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A comparative study of stress among college athletes with regard to gender

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Abstract

The present study was designed to compare the level of stress among players of different colleges of Chandigarh in relation to gender. A sample of one hundred sixty (N=160) players from the different colleges of Chandigarh was investigated in the present study, out of which eighty (n=80) male and eighty (n=80) each were selected from different team game disciplines. The random sampling technique was used to collect the required information. Stress among male and female players was assessed by employing a The Perceived stress scale constructed by of Reena Kaul and Bedi (2001). Mean standard deviation and t-test was applied to compare the stress among male and female of players. Descriptive statistics was also carried out. The level of significance was set at 0.05. The results of the present study indicated that the male players had demonstrated significantly less stress as compared to female college player's counterparts.

Keywords: stress, players, college

Introduction

Stress has been identified as a critical fact in sports, influencing individual and team performance as well as social functioning. The inability to manage stress in sports is strongly associated with increases anxiety and burn-out, increased aggression and violence, decreased self-esteem and enjoyment, decreased performance difficulties. According to Lai *et al.* 2006 [7] stress is state of bodily or psychological positions that causes emotional issues or unhappy feeling of uneasiness to a person.

Stress is a process, it occurs when an individual perceives an imbalance between his physical, physiological and mental demands and his ability to respond. A person feels he/she will not be able to fulfill those demands and become uncomfortable. The factor that produces stress is called a stressor. Stress can be defined as a physiological and mental response to something in our environment that causes to become uncomfortable. Whether a situation is stressful or not depends upon personality of individual.

According to McGrath (1982) [19] stress is a substantial between demand (physical or physiological) and response capability under conditions where failure to meet that demand has important consequences. According to Selye (1976) [11] "stress is a response by an outside event". It may be depended as physical, mental or emotional demands which tend to disturb the homeostasis of the body.

Anshel and Gregory (1990) say that stress can have physical and cognitive basis. On physical basis, it can be felt as a direct blow during the competition and on cognitive basis it can be felt as confusion from a coach's yelled instructions. In the latter case, it can result in the perception of threat experienced as state anxiety which can manifest through cognitive and somatic responses. The result from this threat is received in the form of dangerous physical responses like muscle tightness, uneasiness, injury and depression. Competitive state anxiety which is a sub component of anxiety is defined by as the physiological and cognitive manifestation of perceived threat in a performance situation. The competitive state anxiety has been related with enhancing fear, lack of confidence, facing unfavorable conditions for success which are happening in the competition situations.

Vijaya and Karunakaran (2013) exhibited in their research work that mostly of boys found greater level of stress and moderate stress compare to girls. In another study Chiang (2005) [5]

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anticipated that the educational institutes are the place where stress is originated among teenagers. Such stress may cause due to a lot's of academic pressure, substandard study results, fear of tests, less interest in subject and teacher's role.

Stress runs the risk of conveying negative image of oneself in competition, feeling such or being unskilled, un-competent unfit, unable to handle pressure of competition and the world at large. (Leary, 1992) Stress plays a very important role in the competition of individual and team game sports. To consider the performance of an individual and team game sports stress is the main psychological variable. It is the original or artificial threat of the psychological response. Stress influences the athlete's emotion, his behavior, performance and thinking. An athlete may feel stress by two ways internal and external and it also effect athlete's performance by two types positive and negative. The purpose of the study was to find out the comparative difference of stress among college athletes with regards to gender.

Methodology

For the purpose of the study total One hundred sixty (N=160) subjects were randomly selected from the different colleges affiliated to Panjab University Chandigarh. Out of one hundred sixty subjects eighty (n=80) were male and eighty (n=80) were female athletes. The selected sample was between the age ranges of 18-25 years. The Psychological variable Stress was selected for study. The Perceived stress

scale of Reena Kaul and Bedi (2001) was used to measure the stress of the male and female players of different colleges of Chandigarh. Mean, standard deviations and t-test statistical technique was applied to find out the significant differences of stress with regard to gender at 0.05 level of significance difference.

Results

Comparison of Stress among male and female players of different Colleges of Chandigarh

Table 1: Mean, Standard Deviation, And T-Value of Male and Female Team Game Athletes of College Level in relation to their Stress Level

Gender	N	Mean	Std. Deviation	t-value	p-value
Stress	Male	80	44.08	3.320	.05
	Female	80	47.06		

Table 1 reveals the psychological variable stress of male athletes mean value 44.08 and Standard Deviation 5.681 whereas female athletes mean and Standard Deviation were recorded as 47.06 and 5.700 respectively. The obtained t-value (3.320) indicate significant mean difference between college level male and female athletes on psychological variable stress at 0.05 level of significance difference with 158 degree of freedom.

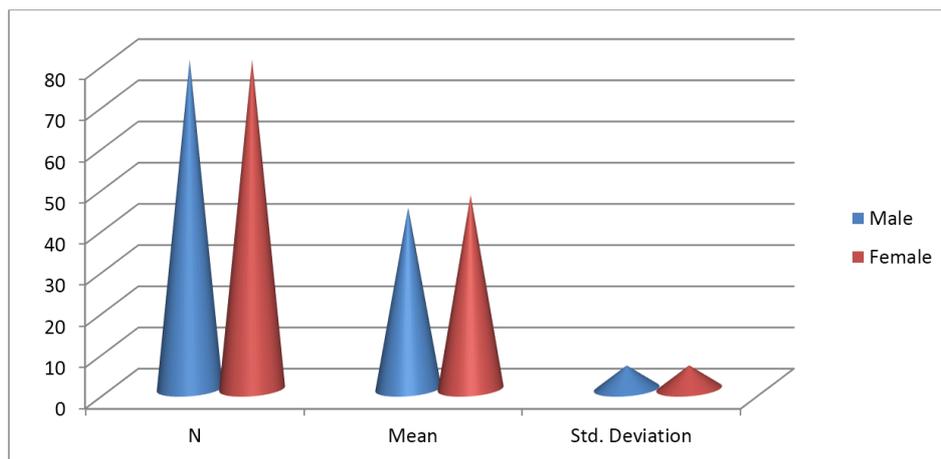


Fig 1: Graphical representation of Mean Scores of Male and Female College Athletes in Relation to their Stress Level

Discussion

The result presented in table no 1 revealed the statistically significant difference found between college male and female athletes on the variable stress. This study has shown that females stress level was greater than male players. Female experienced higher level of stress due to frustration, self-imposed stress, and audience and competition pressure. Higher stress among female indicates that female liked to compete, be noticed, loved, and worry for others, sometime seeking pressure that lead to higher anxiety and stress. The findings of this research have the potential to lead to more in depth and exploratory studies regarding stress, coping styles, and gender differences in athletes and college students. This result supports the research of Sandhu *et al.* (1991) where college level team male athletes were significantly different and better from the college level team game female athletes. Similarly Khan *et al.* 2015 [6] was also concluded in their study that male school students were found greater stress compared to girls students counterparts. However Vijaya and Karunakaran (2013) exhibited in their research work that

mostly of boys found greater level of stress and moderate stress compare to girls. In another study Chiang (2005) [5] anticipated that the educational institutes are the place where stress is originated among teenagers. Such stress may cause due to a lot's of academic pressure, substandard study results, fear of tests, less interest in subject and teacher's role. In another same type of the study by Abedi, B. 2010 was also observed in his study that the non-players exhibited greater stress than the athlete group and it was also concluded that there were no significant stress differences based on gender. Results of the study were influenced by the physical activity and sports in coping stress among students.

Conclusion

It is concluded that the significant differences were found among male and female players of different sports of Chandigarh with regard to stress. The male players of different colleges of Chandigarh demonstrated less stress when compare to female players of different colleges of Chandigarh. The present investigation was a maiden effort in

the direction. More intensive researches are needed in this direction to help out the problem faced by the players, coaches and physical education teachers to cope up the stress of the players.

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