

# AN EVALUATION

## **Stress among Kabaddi, Hockey and Volleyball Players in Himachal Pradesh**

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### **ABSTRACT**

*The present study was conducted on 60 non-combative male sportspersons: 20 Kabaddi players i.e. (10 inter college and 10 inter university level); 20 Hockey players i.e (10 inter college and 10 inter university level); and 20 Volleyball players i.e. (10 inter college and 10 inter university level). The samples were taken from affiliated colleges of Himachal Pradesh University. Student Life Stress Inventory developed by Gadzella's (1991) was used for data collection. Analysis of Variance (3x2 Factorial designs involving three types of sports i.e. Kabaddi, Hockey and Volleyball and two levels of participation i.e. inter college and inter university) was used to analyse the data. No significant differences were found on the basis of type of games or sports as well as level of participation. Type of sports and level of participation of the sampled sports persons interacted significantly, at 0.05 level of significance.*

### **INTRODUCTION**

Sports psychology means reading and analyzing of the behavior of sportspersons during sports process. Sports psychology is that branch of psychology which deals with physical fitness of the individual through his participation in games and sports, (Sharma, 2002). It stresses on the psychological study of the problems which arise in any sports situations. Sports participants include the officials conducting sports competition, players participating in sports, audience involved in sports event and others who are deeply concerned or associated with sports. It also deals with the behavior of all participants, during various conditions

and circumstances in sports. It lays stress on the fact that physical as well as mental development of human beings depend upon their physical fitness, by participating in different games and sports activities. Thus, sports psychology plays a vital role in the all-round development of the individual.

#### **Concept of Student-life Stress**

Although student-life stress in higher education has been a topic of interest for several decades, student-life stress and stress reaction have not been fully explored. College students experience high stress, at predictable times in each semester, due to academic commitment, sports pressure, financial, lack of time

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management and due to competitions. When stress is perceived negatively or becomes excessive, it can affect both physical health and academic performance (Campbell & Svenson, 1992). College students often attempt to control and reduce their stress through avoidance religious and social support, or positive reappraisal. Leisure satisfaction and fitness activities act as stress buffers, providing a sense of purpose and competence for college students (Ragheb & Mckinney, 1983). Student-life stress is also reduced and controlled through effective time management and practice techniques. The sources of stress among students are competitions, study for exams, and the large amount of content to master in a small amount of time (Brown, 1991). Other potential sources of stress include excessive homework and unclear assignment due to journey. In addition to academic requirements, relations with teachers or coaches, time pressure and other faculty members may also be sources of stress. Relationship with family and friends, eating and sleeping habits, and loneliness may affect some students adversely (Wright, 1967).

### **Objectives of The Study**

1. To study and compare the level of stress of sportspersons with respect to their:
  - (a) Type of sports
  - (b) Type of participation level
2. To study two factor interaction effect of type of sports and type of participation level in relation to stress.

### **Hypotheses**

1. There would be no significant

difference in the stress of sportspersons of non combative sports i.e. Kabaddi, Hockey and Volleyball w.r.t. their level of participation.

2. There would be no significant interaction effects of the non combative sports and level of participation in relation to stress.

### **METHODOLOGY**

The present study consisted a sample of 60 non combative sportspersons (30 inter college level and 30 inter-university level), from affiliated colleges of Himachal Pradesh University. For this purpose, non-combative sports persons were selected as sample; who had participated in inter college and inter-university level.

#### **Tool Used**

Student Life-Stress Inventory (Gadzella's, 1991) This inventory was designed to assess the student life- stress and reactions to stressors. The instrument contained 51 items in a Likert response format (1=never true to, 5= always true) that assessed five categories of stressors (frustration, conflicts, pressure, changes and self-imposed), and four categories describing reaction to stressors (physiological, emotional, behavioral, and cognitive).

#### **Data Analysis and Inter-pretation**

Analysis of data is helpful in studying the organized or unorganized data in order to discover inherent facts. The data were studied from as many angles as possible, to explore new facts. Interaction is referred to that part of a study which is associated with the drawing of inferences from collected facts.



### Stress of Non-combative Sportspersons

To study the main of type of sports and level of participation of non combative sportspersons, statistical technique of 'Analysis of Variance' (3x2 Factorial design involving of three type of non-combative sports i.e. Kabaddi,

Hockey and Volleyball and two levels of participation i.e. inter college and inter university) was applied. The stress scores and means stress scores of sportspersons, according to their type of sports and level of participation, are given in the Table 1 as follows:

**Table -1: Total Scores and Means of Stress of Kabaddi, Hockey and Volleyball w.r.t. their level of Participation**

Sports/Level of Participation	Kabaddi		Hockey		Volleyball		Total	
	Scores	Mean Scores	Scores	Mean Scores	Scores	Mean Scores	Scores	Mean Scores
Inter College	1080	(108.0)	1085	(108.5)	1177	(117.7)	3342	(111.4)
Inter University	1132	(113.2)	1149	(114.9)	1082	(108.2)	3363	(112.1)
Total Scores	2212		2234		2259		6705	
Mean Scores		(110.6)		(111.7)		(112.9)		(111.7)

In Table 1, the mean value of Volleyball players of inter college level have the highest mean score i.e. 117.7. A higher score indicated greater stress and reaction to stress. Whereas, the Kabaddi players and Hockey players of both the

levels and Volleyball players of inter university level have low stress (mean scores between 108.0 and 113.2). 'F' values are calculated for different pairs of sportspersons and their level of participation.

**Table -2: Summary Table of Analysis of Variance of Stress of Kabaddi, Hockey and Volleyball**

Source of variation	Sum of squares	Degrees of freedom	Mean of squares	'F' ration
Type of Sports	55.3	2	27.65	0.317
Level of Participation	7.35	1	7.35	0.08
Type of sports and level of participation	7.83.9	2	391.95	4.49*
Error variance	4707.7	54	87.18	-----
<b>Total SS</b>	<b>5554.25</b>	<b>59</b>	<b>-----</b>	<b>-----</b>

\*significant at 0.05 level

### Main Effects of Sports

From the Table 2, it is evident that the calculated value of 'F' ratio, for the main effect of sports, is 0.317 for df 2 and 54. In the 'F' Table values are 3.17 and 5.01, at 0.05 and 0.01 levels of significance, respectively. As the calculated value of 'F' ratio is even less than the Table value of 0.05 level of significance, the hypothesis No. 1 (a); *'non-combative sportspersons do not differ significantly in the level of stress w.r.t. their type of sports'*, is retained which signifies that the sportsperson of Kabaddi, Hockey and Volleyball possessed statistically same level of stress.

### Main Effects of Level of Participation

From the Table 2, it is evident that the calculated value of 'F' ratio, for the main effect of level of participation, is 0.08 for df 1 and 54. In the 'F' Table values are 4.02 and 7.12 at 0.05 and 0.01 levels of significance, respectively. As the calculated value of 'F' ratio is even less than the value of 0.05 level of significance, the hypothesis No. 1 (b) *'non-combative sportspersons do not*

*differ significantly in the level of stress w.r.t. their type of participation level'*, is retained which signifies that the sportspersons of inter college and inter university possessed statistically of the same level of stress.

### Interaction Effect of Sports and Level of Participation

From the Table 2, it is evident that the calculated value of interaction effect of type of sports and level of participation is 4.49 for df 2 and 54. In the 'F' Table value are 3.17 and 5.01 at 0.05 and 0.01 levels of significance, respectively. As the calculated value of 'F' ratio is more than the Table value of 0.05 levels, the hypothesis no.2 *'non-combative sportsperson do not interact significantly toward the level of stress w.r.t. their type of sports and level of participation'*, is not retained at 0.05 level of significance; which signifies that type of sports and level of participation interact significantly to some extent in level of stress.

The interaction effects of inter college and inter university level is shown in figure 1 as follows:

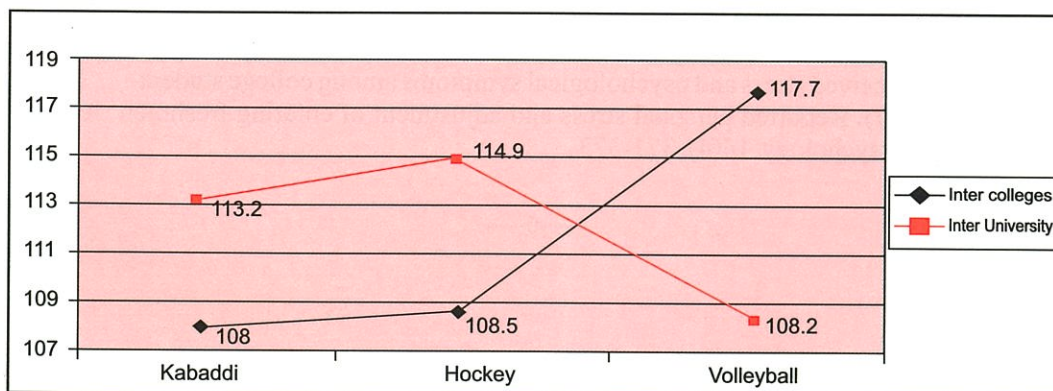


Fig-1: Interaction Effects of Inter Colleges and Inter Universities Levels



## CONCLUSION

1. It signifies that the sportspersons of Kabaddi, Hockey and Volleyball possessed almost same level of stress.
2. It signifies that the non combative sportspersons of inter colleges and inter university possessed the same level of stress.
3. It signifies that type of sports and level of participation interacts significantly to some extent in level of stress.

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