

Comparative study of stress of male bowlers and male batsman of senior district level of Himachal Pradesh

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Abstract

In the study attempt to investigate, the comparison of stress between male bowlers and male batsman senior district level of under age 18 to 25 of Himachal Pradesh. To solve the purpose of the study 144 cricket players (72 bowlers and 72 batsmen) of Himachal Pradesh districts were taken as the sample. Stress psychology variable measured by stress scale developed by BSPA. The data was analyses by using SPSS. The statistical tools used for the study were mean, SD and 't' test was used. The results have shown significant comparison between the above said variables.

Keywords: stress, bowlers, batsman, BSPA

Introduction

Stress can also lead to feelings of sadness or depression. We all feel depressed at times, although we may call the feeling something else, like 'sad', or 'unhappy'. These feelings are a normal part of life for children and adults. The difference between normal depression and depression as a serious disorder is a matter of degree. When depression becomes emotional reaction to stress, it is anger, particularly when the person perceives the situation as harmful or frustrating. You can see this in the anger response often shown by children whose favorite toy is taken away by adults. Anger has important social ramifications-it can produce aggressive behaviour, for instance. Stress changes people's behaviour toward one another. In some stressful situation, such as train crashes earthquakes, and other disasters, many people may work together to help each other survive. Perhaps they do this because they have a common goal that requires cooperative efforts. In other stressful situations, people may become less sociable or caring, and hostile and insensitive towards individuals. Psychology explains how human development as related to learning: education attempts to provide the learning. The main principle which psychology lends to the theory of education is that new knowledge should be a development of previous knowledge. First psychology lost its soul, then it lost its mind, then it lost its consciousness, it still has a behavior of sort. It is concerned with observable human behavior. As psychology developed, its scope become wider and wider. Now psychology has many branches, and sports-psychology is one of the most important branches of psychology.

Sports psychology is the study of the person's behavior in sports. It is also a specialization within the brain psychology and kinesiology that seek to understand psychological mental factors that affect performance in physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effect of injury and thus poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk awareness and control, concentration, confidence, using rituals, periodization's.

Methodology

The Survey type of study had been designed to investigate the stress of male cricket bowlers and male cricket batsmen of Himachal Pradesh. For the present research investigation purposive sampling method was employed. The sample for the present study comprises of male batsmen and male bowlers of twelve district of Himachal Pradesh. The sample consists of 144 cricket players having 72 male batsmen and 72 male bowlers in the 18 to 25 years age group from twelve districts in Himachal Pradesh. . The data was analyses by using SPSS. The statistical tools used for the study were mean, SD and 't' test was used. The results have shown significant comparison between the above said variables. The district-wise sample breakup of the selected male batsmen and male bowlers has been mentioned in table 3.1

Table 1: Sample break up of Male Batsmen and Male Bowlers on stress from Twelve Districts of Himachal Pradesh

Sr. No	Name of the district	No. of Batsmen	No. of Bowlers
1	Sirmour senior team	6	6
2	Kinnaur senior team	6	6
3	Kangra senior team	6	6
4	L&S senior team	6	6
5	Chamba senior team	6	6
6	Una senior team	6	6

7	Bilaspur senior team	6	6
8	Shimla senior team	6	6
9	Kullu senior team	6	6
10	Mandi senior team	6	6
11	Solan senior team	6	6
12	Hamirpur senior team	6	6
	Total	72	72

Results and findings

Within the limitations and delimitations of the present study following results are drawn

Table 2: Group Wise N, Mean, SD, MD and t-value of male bowlers and batsman of district level cricket players on Stress

Sr. No.	Group	N	Mean	S.D.	M.D.	“t”
1.	Bowlers	72	7.61	2.179	-.333	.900
2.	Batsman	72	7.94	2.264		

0.05>1.960 (degree of freedom 142)

From table 3.2, it can be seen that the t-value is .900 which is not statistically significant at 0.05 level of significance with the degree of freedom 142. This shows that the mean scores of the male district level bowlers and male district batsman on Stress do not differ significantly. In this context the null hypothesis that there is no significant difference in the mean score of male district level bowlers and mean score of male district level batsman on Stress is accepted. It may therefore be said that the male district level bowlers and batsman approximately same level of Stress.

Conclusion

The main purpose of this study was compare the senior district level bowlers and senior district level batsman on stress. The “t” test was applied to find out the insignificance difference between both groups on stress. The results of this study show that there was insignificant difference between male senior district level bowlers and senior district level batsman on stress. It may be concluded from the result of the study said that the male senior district level bowlers and batsman highly same level of stress.

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