

# COMPARATIVE STUDY OF PERSONAL STRESS BETWEEN PHYSICAL EDUCATION AND NON PHYSICAL STUDENTS

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## Abstract

The purpose of the present study was to compare the personal stress between physical education students and non-physical education students. The available literature on research work so far done in the field of sports psychology indicates that stress is more researched than any other area of the field. Researchers have studied stress level of physical education and non-physical education students. The Singh Personal Stress Sources Inventory (SPSSI), consisted of 35 questions were used for the study. 15 Physical Education students and 15 Non-Physical Education students were selected randomly as subjects from Amity University Uttar Pradesh, Noida (U.P.). The data was collected and statistically analysed by using 't' ratio at 0.05 level of significance. The research indicated that the level of stress of physical education students and non-physical education students was significantly different at 0.05 level of significance. The study also showed that physical education students have less personal stress than non-physical education students.

## Introduction

Stress has been defined as the adaptive physiological response of the human organism to internal and external forces and events which disturb the homeostatic balance of the individual. The imbalance may be caused by physical and social agents and conditions. Psychological stress occurs as a result of a person perceiving environment mental demands exceeding coping abilities. A person's commitment to success leaves a player more vulnerable to threat by the prospect of poor performance, injury or being left out of the team when compared to a player with lower commitment. A large number of factors produced feelings of nervousness and stress are state anxiety in young athletes. Passer (1981) summarizing the research on children's sport listed the following:

- The degree of importance of the game is competition.
- Nature of sports (individual sports are more stressful)
- The outcome (winning decreases stress, losing or trying increases it).
- It Level of self-esteem possessed (stress is greatest in children with low self-esteem)
- The expectations held for success, children with lower expectations possess greater stress.
- The level of sports competition anxiety.

Modern age is the age of competition and sports are no exception. There is no doubt that sports are the healthiest way of recreation. Its importance in the competitive world cannot be underestimated. Some of the factors, which contribute to the success in sports, are: the technique, training, sports medicine, sports psychology and optimum facilities for participants.

Nowadays there is a great stress and depression among human beings, before the competition and after the competition sports person is under stress and depression. It can be removed through psychological training and sports person get his goal in competition. The American and Russians recognized the importance of psychological training after conducting a number of research studies and made it a part and parcel of sports training programme. No significant work has been done in India regarding the issue. So there is a great need of research in this field. Psychological preparation helps the athlete to achieve the results according to his capabilities. The training of sportsmen with regard to psychological variables along with other factors will help the sports person to overcome the problem of stress during the competition.

Indian society is very complex with various social groups, diversified with the backgrounds of region, religion, language, culture, social status etc. All these have different impacts on stress towards sports participants. The impact of stress and general depression are different on different individuals. And there are different incentives i.e. financial as well as non-financial (like the hope of getting a certificate or a reward of wealth) which will affect the performance of a sports person and the denial of these incentives can cause stress and depression in the

mind of a sports person. And due to this reason it has been observed that a poor child gets more stress and depression than a child born in a rich family. The socio-economic status is one of the importance factors that may influence sports participation. The entire society may be broadly categorized into three groups: upper, middle and lower strata. The stress and general depression towards sports participation may vary depending upon the group to which they belong.

Psychological stress has been as the response of an individual to a situation where he perceives that environmental demand exceeds his capacity and resources to respond appropriately. Thus stress is a dynamic process that involves: (a) the individual assessment of the demand (e.g., how threatening is it), and the capabilities. The concept of stress is very much embedded in the traditional Indian, which can be used to expand psychological concepts related to stress. Palsane and others (1999) traced out some of the stress concepts from the Bhagavad-Gita. When a man dwells in his mind on the objects of sense, attachment to them is produced. From attachment springs desire and from desire come anger. From anger arises bewilderment, from bewilderment loss of memory, and from loss of memory, the destruction of intelligence and from the destruction of intelligence he perishes.

Most of the research studies conducted in the field of physical education have pointed out the fact that socio-psychological factors play an important role in the ultimate performance of sports persons. An individual is affected not merely by his physical, technical and tactical qualities but also by his psychological consideration. Psychological factors i.e. personal stress has their own importance in the field of physical education and sports. The focus of personal stress research in India has been identifying stressors, strain, and coping style/strategies among diverse sample. However, no attempt has been made to examine stress among soccer players. Therefore, the need for the present study was felt and the objective was to identify the sources of stress experienced by soccer players. Moreover, understanding the sources of stress in sportspersons, particularly soccer player, is an important aspect because soccer is one of the prestigious games of our country.

The teachers, parents and peer groups can help the children to tackle the problem of personal stress according to situation. But the university students having reached the level of maturity, having had the individualistic thinking may have developed clear concept about sports participation. That is why the university students may serve as better subjects for the purpose of this study.

#### **Selection of Sample**

30 students, (15 physical education and 15 non-physical education) were selected randomly at college level.

#### **Selection of Tools**

The Singh personal stress sources inventory (SPSSI) used for the study consisted of 35 Questions.

#### **Collection of Data**

The scholar distributed the questionnaire of (SPSSI) to the student of Amity University NOIDA before distributed the questionnaire to the subject the scholar explains the purpose and important of questionnaire and satisfied queries raised by the subject.

#### **Scoring**

After constructing further studies by using SPSSI the author had given the following classification criteria based on points.

**Table - 1**  
**Qualitative Description of Score on S.P.S.S.I.**

<b>RANGE OF SCORES</b>	<b>QUALITATIVE DESCRIPTION</b>
80 or higher	High level of stress
31-79	Moderate level of stress
0-30	Low level of stress

### Statistical Procedure

To analysis and compare the personal stress between physical education student and non physical education student. Mean, Standard Deviation, and 't'- test were used. The level of significance for 't'- test was set at .05

### Analysis of Data

Analysis of data was done using Mean, Standard Deviation, and 't'- test from the responses obtained from the questionnaire.

Analysis in terms of Mean, Standard Deviation, and 't'- test of collected data of Physical Education and Non-Physical Education students of Amity University are given below.

### Findings

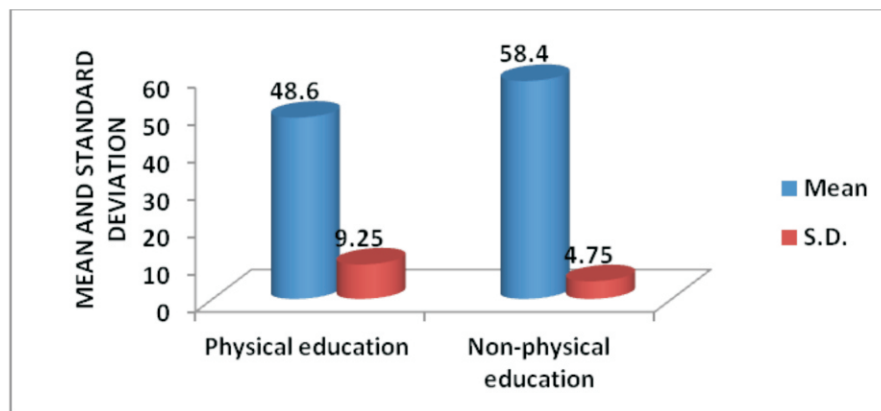
In this, the calculation of Mean, Standard Deviation and t-ratio of Physical Education and Non-Physical Education students is presented.

**Table - 2**  
**Comparison of Stress among Physical Education and Non-Physical Education Students.**

Group	N	Mean	S.D.	t-value
Physical education	15	48.6	9.25	3.7
Non-physical education	15	58.4	4.75	

\* Significant at 0.05 level of Significance  $t_{(0.05)(09)} = 1.761$

Since, the calculated t value (3.76) is greater than tab  $t_{.05}(1.761)$ . Hence there might be significant differences in the personal stresses between physical education students and non-physical education students.



**Fig. No. 1:** Shows the mean and standard deviation of physical education and non-physical education students.

### Discussion of Finding

The responses given by the physical education and non-physical education students to compare the personal stress among physical education and non-physical education students were analyzed.

It is revealed from the collected data that there were significant differences in personal stresses of physical education students and non-physical education students. From the mean of the students it clearly showed that personal stress in physical education students were less than the personal stress in non-physical education students.

### Discussion of Hypothesis

From the findings it was observed that there were significant differences in personal stresses between physical education students and non-physical education students so the hypothesis may be accepted.

### Conclusions

With the limitations of the present study the conclusions may be drawn.

- The study showed that the stress level in physical education students is less in comparison to non-physical education students.
- Due to training and physically active life.
- It is clear that non-physical education students have more than physical education students. It may be due to their less active life style.

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