



ISSN: 2456-0057  
IJPNPE 2018; 3(1): 1915-1916  
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www.journalofsports.com  
Received: 17-11-2017  
Accepted: 18-12-2017

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## A comparative study of stress level of men and women handball players representing all India Inter University

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### Abstract

The present study was aimed to investigate the stress level of men and women Handball Players representing All India Inter University and its relationship with sport performance. The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. The population of the study consisted of 250 men and 250 women Handball Players representing All India Inter University. Stress level of players was assessed using the Stress Scale constructed by Dr. Purna Puri, Dr. Tejinder Kaur and Prof. Manju Mehta (English version) (2011). T-test was used to compare the groups at 0.05 levels of significance. On the basis of result of the present study, it was concluded that women Handball players experience more stress than men Handball players.

**Keywords:** Stress, handball, Inter University

### 1. Introduction

Sport psychology has a vital impact in the field of every sport for many years. Many teams around the world have been utilizing mental techniques in the improvement of players performance. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In this context the present study is focused on how stress experienced by the players affect their performance in the game.

Stress is an individual's response to a disturbing factor in the environment, and consequence of such reaction. Stress involves interaction of the person and environment. To quote a definition: "Stress is an adaptive response to an external situation that results in physical, psychological and / or behavioural deviations for organizational participants". The physical or psychological demands from the environment that cause stress are called stressors. They create stress or the potential for stress when an individual perceives them as representing a demand that may exceed that person's ability to respond. How an individual experiences stress depends on (i) the person's perception of the situation, (ii) the person's past experience, (iii) the presence or absence of social support, and (iv) individual's differences with regard to stress reactions. Stress can manifest itself in both a positive way and a negative way. Stress is said to be positive when situation offers an opportunity to one to gain something <sup>[1]</sup>.

### 2. Review of related literature

Reviewing the relevant literature is essential to know the work done in the field of sports. Since effective research is based on past knowledge this helps to eliminate the duplication of what has been done and provide useful hypothesis and helpful suggestion for significant investigation.

Stephen D. Mellalieu, and others (2009) <sup>[2]</sup> worked over a research study, through which they had examined the performance and organizational stressors encountered by elite and non-elite athletes within the competition environment on twelve sport performers (6 elite, 6 non-elite) when preparing for competition. The findings suggested that, prior to competing, sport performers encounter more stressors pertinent to performance than those emanating from the organization, these observations highlight that all the demands faced by athletes should be considered when preparing and implementing interventions to manage competition

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stress. Kunal Kumar and others (2013) [3] compared the stress level among the national level women and men handball players on 60 players (30 men and 30 womens) selected from All-India Inter-University Competition at Panjab University, Chandigarh in the year 2012. The results have shown that the mean value of womens on stress level as compared to the mens was higher. Kissari (2015) [4] conducted a doctoral research project to measure the level of psychological stress and anxiety of competition and achievement motivation for handball players and to identify the relationship of psychological stress and anxiety competition among handball players. The researcher used the descriptive approach on a sample of 40 handball player. The results showed that there is a correlation between the field of mystery goals in training and competition and Hostile reaction, that there is a negative correlation between Hostile reaction and cognitive anxiety. The results showed that there is a negative correlation - an inverse relationship Between Burden training and success achievement motivation, the study resulted in a completely positive correlation between the family pressures and success achievement motivation, the results show all the relationship of a positive correlation between the self-blame and failure avoidance. M. Kellman (2010) [5] conducted a doctoral research study entitled “Preventing overtraining in athletes in high-intensity sports and stress recovery monitoring”. The study indicates that, in sports the importance of optimizing the recovery-stress state is critical. Effective recovery from intense training loads often faced by elite athletes can often determine sporting success or failure.

**2.1 Research methodology**

The present study in hand is a survey type research where the survey was conducted on Handball players, who were selected to represent their respective University in All India Inter University Handball Championship to collect data for the measurement of stress level of players.

**2.2 Samples**

The population for the study were 256 men and 256 women Handball Players representing All India Inter University Handball tournament.

**2.3 Tools used**

For the collection of the data required for the study the investigator used the following tools to investigate the selected variables.

1) To measure the aggression level, the Stress Scale constructed by Dr. Purna Puri, Dr. Tejinder Kaur and Prof. Manju Mehta (English version) (2011) was administered.

**2.5 Statistical Procedure**

Significant difference in Stress level of Handball players representing their respective University to participate in All India Inter University Handball championship were determined through ‘t’ test. T-test was used to compare the groups at 0.05 levels of significance.

**3. Results and Discussion**

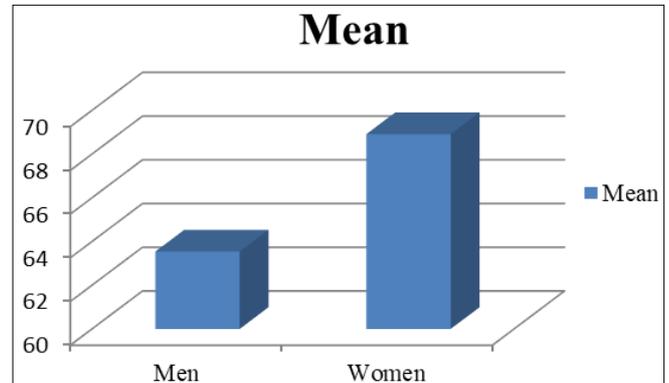
The finding of the various parameters are discussed as under:-

**Table 1:** Table showing the significance of difference in stress level of men and women Handball Players

Gender	N	Mean	SD	Calculated t value	df
Men	250	63.57	15.46	3.67*	498
Women	250	68.92	17.21		

\*significant tab. Value at 0.05 level of significance =1.96

The stress mean score (68.92 ±17.21) of women Handball players is higher than mean score (63.57 ±15.46) of men Handball players. Also, the obtained t ratio is 3.67 is higher than the tabulated t ratio of 1.96 at 0.05 level of significance. It means that there exists significant difference at the stress level of men and women Handball players. Hence, women Handball players experience more stress than men Handball players. The gender wise Stress level of the All India Inter-University Handball Players is represented in table 1 and its comparison is shown graphically in graph 1.



**Fig 1:** Graph showing the significance of difference in stress of men and women Handball Players.

**4. Conclusion**

On the basis of result of the present study, we can conclude that women handball players experience more stress than men handball players. The present study will be helpful in highlighting the problems related to stress of Handball players. In fact mediocre stress is required for optimum performance in sports. Hence stress management to cope with external stressors and their internal consequences is important. As prevention is better than cure, steps should be taken to prevent the occurrence of stress rather than treat its harmful effects or bear a heavy cost when the damage is already done. Therefore the need of sports psychologist is highly essential and hence it is recommended that the services of sport psychologists should be availed for the better performance in competitions.

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