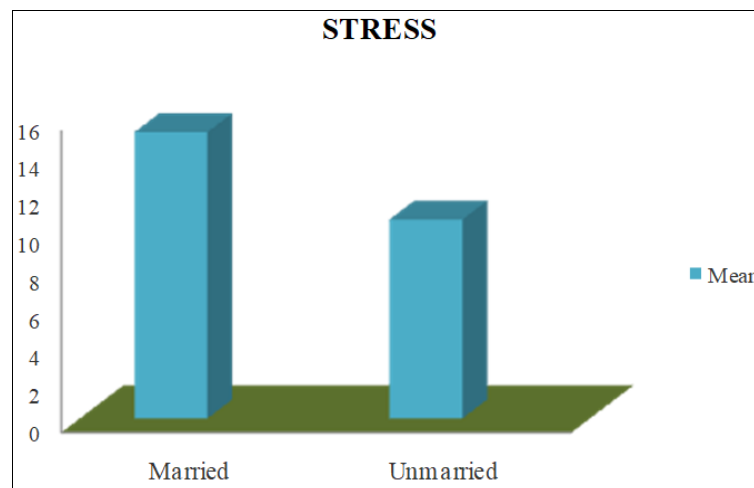


Fig 4: Mean and S.D. of stress among Married and Unmarried soccer players.

It is evident that from table- IV shows that there was significant different exist among Married and Unmarried soccer player in respect of Stress level. The Married soccer players are having the almost same i.e. 15.20 compare to the Unmarried soccer players are 10.56 and there is a difference 4.64. Regular training and practice was help soccer players maintained their motor fitness equal. But in Stress level among Married and Unmarried soccer players, there was significant different exist. However all the subjects were belongs from poor and middle class families. For that reason the married soccer players were face some difficulties those were, lack of family support, societies disagree, daily work load, no job satisfaction, lack of resting time, proper diet etc. For these causes the stress level was more than Unmarried soccer players.

### Conclusion

Findings established of the present study that there was no significance difference in motor fitness (Explosive leg strength, Shoulder endurance, Agility) between married and unmarried male soccer players. Because Married and Unmarried both soccer players were involved in same type of activity in training session. Motor fitness components are among the pre - requisite for the skill development and skill performance of any game and sports, including soccer. Better motor fitness contributes towards the efficient skill performance in games and sports. Therefore, a player who does not possess required motor fitness cannot perform well at higher levels. Though the motor fitness was depend upon individual. There was significance difference in stress between married and unmarried soccer players. It may be concluded from the findings that the poor families' subjects are not given proper free space for their personal bringing like family support to play the game and nutritional needs. This is more vulnerable in the care of married male as they are expected to earn the bread for their family. For these causes the stress level was more than Unmarried soccer players.

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