COMPARATIVE STUDY OF STRESS LEVEL OF INTER-VARSITY FEMALE AND INTERCOLLEGIATE MALE VOLLEYBALL PLAYERS OF PUNJAB

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ABSTRACT

The research was conducted on comparative study of stress between Inter varsity Female and Inter College Male Volleyball players of Punjab State. The sample consisted of 200 sports person selected randomly from different colleges of Punjab. The main objective of the study was to find out the comparison of stress between inter-university female and Inter college male players. The questionnaire administered has been prepared by Dr. Prerna Puri, Dr. Tejinder Kaur and Prof. Manju Mehta (English version) was used to access cognitive and somatic indicators of stress. The significant correlation was set at 0.05 level. On the basis of t-test, it was found that there is no significant difference between level of stress of Inter-university female and Inter-college male Volleyball players.

Keywords: Stress, Male & Female Players of Volleyball.

INTRODUCTION

Stress is simply a fact of nature forces from the inside or outside world affecting the individual. The individual responds to stress in ways that affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, we usually think of stress as a negative, natural or positive experience.

In general, stress is related to both internal and external factors. External factors include the physical environment, including your job, your relationships with others, your home,

and all the situations, challenges, difficulties and expectations you are confronted with on a daily basis. Internal factors determine your body's ability to respond to, and deal with the external stress-inducing factors. Internal factors which influence your ability to handle stress include your nutritional status, overall health and fitness levels, emotional well being and the amount of sleep and rest one get. The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid a car accident.

Stress can also help you rise to meet challenges. It's what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, mood, productivity, relationships, and your quality of life.

Adaptation to stress

Responses to stress include adaptation, psychological coping such as stress management, anxiety, and depression. Over the long term, distress can lead to diminished health or illness; to avoid this, stress must be managed.

General Adaptation Syndrome

This is a model on stress, researched mainly by Hans Selye on rats and other animals. His research involved exposing animals to unpleasant or harmful stimuli such as injections, extreme cold and even vivisection. He found that all animals showed a very similar series of reactions, broken into three stages. He describes this universal response to the stressors as the General Adaptation Syndrome or GAS in 1956.

OBJECTIVE OF THE STUDY

- The main objective of the study was to compare the stress level of Inter-varsity Female and Intercollegiate Male Volleyball players of Punjab State.

DESIGN OF THE STUDY

The sample consisted of 200 sports person selected randomly from different colleges of Punjab. The age group of subjects was 18 to 25 years. The questionnaire administered has been prepared by Dr. Prerna Puri, Dr. Tejinder Kaur and Prof. Manju Mehta (English version) was used to access cognitive and somatic indicators of stress. The significant correlation was set at .05 levels.

STRESS SCALE

The Stress is found in all aspects of life. Hans Style (1936), a pioneer in stress research has defined stress as "the nonspecific response of the body demand made upon it" It is considered to be an internal state or reaction to anything we consciously or unconsciously perceive as a threat, either real or imagined. Stress can evoke feelings of frustration, fear, conflict, pressure, hurt, anger, sadness, inadequacy, guilt, loneliness or confusion.

Individual under too little stress may not make enough efforts to perform at their best level, while those under too much stress often are unable to concentrate or perform effectively and efficiently.

Too much stress can result in physical, psychological and behavioral responses. It adversely all parts of the body.

Development of the scale:

For assessing the level of stress amongst the students and present scale was developed initially 126 items were framed keeping in mind the characteristics and dimensions of stress, mentioned by Pestonge (1992) and Selye (1936). The items were framed in English as well as in Hindi. These 126 items were given to 10 experts in the field of psychology. They were asked to judge the relevant item in relation to stress. Experts in English language and Hindi language were also given drafts of this test to check about language mistakes. Om the basis of their judgment, the items were modified and sorted out. Out of 126 items 100 items were retained for preliminary drafts.

Reliability:

Reliability of the scale was determined by the split half method. On the score of standardization sample taking item selected for final scale. It was found out to be .90.

Validity:

Determine the validity of scale, tetracoric r between the total score on 34 items selected for final scale and 100 items pool of preliminary draft was calculated which .97 was. Thus, it can be said that 34 items scale is as good in discriminating subjects having high level of stress from low level of stress as the 100 items preliminary draft. Furthermore factorial validity of the scale was also established by factor analysis of data on 500 subjects on the 34 selected items using principal component method. Ten factors mentioned in table -3 were exerted after the rotation was done by Kaiser Varimax method. Every item having more than .38 factor loading on any given factor was consider to be psychologically relevant in labeling of factors.

Directions for Administration and Scoring

1) It is self-administrating scale. It can be administrated on individual as well as in group setting.

2) No time limit should be given, although subject should be instructed not to take too long on statement most of subjects can finish within twenty minutes.

3) Though the scale is self-administering, instructions printed on scale from should be read out the subjects.

4) The subjects should be told that their results will not be kept confidential.

5) For each items scores are to be awarded according to the following scoring pattern: Very Often (4), often (3), Some Times (2), never (1).

Scoring:

The scoring system is simple (4 is given for very often, 3 for often, 2 for sometimes and 1 for never) the encircled numbers on the each items have to added. All the items are indicative of stress. Higher scores show higher level of stress. The maximum possible score is 136 and the minimum possible score is 34.

Statistical Technique Employed:

Statistical analysis was performed using SPSS. All descriptive data reported as mean and standard deviation. Independent samples t-test was used to test the significant difference between Inter College female and Intervarsity female volleyball players. Significance levels was set at $p<0.05$.

DATA ANALYSIS AND INTERPRETATIONS

Table No: 1

Table Showing the Comparison of Stress Level of Inter-Varsity Female and Inter College Male Volleyball Players

|	Levels	N	Mean	Std. deviation	Std. Error. Mean	df	t-value	Sig
STRESS	Inter University (Female)	100	84.690	13.2014	1.3201	198	-1.127	.261
	Inter College (Male)	100	82.420	15.2091	1.5209			

*insignificant at .05 level

Interpretation:

Table I reveals that Mean of stress level of Inter-Varsity Female Volleyball players found to be 84.690 which is greater than the mean of Inter College Volleyball Male Players i.e. 82.420 whereas the standard deviation is less i.e. 13.2014 from Inter College male Player i.e.15.2091 The t-value is -1.127 and the tabulated value is .261 this shows that there is insignificant difference in the stress level of Inter Varsity Female and Inter College Male Volleyball Players.

Fig. No: I

Graphical representation of Mean Value of Stress level of Inter-Varsity (Female) and Inter-College (Male) Volleyball Players
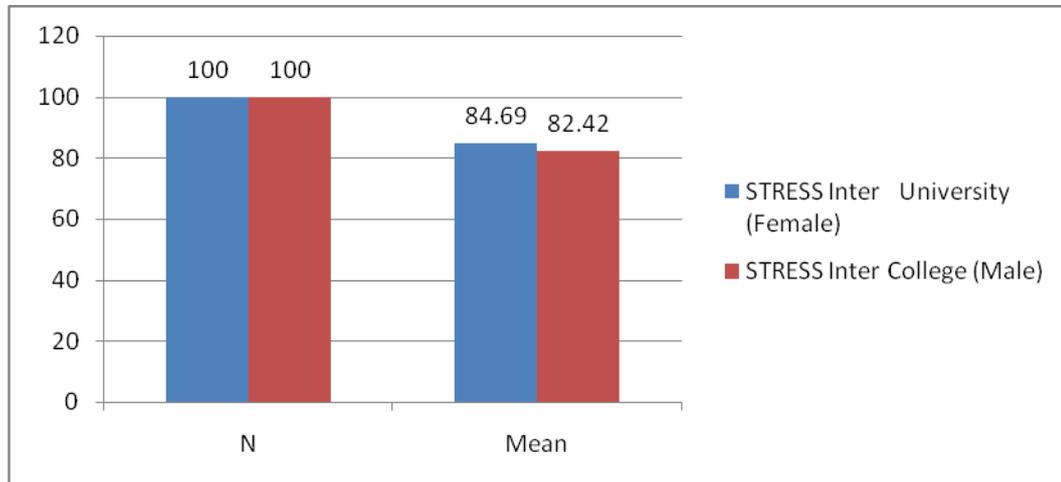
CONCLUSION

The present study states that there is insignificant different in the level of stress in Inter-varsity female and Inter-college male Volleyball player.

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