



A Comparative Study of Stress of Sports Persons and Non Sports Persons of M. S. P. Mandal's Deogiri College, Aurangabad

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Abstract

The purpose of this study was to compare the stress between sports persons and non sports persons of M.S.P. Mandal's Deogiri College, Aurangabad. The study was conducted on sixty four samples, consisting of thirty two of sports persons and thirty two of non sports persons. Achievement pressure and achievement anxiety were obtained by administering Bisht's Bisht Battery of Stress Scale. The data collected through aforesaid tests were analyzed with respect to achievement pressure and achievement anxiety. 'T' test was applied to compute the significances among two groups. The significance of data was judged at .05 levels. The result of the study indicates that achievement pressure and achievement anxiety of sports persons and non sports persons was same.

Key Word: Stress, achievement pressure, achievement anxiety

INTRODUCTION:

Stress is the non-specific response of the body to any demands made on it. Stress is a state to which the natural body equilibrium. It is an integral part of quality of life; it is needed to produce energy and excitement in our lives. However, too much or too little stress is undesirable and in these conditions students may develop symptoms such as anxiety, irritability, sleeplessness or muscle tension. It is the process whereby an individual perceives a threat and responds with a

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series of psychological and physiological changes including increased arousal and the experience of anxiety. It is most often seen to occur when an outcome is important to a person but they perceive an imbalance between the demands placed upon them and their ability to cope with these demands.

Martens suggest that there are three types of stress symptoms: physiological, psychological and behavioral. Psychological stress results from a mismatch between a person's perception of the demands of a situation and a self-assessment of his/her ability to cope.

Mc Grath (1970) suggested that stress results when there is as substantial imbalance between demand and response capability under conditions where failure to meet the demands has important consequences.

Some psychologists prefer to think of stress as the process itself; various emotional reactions might result from the stressor.

SIGNIFICANCE OF THE STUDY:

Researcher has shown us that stress can have a number of negative effects. These may include burnout and dropout, injury and performance decreases. Due to these negative effects of stress, it is important for researcher to examine the situations in which stress may occur. The stress does not stem from either the environment or the individual's response to that environment but from relationship between the two. This means that stress can be explained by looking at the individual's reaction to a stressor in relation to their environment. According to Lazarus, it is the relationship between the person and the environment that causes stress.

Observing performance of the sports persons in various tournaments the investigator felt a need to study the reasons and cause as to why these sports persons do not do well during competition, hence this problem. It will also help the coaches to improve their methods of training to prepare sports persons to compete in the game with tough mind and fit body. This study of stress will help sports persons to improve their psychology.

SCOPE AND LIMITATIONS:

Research scope area is limited only for M. S. P. Mandal's Deogiri College Aurangabad. After considering the scope of research subject researcher has observed some major limitations.

1. All sports persons from the M. S. P. Mandal's Deogiri colleges Aurangabad were included.
2. The college subjects were between eighteen to twenty five years of age.
3. The subject for researcher is limited only for inter collegiate sports persons and students who not take part in any competition but students of M. S. P. Mandal's Deogiri College Aurangabad were included.
4. Only Softball, Basketball, Cricket, Football and Kabaddi Inter Collegiate sports persons and non sports persons were selected.

METHODOLOGY:**Objectives of the study:**

The objectives of the study are stated as follows:

1. To study the achievement pressure among sports persons and non sports persons of M. S. P. Mandal's Deogiri College Aurangabad.
2. To compare the achievement anxiety among sports persons and non sports persons.

Hypotheses:

1. There would be no significant difference between sports persons and non sports persons on achievement pressure.
2. There would be no significant difference between sports persons and non sports persons on achievement anxiety.

Selection of Sample:

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The sample consists of sixty four students of M. S. P. Mandal's Deogiri College Aurangabad. The subjects were drawn from the M. S. P. Mandal's Deogiri College Aurangabad. Random Sampling Technique was employed to select the subjects. The data was collected from Softball, Basketball, Cricket, Football and Kabaddi inter collegiate sports persons during training and coaching camp and non sports persons during intramural tournaments. The present study is based on survey method.

Tools used:

Abha Rani Bisht's Bisht Battery of Stress Scale has been taken to assess the stress. This questionnaire consisted of fifty two statements.

STATISTICS USED:

Since the samples were small containing only thirty two students, in each group, the testing for difference between the means of the two groups, the T ratio was computed. Student's T test has been applied to find out the significant differences among two groups at 0.05 levels of significance. The collected data were tabulated to find out the difference of achievement pressure and achievement anxiety among two groups.

RESULTS AND DISCUSSION:

The means of Achievement Pressure for Group I was 39.54 and for group II 37.91 The calculation of mean, standard deviation and T ratio of group I and group II on Achievement Pressure, are presented in table 1.

Table - 1**Mean SDs and T-ratio of Achievement Pressure Between Group I and Group II**

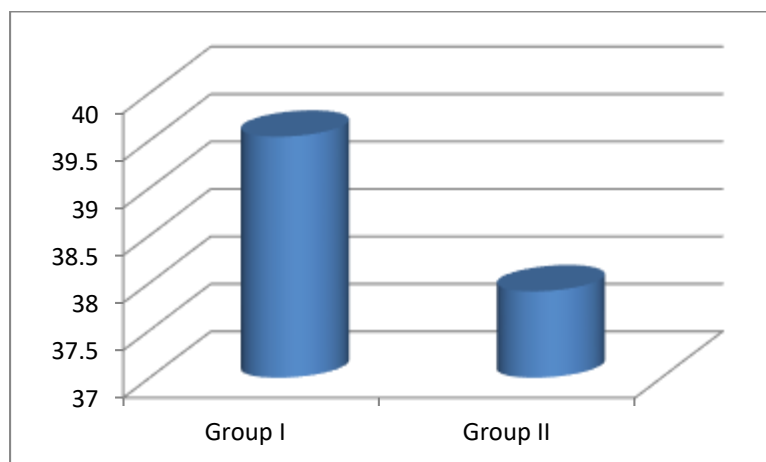
Variable	Group	N	Mean	SD	T-ratio
Achievement Pressure	Group I	32	39.54	5.02	1.33
	Group II	32	37.91	4.84	

Insignificant at .05 levels.

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Table 1 reveals that there is insignificance difference between Group I and Group II on achievement pressure. Thus it may be concluded that Achievement Pressure of both sports persons and non sports persons male are same.

Fig.1: The mean of the Achievement Pressure of Group I and Group II



The means of Achievement Pressure of group I and group II was 39.54 and 37.91 respectively. The T ratio obtained is insignificant, at .05 level of confidence. Hence the hypothesis I that Group I and Group II students had not differ on achievement pressure is accepted.

Table – 2

Mean SDs and T-ratio of Achievement Anxiety between Group I and Group II

Variable	Group	N	Mean	SD	T-ratio
Achievement Anxiety	Group I	32	27.48	3.52	1.76
	Group II	32	25.83	4.05	

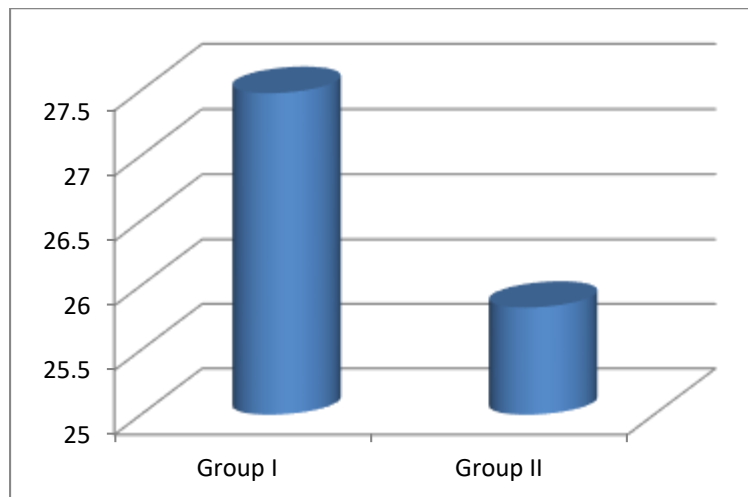
* Insignificant at .05 levels.

The means of Achievement Anxiety for Group I was 27.48 and for group II 25.83. The calculation of mean, standard deviation and T ratio of group I and group II on Achievement Anxiety are presented in table 2. Table 2 reveals that there is insignificance difference between

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Group I and Group II on Achievement Anxiety. Thus it may be concluded that Achievement Anxiety of both sports persons and non sports persons are same.

Fig.2: The mean of the Achievement Anxiety of Group I and Group II



The means of Achievement Anxiety of group I and group II players was 27.48 and 25.83 respectively. The T ratio obtained is insignificant at .05 level of confidence. Hence the hypothesis II that Group I and Group II students had not differ on Achievement Anxiety is accepted.

CONCLUSIONS:

On the basis of the study the following conclusions were drawn:

1. No Significant differences are found on Achievement Pressure between sports persons and non sports persons.
2. There is an insignificant difference on Achievement Anxiety between sports persons and non sports persons.

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