

A comparative study of stress between sports person and non-sports person during college exam

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Abstract

The purpose of present study was to find out difference between sportsperson and non-sportsperson in their stress during college exam. To accomplish the objective of the study. Twenty five (25) sportsperson and twenty five (25) non-sportsperson were randomly selected from Delhi University, Delhi. The age of the subjects was ranged from 19-28 years. Stress questionnaire developed by international stress management association UK - 2013 was applied to collect the data. 'T' test was applied to found out mean difference between sportsperson and non-sportsperson. For testing the hypothesis the level of significance was set at 0.05. We find out that there would be no significant difference in stress during college exam between sports person and non-sports person.

Keywords: stress, sportsperson and non-sportsperson

Introduction

Stress primarily signifies condition of disturbed normal functioning due to imbalance between individual's interactions with the environment. Stress is an adaptive response to noxious stimulus causing imbalance or disturbance in normal functioning. Stress is a structured series of physiological, Neuro-hormonal and psychological efforts of adaptation towards any real and anticipated situations that threatens or disturbs homeostatic balance of the body and that require some kind of adjustments.

The general physical or psychological response of an individual to any real or perceived adverse stimulus, internal or external, that tend to disturb individual homeostasis.

Academic stress is an inevitable feature of students' life where periodic exams become an acute stressful experience for them. During exams, students are exposed not only to the real stress of exam itself but also to the perceived stress of the fear of failure or low scores due to high level of competition. Exam stress can literally paralyze a student from performing during an exam. Exam stress is quite predominant among students. Various studies conducted among students have reported prevalence of stress ranging from 27-73%. The students probably face a major stress especially during Practical examination especially when they have to present a case in front of the examiners. This study was conducted on sports person and non-sports person students. In addition to that inordinate hours, sleep Deprivation, excessive workload, helplessness, increased psychological pressure, mental tension, inadequate support adds to the stress of students. Furthermore, Stress in students can affect the physical and psychological well-being of sports and non-sports students and break the stability (homeostasis) of the student's health and move students from being healthy to being sick.

Methodology

Selection of subject twenty five (25) sportsperson and twenty five (25) non-sportsperson were randomly selected from arts faculty, north campus in Delhi university, Delhi were selected for the purpose of this study. The selected subjects were from

the age group of 19-28 years. The subjects who were suffering from color blindness, hearing impairedness and sensory-motor disability were excluded from the study. Informed consent was taken from all the subjects.

Hypothesis

It is hypothesized that there would be no significant difference between sports person and no sports person in stress during college exam.

Criterion Measures

To collect the data pertaining with research problem international stress management association UK - 2013 was administered on the sportsperson & non-sportsperson of Delhi university students. Samples age ranging from 19-28 years. Scoring pattern as indicated in below paragraph.

Tools

The stress questionnaire developed by international stress management association UK - 2013 has been applied in the present study. While scoring the stress questionnaire is...

4 points or less: You are least likely to suffer from stress-related illness.

5-13 points: You are more likely to experience stress related ill health either mental, physical or both. You would benefit from stress management / counseling or advice to help in the identified areas.

14 points or more: You are the most prone to stress showing a great many traits or characteristics that are creating unhealthy behaviors. This means that you are also more likely to experience stress & stress-related illness e.g. diabetes, irritable bowel, migraine, back and neck pain, high blood pressure, heart disease/strokes, mental ill health (depression, anxiety & stress). It is important to seek professional help or stress management counseling. Consult your medical practitioner.

Administration of Questionnaire

Respondents will be given a questionnaire with necessary instructions. Necessary instructions will be passed on the subject before providing the questionnaire.

Statistical Techniques

For the present study, the mean value, standard deviation and independents 't' test were applied to analyze the data. For testing the hypothesis the level of significance was set at 0.05.

Result of the study

Table 1: Description of mean, standard deviation and t-ratio for the data of stress of sports person and non-sports person group statistics

Variables	N	Mean	Std. Deviation	Std. Error Mean	T-Value
Sports Person	25	12.5200	2.94562	.58912	.881
Non Sports Person	25	13.4000	4.03113	.80623	

Significant Level at.05, Tabulated T Value – 2.01

The finding of table-1 reveals that the calculated t-value of .881 is lower than the tabulated t-value of 2.01 at 0.05 level for the 48 degree of freedom, hence statistically there is no significant difference between the means of sports person and no sports person groups in the selected variable of stress in during college exam. The Mean and S.D difference has been shown picturesquely in figure 1.

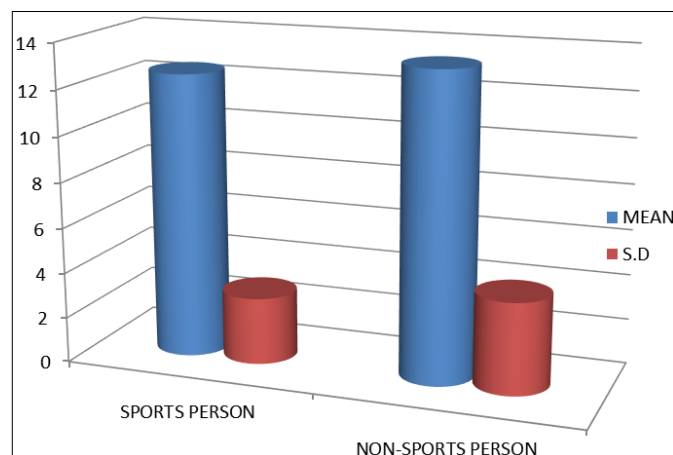


Fig 1: Mean and S.D difference between the sports person and non-sports person

Discussion

Statistical finding reveals that there is no significant difference in the stress during college exam between the sports person and non-sports person students. So the hypothesis of our study is accepted that there would be no significant difference of stress in during college exam between sports person and non-sports person. It may be attributed to the fact that all the selected students were belonged to the same profession. The mean of sports person is lower than the non-sports person. It may be because of age factor, maturity etc. Non-sports person were well matured so that they can control their stress during college exam. Therefore, such result might have occurred in this study.

Conclude

Hence, it may be fairly concluded that in the variables of stress during college exam no significant difference was found in between the sports person and non-sports person.

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