



ISSN: 2456-0057
IJPNPE 2022; 7(1): 211-214
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www.journalofsports.com
Received: 19-11-2021
Accepted: 25-12-2021

Yogesh Pancholi
PhD Scholar, DAVV, Indore,
Madhya Pradesh, India

Sunil Dudhae
Dip. Director, School of Physical
Education, DAVV, Indore,
Madhya Pradesh, India

Comparative analysis of stress level between athletics and cricket players

Yogesh Pancholi and Sunil Dudhae

Abstract

For this study, 200 players were chosen, from individual and team (100 from each category). The subjects were between the ages of 18 and 28 years old. Individual and Team, scores were examined using an Independent T-Test to determine the difference between the variables, as well as Stress. The relationship's significance was determined at a level of 0.05. All the calculations were done with the help of SPSS 20. Thus, for concluding the difference between group Independent T-test was used in which p value is 0.706 which is much more than 0.05 which means that there is no difference between group stress level.

Keywords: Cricket, athletics, SPSS etc.

Introduction

In today's society, sports play an important role. Every year, millions of people participate in sports, watch and read about them, and spend billions of rupees on sports activities and equipment. Cricket, Taekwondo, Badminton, and Athletics are among the most popular sports in the world.

With the exception of sports journalists and a few research scientists, despite the fact that this huge interest in sports had been noticed for decades, almost no consideration was given to really studying sports. Sport, on the other hand, has shown to be a viable academic subject due to its impact on modern culture. Sport's scope and social relevance have grown enormously, yet the meaning of sport has gotten little attention.

One of the first steps in developing a road forward is determining how performance is managed and analysing its basic parts. In any sport, performance is determined by a mix of three essential variables: physical conditioning for competition, skill level, and psychological preparedness to participate.

Individuals, corporations, and society as a whole are increasingly concerned about stress. Individual stress produced by work responsibilities has been highlighted as a primary organisational stressor, with costly business effects. Fisher and Girelson (Fisher and Girelson, 1983) [2].

Objectives of study

- To compare the stress between individual and team games.

Delimitations

- The study was delimited to the male players of age range 18-28 years.
- The study was delimited to the 200 male university players of individual game and team game.
- The study was delimited to the National players only.

Limitations

- No motivational technique was used as it may affect the data of the study.
- Interest of the subject during data collection may affect the data and it was considered another limitation of the study.
- The researcher tried to collect the data on the same time on every player but some variation in timing may affect the data and considered another limitation.

Corresponding Author:
Yogesh Pancholi
PhD Scholar, DAVV, Indore,
Madhya Pradesh, India

- The response given by different players of selected games and sports was the limitation the study.

Hypothesis

- It was hypothesized that there will be significant differences in stress between individual and team games and sports.

Methods and Procedure

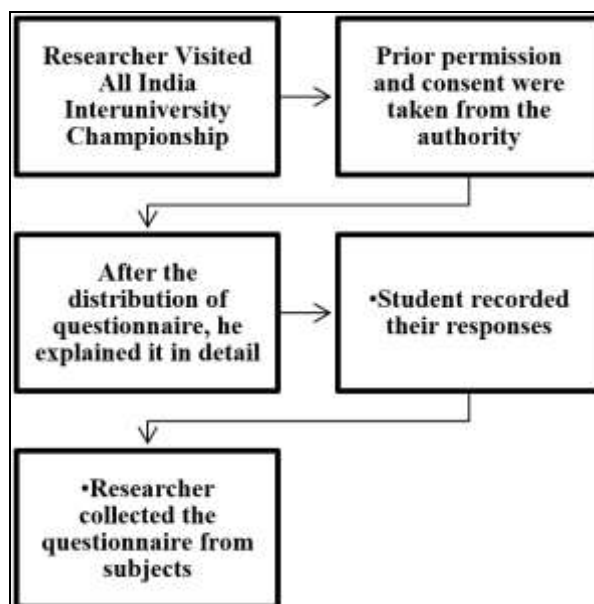
Selection of the subjects

Total subject for this study was 200 players from Individual (Athletics) and team games (Cricket), 100 from each category. The age group of the subjects was in range between 18 - 28 years and the subjects were selected from All India Inter-university Championship of selected games and sports which was held in 2019-20 session.

Criterion measures

The Criterion measure chosen for the study will be the scores obtained from the questionnaire of Occupational Stress prepared by Dr. A.K. Srivastava.

Administration of Questionnaire & Collection of Data



Result and Analysis

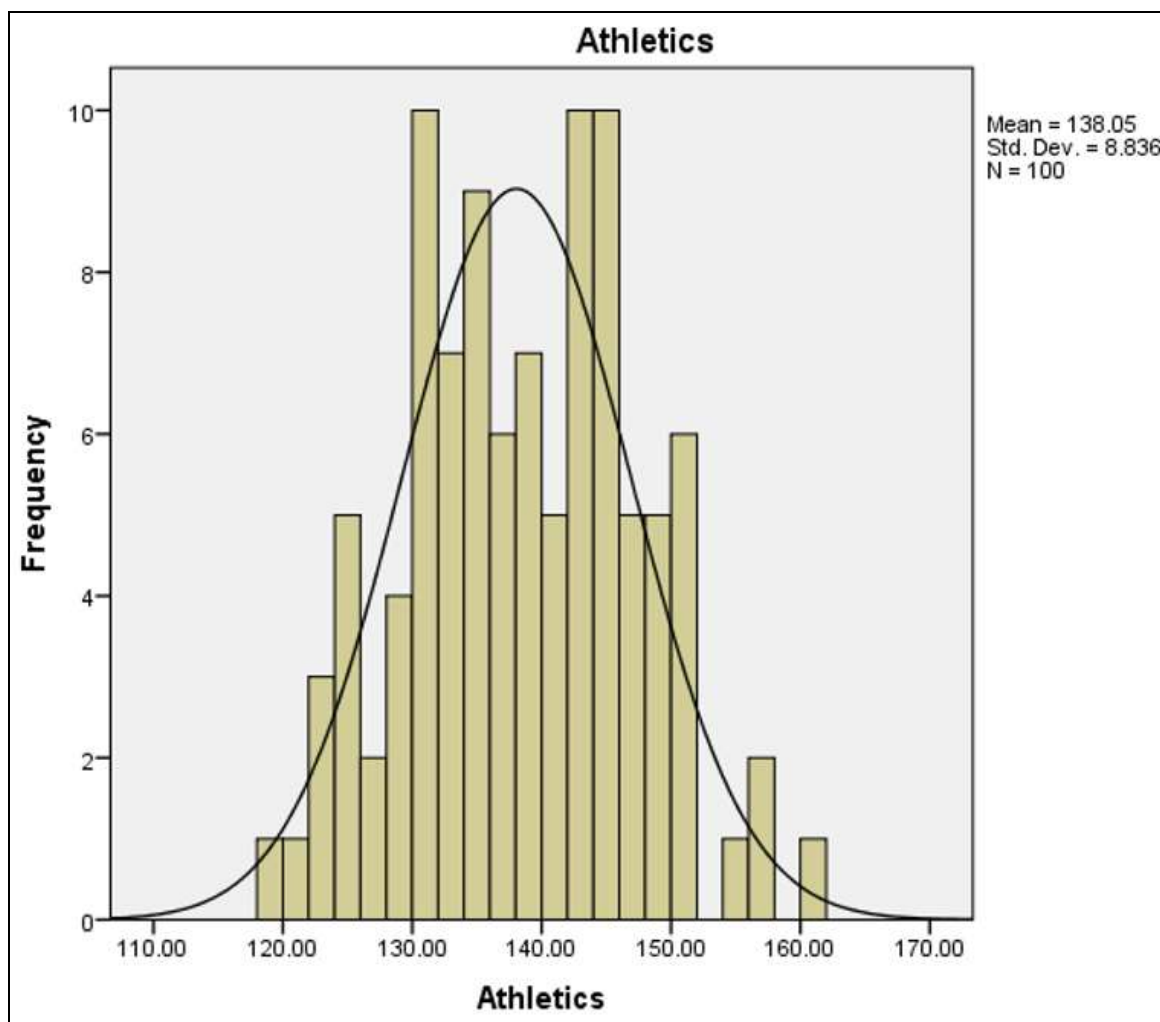


Fig 1: Aphical Representation with Normal Distribution Curve of Athletics (Stress)

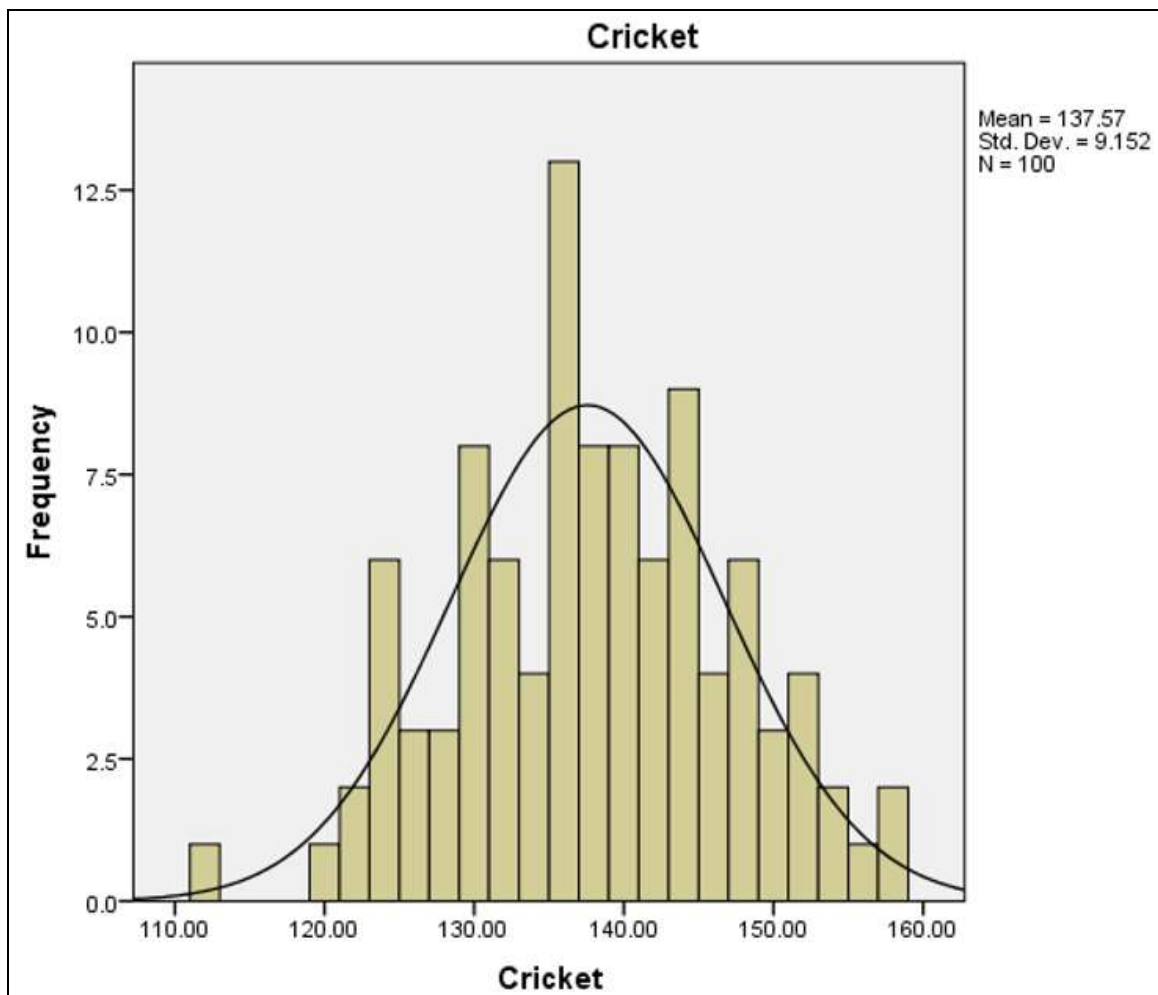


Fig 2: Graphical Representation with Normal Distribution Curve of Cricket (Stress)

Table 1: Descriptive statistics table of individual and team games of stress level

	Groups	N	Mean	Std. Deviation
Stress	Athletics	100	138.0500	8.83562
	Cricket	100	137.5700	9.15220

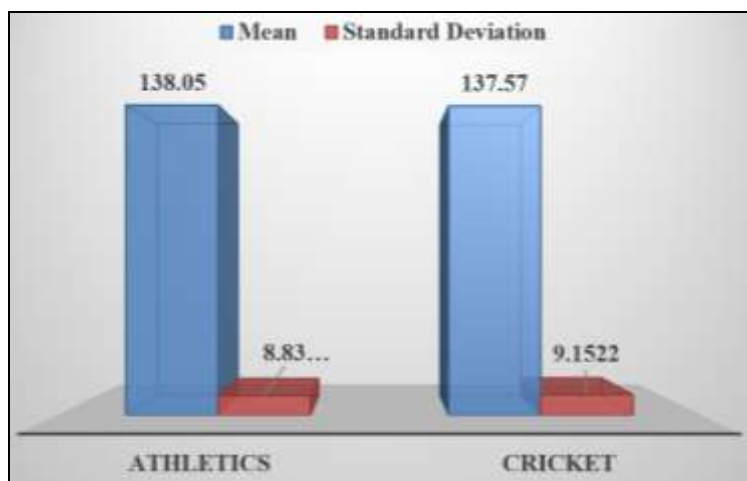


Fig 3: Graphical representation of individual and team games descriptive statistics of stress level

Table 2: Independent T-Test Table of Individual and Team Sports

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Stress	Equal variances assumed	0.026	0.872	0.377	198	0.706	0.48	1.27213
	Equal variances not assumed			0.377	197.755	0.706	0.48	1.27213

The above table no.1 shows the descriptive statistics of stress level which includes Athletics Mean score is – 138.0500 and Standard Deviation score is – 8.83562, whereas Cricket – Mean value is – 137.5700 and Standard Deviation value is – 9.15220.

In the above table no. 2, to test the equality of variances, Levene's test has been used in which p value is 0.872 which more than 0.05 and it means that the group variance is equal. Thus for concluding the difference between group Independent T-test was used in which p value is 0.706 which is much more than 0.05 which means that there is no difference between group stress level.

Verification of the Hypothesis

- It was hypothesized that there will be significant differences in stress between individual and team games and sports in which the hypothesis was rejected because the result was in significant.

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