
COMPARATIVE STUDY OF STRESS AMONG GAME PLAYERS AND NON PARTICIPANTS



Singh Arjun*

*Research Scholar, Lovely Professional University, Phagwara, (P.B)-INDIA.

E. Mail: dr.arjun89@gmail.com

Abstract:

The objective of this study was to investigate the comparative study of stress between game players who participated at state, national and All India University level competitions and students who do not participate at any level. It was found out that the level of stress among students were higher as compared to the game players. Study revealed out some of the causes that are responsible for high level of stress. By having regular participation in games, energy in the body and refreshes in the mind can be rejuvenated and this will also lead to the catharsis of the emotion thus leading towards a happy and prosperous life.

Keywords: Stress, Game Players & Non Participants.

Introduction:

By nature human beings are competitive and ambitious for the excellence in all athletic performances. Not only every man but every nation wants to show their supremacy by challenging other Individual, state, group or nation. This challenge stimulates, inspires and motivates the entire nation to strive for faster, higher, and further. It compels to exaggerate, strength, endurance and skills in the present competitive sports world. This can only be possible through scientific, systematic and planned sports training as well as channelizing them into appropriate games and sports by finding out their potentialities. Every player or any other individual are having stress which is termed as the condition that disturb the normal physiological and psychological set up of an individual (Singh & Kaur 2010). Stress is a non-specific response of the body to any demand made upon it or to external stimuli. A more practical definition is "When the problems presents by everyday life exceed our resources for coping with them, one feels stressed." Moreover, stress can also be generated from within by hopes, fears, expectations and beliefs. Players and youth differ in what they perceive as stressful and how they cope with stressful situations. The constant stress or over stress can lead to disease or illness and it is estimated that perhaps 80-90% of all sickness are stress induced. It is therefore very important for each person to manage the stress effectively. Stress in general is higher in females than

males and asthmatics with non-hereditary effect have more stress than asthmatics with hereditary effect (Chauhan 2009). Many people take-up sports mainly for the fun and thrill of it. However, little is known that sports do experience its fair share of stress as well. Stress has reportedly been the cause of many poor performances among athletes and sportsmen. Both physical and psychological stress affects performance. Athletes who have high fitness levels cope with psychological stress much better than those with low fitness.

Not only is uncontrolled stress harmful to bodies in and of itself but it can also lead to unwise behaviour such as alcohol and drug abuse, which place an individual even at greater risk, health wise. It can also jeopardize our relationship, by leading to emotional outbursts and, in some cases, physical violence.

Objective of the Study:

- To compare the Stress between game Players and Students.
- To find out the significant difference of stress between game players and students.

Hypothesis:

- There will be a significant difference in stress perception between players who participated at different level and students who do not participate at any level.
- There will be a significant variation in stress level between players due to the demographic variables of age, sex and number of years in practice.

Methodology:

The Selection of Subjects:

The subject of this study was the male players and students between age group of 18 to 25 years selected from lovely professional university, Phagwara (Punjab). The total number of subjects for this study was 100 (50 subjects was who participated at state, national and All India University competitions, while another 50 subjects was the students of Lovely Professional University who do not participate in any kind of sports Competitions).

Selection of Tools:

Singh Personal Stress Source Inventory (SPSSI) was used for collection of data.

Statistical Technique:

To compare Stress between game players and the students 't-test' was used.

Statistical Analysis:

Table No-I
Table showing the difference between Game Players and Non-participants

	Players	Students	t-ratio
Mean	61.26	64.23	
			1.633
S.D	7.12	10.93	

It is evident from the above table-1 that insignificant difference was found between the mean scores of players who participated at different level and students who do not participate at any level in relation to the stress as the t-value was found 1.663 which was lower value than the required value at 0.05 level of significance.

t-value required to be significant at 98df =1.98

Discussion and Conclusion:

The result of the study revealed insignificant difference between the mean scores of players who participated at different levels and students who do not have any kind of participation at any level. The mean scores of students were higher than the game players. It clearly seems that students were having more stress level as compared to the game players.

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