



ANALYSIS OF STRESS AMONG DIFFERENT LEVELS OF WOMEN PLAYERS

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ABSTRACT

Different sports are suitable for different individuals. Psychological preparations are provided to sports women based on their individual interests and level of participation. In this study the differences in stress levels among district, state and national level women players were studied. For the purpose of the study, the investigator randomly selected 60 district level women players, 60 state level women players and 60 national level women players. The subjects stress levels were measured using Everly and Girdano' Questionnaire on Stress Scale. The responses of the subjects were converted into standard scores using the key given by the authors of the questionnaire. The obtained scores of district, state and national level sports women were compared for statistical significance using ANOVA. The results proved that the district level players were more stressful than state and national level players. However, these differences were not significant at 0.05 level. It was concluded that more psychological preparations may be provided to different levels of women players to improve their performances.

Key words: Stress.

INTRODUCTION

In this modern era of competition the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games and for winning the game. It is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition. All other things being equal in two opponents, in sports, the one with better "psychological training or mental conditioning, will always have an upper edge over the other" (Kamlesh, 1988) . Preponderance of scientific evidence obtained from different investigations have revealed that apart from somatic and physiological variables, techniques and tactics etc. high level performance of sportsmen depends upon his psychological make up. Different psychic abilities play a decisive role in achieving performance in track and field events. Winning in international sports competitions highly depends on the psychological abilities. Therefore psychological fitness and training of individual are important factors which help in achieving outstanding performance. (Bucher and Dvest(1982) Stress can be good or bad for a person engaged in a sporting event. Good stress can improve a performance whereas bad stress can cause them to, in sporting parlance, not be at the races.

Melinda Asztalos et.al. (2012) found very little difference in perceived-stress and emotional-distress existed in women and men who participated in different sport-types, suggesting that "one-activity-fits-all recommendations" are likely inappropriate. Different sports are suitable for different individuals, and it is important that one finds the sport that suits one best. Conversely, significant associations between participation in walking and in meditation sports manifested with both stress appraisal and emotional distress among women, and significant associations between participation in ball games and in water sports manifested with emotional distress among men. Sjogren et.al. (2006) examined that the effects of a workplace physical exercise intervention and found no effect on somatic symptoms, anxiety, self-confidence, mood, mental stress at work, working atmosphere, life satisfaction or meaning of life. Brown and Gerbarg (2005) found that Yogic

breathing is a unique method for balancing the autonomic nervous system and found Yoga techniques enhance well-being, mood, attention, mental focus, and stress tolerance. Bucher and Dvest(1982) says that psychology as a behavioural science has made its contributions for improving sports performance reported that stress management, procedure such as bio feed back and relaxation training to enhance athletes performance by reducing the stress and anxiety. Thus, the theoretical foundations laid based on previous researches proved that women players are borne to stress because of certain type of physical activity or sports and different physical activities serves as stress management tools for women players. This study explores the differences among sports women participating at different levels, namely, district, state and national level women players.

METHODOLOGY

For the purpose of the study, the subjects were randomly selected 60 district level women players, 60 state level women players and 60 national level women players. The subjects stress levels were measured using Everly and Girdano' Questionnaire on Stress Scale. The questionnaire administered among all the 180 subjects personally by the investigator and collected the filled up questionnaire. The responses of the subjects were converted into standard scores using the key given by the authors of the questionnaire. The obtained scores of district, state and national level sports women players were compared for statistical significance using ANOVA. In all cases 0.05 level was fixed to test the significance.

RESULTS

The descriptive statistics on stress among sports women of different levels are presented in Table I

Table I
Descriptive Statistics on Stress among Sports Women of Different Levels

Groups	N	Mean	Std Dev	Range	
				Min	Max
District Level Sports Women	60	22.62	± 4.42	17.00	36.00
State Level Sports Women	60	22.08	± 3.88	16.00	34.00
National Level Sports Women	60	21.37	± 4.35	15.00	33.00

The mean differences presented in Table I proved that there were differences in means. The stress scores proved due to different levels of participation of sports women there was differences in stress levels of the sports women players. To test the statistical significance, ANOVA was employed and the results presented in Table II. The mean values obtained on stress among different levels of sports women players are presented in Figure I.

Figure I
Comparison of Means Values on Stress among District, State and National Level Sports Women Players

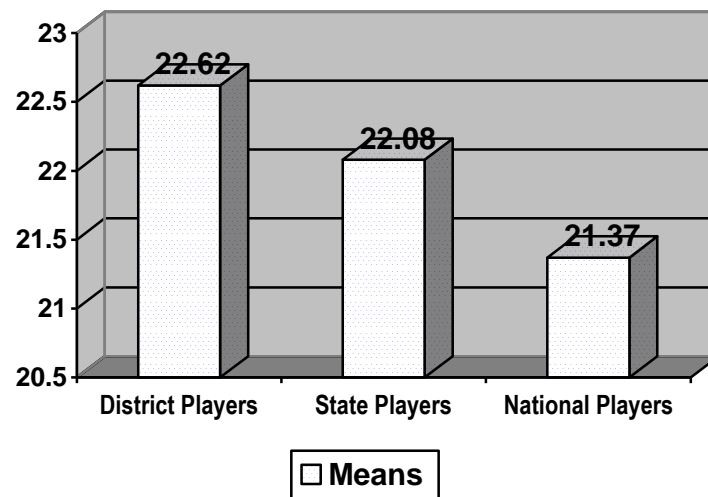


Table II
ANOVA Results on Stress Among Different Levels of Sports Women Players

Source of Variance	Sum of Squares	df	Mean Square	F
Between	47.21	2	23.61	1.32
Within	3158.70	177	17.85	

Required table F value (df 2,177) at 0.05 level 3.07

Not Significant at 0.05 level

DISCUSSIONS

According to Melinda Asztalos et.al. (2012) there was very little difference in perceived-stress and emotional-distress existed in women and men who participated

in different sport-types. It was also reported that different sports are suitable for different individuals, as significant associations between participation in walking and in meditation sports manifested with both stress appraisal and emotional distress among women, and significant associations between participation in ball games and in water sports manifested with emotional distress among men. In this study the differences in stress levels among district, state and national level women players were found. The descriptive statistics proved that the district level players were more stressful than state and national level players. However, these differences were not significant at the obtained F value was less than the required table value to be significant at 0.05 level. The pre - competitive and competition stress were bound to be same irrespective of their level participation, to win the game. The findings of this study proved that there was no significant difference among different levels of sports women players in stress and in agreement with the findings of (jogren et.al. 2006). It was concluded that more psychological preparations may be provided to different levels of sports women players to improve their performances.

CONCLUSIONS

.The result of the study proved that the stress for the district players is higher among the sports women players.

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