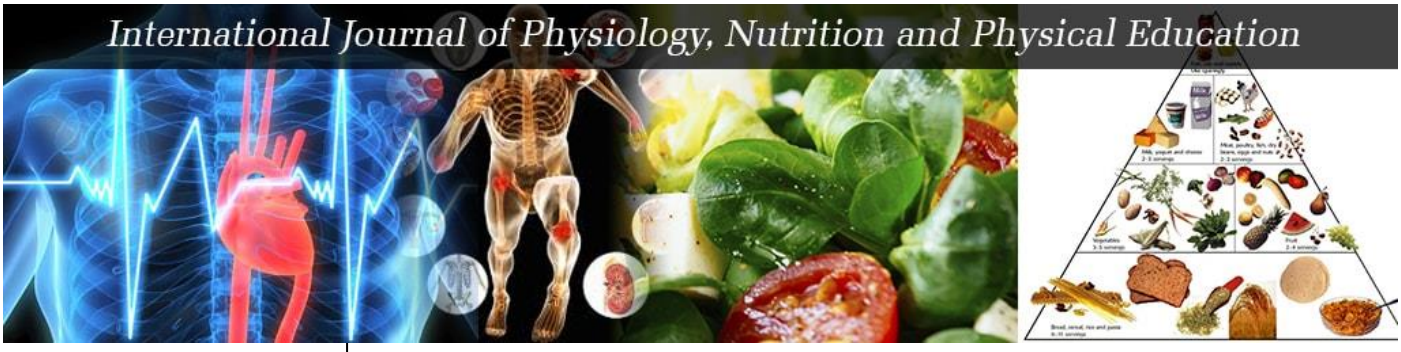

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Comparative study of stress between inter-college and inter-university volleyball players of Punjab state

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Abstract
The research was conducted on Comparative Study of stress between Inter College and Inter varsity Volleyball players of Punjab State. The sample consisted of 100 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 college and intervarsity players. The questionnaire administered has been prepared by Dr. Renna Kaul and Bedi was used to access cognitive and somatic indicators of stress. On the basis of t-test, it was found that there is a significant difference between level of stress of inter-college and inter-university Volleyball players. The significant correlation was set at .05 and .01 level.

Keywords: Stress, psychology, inter college, intervarsity, sports person, volleyball

Introduction
Psychology is the scientific study of mental processes and behavior. Psychologists observe and record how people and other animals relate to one another and to the environment. They look for patterns that will help them understand and predict behavior, and they use scientific methods to test their ideas. Through such studies, psychologists have learned much that can help people fulfill their potential as human beings and increase understanding between individuals, groups, nations, and cultures.

Psychology is a broad field that explores a variety of questions about thoughts, feelings, and actions. The research findings of psychologists have greatly increased our understanding of why people behave as they do. For example, psychologists have discovered much about how personality develops and how to promote healthy development. They have some knowledge of how to help people change bad habits and how to help students learn. They understand some of the conditions that can make people more productive. A great deal remains to be discovered. Nevertheless, insights provided by psychology can help people function better as individuals, friends, family members, and workers.

Psychologists concentrate on individual behavior. They are especially interested in the beliefs and feelings that influence a person's actions. Not only it influences the individuals behavior but it also have some kind of relation with the sports performance may it be in cricket, football, basketball.

Sports psychology is a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, 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 effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, using rituals, attribution training, and periodization.

The principles and theories may be applied to any human movement or performance tasks (e.g., playing a musical instrument, acting in a play, public speaking, motor skills). There are over 100 graduate programs in sport psychology available world-wide.

Sport psychology is the scientific study of people and their behaviors in sport. The main job of a sport psychologist is to recognize how participation in sport exercise and physical activity enhances a person’s development.

Beginning, in the 1970's, sport psychology became a part of the curriculum on university campuses. These courses which were generally found in the kinesiology programs taught students how to develop positive attitudes in athletes. In the 1980's, sport psychology became more research focused. Sport psychologists looked into performance enhancement, the psychological impact of exercise and over training as well as stress management.

Today, sport and exercise psychologists have begun to research and provide information in the ways that psychological well-being and vigorous physical activity are related. This idea of psychophysiology, monitoring brain activity during exercise has aided in this research. Also, sport psychologists are beginning to consider exercise to be a therapeutic addition to healthy mental adjustment

Just recently have sport psychologists begun to be recognized for the valuable contributions they make in assisting athletes and their coaches in improving performance during competitive situations, as well as understanding how physical exercise may contribute to the psychological well-being of non-athletes. Many can benefit from sport psychologists: athletes who are trying to improve their performance, injured athletes who are looking for motivation, individuals looking to overcome the pressure of competition, and young children involved in youth sports as well as their parents stress at work

It is a rare occupation which does not involve some stress. Some people thrive on pressure and seek jobs which push them hard.

Stress is a word that can be used to describe both the cause and the results of pressure building up in the body and mind. Commonly associated with pressure to work hard, it can also arise from boredom, procrastination, perfectionism, bullying, job insecurity, relationship difficulties and many other situations associated with the home or workplace. Stress can be generated internally or externally. At its root, stress is caused by the difference between expectation and reality. The Health & Safety Executive's definition is that stress occurs "when the demands placed upon a person exceed the capacity to cope with them." Each of us has an optimum level at which we work for our satisfactions and achievements, and when that is out of balance we often achieve less and are dissatisfied, no matter how hard we work or how much we try to relax. If the factors causing stress build up for too long, we can all experience 'symptoms' – usually at a physical and emotional level. Although these signs are called symptoms, stress is not an illness: stress is a psychological condition which has unpleasant physical side effects – but it is a condition which can be addressed by learning about it and changing behavior.

We also experience varying degrees of stress based on our personality traits and the resources we have available. For example, extraverts tend to experience less stress in daily life and have greater social resources, which buffer against stress. Perfectionists bring stress on themselves unnecessarily and may experience more negative mental and physical health consequences than those who merely focus on high achievement without the high self-demands of perfectionism.

Stress is the condition that results when person-environment transactions lead the individual to perceive a discrepancy, whether real or not, between the demands of a situation and the resources of the person's biological, psychological or social systems. In medical terms, stress is the disruption of homeostasis through physical or psychological stimuli. Stressful stimuli can be mental, physiological, anatomical or physical reactions.

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.

Stage one: alarm

When the threat or stressor is identified or realized, the body's stress response is a state of alarm. During this stage adrenaline will be produced in order to bring about the fight-or-flight response. There is also some activation of the HPA axis, producing cortical.

Stage two: resistance

If the stressor persists, it becomes necessary to attempt some means of coping with the stress. Although the body begins to try to adapt to the strains or demands of the environment, the body cannot keep this up indefinitely, so its resources are gradually depleted.

Stage three: exhaustion

In the final stage in the GAS model, all the body's resources are eventually depleted and the body is unable to maintain normal function. At this point the initial autonomic nervous system symptoms may reappear (sweating, raised heart rate etc.). If stage three is extended, long term damage may result as the capacity of glands, especially the adrenal gland, and the immune system is exhausted and function is impaired resulting in decompensation. The result can manifest itself in obvious illnesses such as ulcers, depression or even cardiovascular problems, along with other mental illnesses.

Material and Method

100 players of volleyball represented inter college and intervarsity was selected randomly from different colleges of Punjab.

Measures

Psychological Questionnaire of stress prepared by Dr. Reena Kaul and Bedi to access cognitive and somatic indicators questionnaire was administered on inter - college and inter - varsity players to get the data.

Description of Tools

Reliability- reliability of the inventory was found by test-retest method and it was found to be 0.90 and reliability coefficient 0.90.

Scoring- The scale consists of 20 item in the form of questionnaire corresponding to the items. A five point scale is provided with scale value ranking from 1 = not at all to 5= to a very large extent. Number 4 was scored in the reverse. Thus, the scoring ranked between a low of 20 (low perceived stress) to high of 100 (high perceived stress).

Statistical techniques

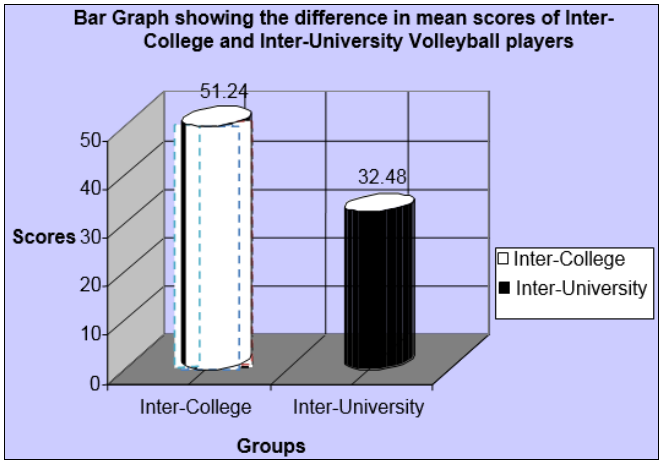
Detailed study of Questionnaire on stress to access cognitive and somatic indicators t-test was implemented.

Results

Table 1: Comparison of stress between Inter-college and Inter-university of Volleyball players

Group	N	Mean	S.D.	df	't' value
Inter-College male and female	50	51.24	6.13	98	8.75** (P<.01)
Inter-University male and female	50	32.48	4.54		

*0.05=1.98, **0.01=2.63



Interpretation

The perusal of table indicates the mean values of inter-college and inter-university Volleyball players for stress i.e. 51.24 and 32.48 respectively. Since the calculated t-value is 8.75 and tabulated t-value is 1.98 and 2.63 at 0.05 and 0.01 level of confidence respectively. So, calculated t-value is higher than the tabulate t-value. There-by indicating that there is a significant difference between level of stress of inter-college and inter-university Volleyball players. The hypothesis of the present study which stated that there is no significant different in the level of stress in inter-college and inter-university Volleyball player, is rejected as there exists significant difference and findings are against the hypothesis.

Discussion of finding

The study has shown that there is a significant difference in the level of stress i.e. at inter-college level the stress is higher as compared to intervarsity level.

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