

## COMPARISON OF PERSONAL STRESS BETWEEN PHYSICAL EDUCATION AND NON PHYSICAL STUDENTS

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### Abstract

The purpose of the present study was to compare the personal stress between physical education students and non-physical education students. The available literature on research work so far done in the field of sports psychology indicates that stress is more researched than any other area of the field. Researchers have studied stress level of physical education and non-physical education students. The Singh personal stress sources inventory (SPSSI), consisted of 35 Questions were used for the study. 15 physical education students and 15 non-physical education students were selected randomly as subjects from Institute of Professional Studies, Gwalior (M.P.) The data was collected and statistically analysed by using 't' ratio at 0.05 level of significance. The research indicated that the level of stress of physical education students and non-physical education students was significantly different at 0.05 level of significance. The study was also showed that physical education students have less personal stress than non-physical education students.

**Keywords:** Stress, Professional, Non Professional and Physical Education

### Introduction

Stress has been defined as the adaptive physiological response of the human organism to internal and external forces and event which disturb the homeostatic balance of the individual. The imbalance may be caused by physique. Physical and social agents are conditions. Psychological stress occurs as a result of a person perusing environment mental demands exceeding coping abilities adopt person commitment to success leaves a player more vulnerable to threat by the prospect of poor performance injury. Or being left out of the terms when compare to a player with lower commitment. A large number of factors produced feelings of nervousness and stress are state. Modern age is the age of competition and sports are no exception. There is no doubt that sports are the healthiest way of recreation. Its importance in the competitive world cannot be underestimated. Some of

the factors, which contribute to the success in sports, are: the technique, training, sports medicine, sports psychology and optimum facilities for participants. The role of sports in the pursuit of education objectives has been highlighted from time to time. Sports are essentially that aspect of human activity which strengthens the integration of the body and the mind so much so that it provides stimulation to the neuro-physical and psychological system to the extent that even the non-functional cells are rehabilitated and regenerated. Van Dalen (1971) contends that Greeks were the first civilized people to lay and equal emphasis on the cultivation of the "Man of Action" (Physical persons) and the "Man of Wisdom" (Mentally sound persons) through games, sports and vigorous activities. They were of the considered opinion that intellectual achievement could not be possible without physical efficiency. Man has recognized the importance of sports in achieving the educational objectives. Therefore, more stress is being given on learning by doing. Sports have become an important part of life. All round personality of the child can be developed through games. The concept of sports has undergone a great change because of fast changes in society. Sports offer several concrete ways of bringing out the greatness in man. It strengthens human acts of integrity, self-discipline and resilience. Sport is a fertile field for the study of human behaviour. Sportsman touches the lives of different people in different ways. It is pervasive in the sense that it spreads throughout society. Only in rear instances does one aspect or another so port not appeal to almost everyone. Stone 1969) says, "If a man in our society does not have at least some conversational knowledge of sports, he is viewed in society as inferior." For Instance Competitive sport is one of the outgrowths of modern society. It is a challenge, which inspires and motivates men and women to run faster, jump higher, throw farther and exhibit greater strength, endurance and skills to establish supremacy over others. Every participant wants to win the game as the society attaches a great significance to winning. According to Renewed (1972) "Performance is key note of all sports, its basic principle. Since sports have become prestigious aspect to prove one's superiority, the

philosophy of participation in games sports has undergone a great change." Now a day there is a great stress and depression among human beings, before the competition and after the competition sports person is under stress and depression. It can be removed through psychological training and sports person get his goal in competition. Indian society is very complex with various social groups, diversified with the backgrounds of region, religion, language, culture, social status etc. All these have different impacts on stress towards sports participants. The impact of stress and general depression are different on different individuals. And there are different incentives i.e. financial as well as non-financial (like the hope of getting a certificate or a reward of wealth) which will affect the performance of a sports person and the denial of these incentives can cause stress and depression in the mind of a sports person. And due to this reason it has been observed that a poor child gets more stress and depression than a child born in a rich family. The socio-economic status is one of the importance factors that may influence sports participation. The entire society may be broadly categorized into three groups: upper, middle and lower strata. The stress and general depression towards sports participation may vary depending upon the group to which they belong.

Most of the research studies conducted in the field of physical education have pointed out the fact that socio-psychological factors play an important role in the ultimate performance of sports persons. An individual is affected not merely by his physical, technical and tactical qualities but also by his psychological consideration. Psychological factors i.e. personal stress has their own importance in the field of physical education and sports.

The teachers, parents and peer groups can help the children to tackle the problem of personal stress according to situation. But the university students having reached the level of maturity, having had the individualistic thinking may have developed clear concept about sports participation. That is why the university students may serve as better subjects for the purpose of this study.

## Methodology

### Selection of Sample

30 students, (15 physical education and 15 non-physical education) were selected randomly at college level.

### Selection of Tools

The Singh personal stress sources inventory (SPSSI) used for the study consisted of 35 Questions.

### Collection of Data

The scholar distributed the questionnaire of (SPSSI) to the student of Institute of Professional Studies, Gwalior (M.P.) before distributed the questionnaire to the subject the scholar explains the purpose and important of questionnaire and satisfied queries raised by the subject.

Scoring system: After constructing further studies by using SPSSI the author had given the following classification criteria based on points. Qualitative Description of Score On S.P.S.S.I.

Range of Scores	Qualitative Description
80 or higher	High level of stress
31-79	Moderate level of stress
0-30	Low level of stress

### Statistical Procedure

To analysis and compare the personal stress between physical education student and non physical education student. Mean, Standard Deviation and 't'- test were used. The level of significance for 't'- test was set at .05

### Analysis of Data

Analysis of data was done using Mean, Standard Deviation, and 't'- test from the responses obtained from the questionnaire. Analysis in terms of Mean, Standard Deviation, and 't'- test of collected data of Physical Education and Non-Physical Education students of Amity University are given below.

### Findings

In this, the calculation of Mean, Standard Deviation and t-ratio of Physical Education and Non-Physical Education students is presented.

Table-II

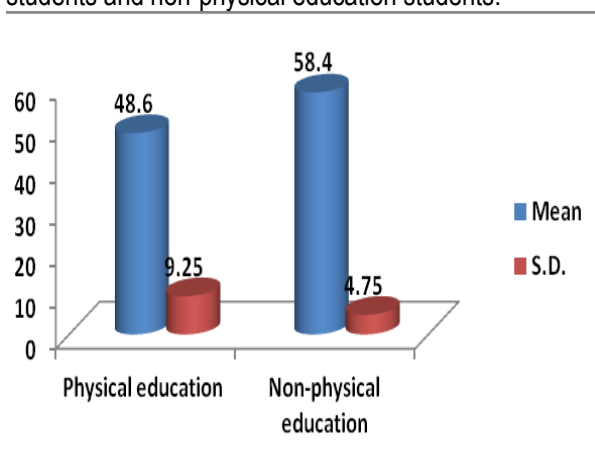
Mean, Standard Deviation and t-ratio of Physical Education and Non-Physical Education Students.

Group	Mean	S.D.	t-value
Physical Education	48.6	9.25	3.7
Non-Physical Education	58.4	4.75	

\* Significant at 0.05 level of significance  $t_{(0.05)(14)} = 3.76$

Since, the calculated t value (3.76) is greater than tab  $t_{.05}$  (1.761). Hence there might be significant differences

in the personal stresses between physical education students and non-physical education students.



**Figure 1:** Shows the mean and standard deviation of physical education and non-physical education students.

### Discussion of Finding

The responses given by the physical education and non-physical education students to compare the personal stress among physical education and non-physical education students were analyzed.

It is revealed from the collected data that there were significant differences in personal stresses of physical education students and non-physical education students. From the mean of the students it clearly showed that personal stress in physical education students were less than the personal stress in non-physical education students. From the findings it was observed that there were significant differences in personal stresses between physical education students and non-physical education students so the hypothesis may be accepted.

### Conclusions

The study showed that the stress level in physical education students is less in comparison to non-physical education students. Due to training and physically active life. It is clear that non-physical education students have more than physical education students. It may be due to their less active life style.

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