

Stress Vulnerability among the Different Games of State Level Male Players

Shesh Nath Chauhan¹, Mohammad Gulam Sabir¹

¹Research Scholar, Department of Physical Education, BHU, Varanasi, UP, India.

Received Feb 14, 2018; Accepted Feb 28, 2018; Published Mar 02, 2018

Abstract

Objective: The purpose of the study was to compare the stress vulnerability of different games of state level male players from Uttar Pradesh. **Methodology:** The purpose of the study, total 45 State level male players selected as subject for the study. Out of which hockey players (N-15), kabaddi players (N-15) and cricket players (N-15) were selected on the basis of random sampling method from different sports stadia of Uttar Pradesh, India. The age of the subjects were ranged between 16 to 22 years. Stress vulnerability was selected as a variable for the present study, the stress vulnerability scale (SVS) questionnaire Constructed and developed by Lyle H. Miller and Dell Smith. The questionnaires given to the subjects and they had replied to each and every one question truthfully and honestly. **Statistical Technique:** Descriptive statistics with the Analysis of variance (ANOVA) was used to analyze the data with the help of statistical tool pack SPSS 22.0 version. The level of significance was set at 0.05. **Results:** The results of the study revealed that there was significant difference on Stress vulnerability among three different games of state level male players, i.e. hockey, kabaddi and cricket players. As obtained calculated F-value (7.112) was greater than the tabulated F-value (3.23) at 0.05 level with (2,42) degree of freedom. **Conclusion:** On the basis of study it was concluded that there was significant difference among the hockey, kabaddi and cricket male players.

Key Words: Stress Vulnerability, Hockey, Kabaddi and Cricket Players.

1. Introduction:

Psychology is derived from Latin word 'psyche' and 'logos' which means 'soul study'. Today psychology is considered as the science of behaviour. Psychology defined as "psychology is the science of human behaviour and relationship" (Crow & Crow). Sports psychology is the branch of applied psychology which sports performance and behaviour of a player during training and competitions. Sports psychology defined as "Sports psychology is the study of the application of psychological principles to sports and physical activities at all levels of skill improvement". (Browne & Mankoney). Stress is the integral part of our lives. "It is a natural by-product of all our activities". Life is a dynamic process, forever changing thus stressful. Our body responds to acute stress by deliberation of chemicals. This is known as the fight-or-flight response of the body which is mediated by adrenaline and other stress hormones is comprised of such physiological change as increased heart rate and blood pressure, faster breathing, muscles tension, dry mouth and increased blood sugar. The definition of stress is "Stress is the body's reaction to a change that requires a physical mental or emotional adjustment or response" by (Wills, T.A. 1981). Vulnerability is considered a characteristics of all people, ecosystems, and regions confronting environmental or socioeconomic stress and although the level of Vulnerability varies widely. It is generally higher among poorer people (Kasperson, R.E. & Dow, K. 2001). Vulnerability has also been defined as "a human condition or process resulting from physical, social, economical, and environmental factor, which determine the likelihood and scale of damage from the impact of a given hazard" (Clark, W.C. 2000).

Stress Vulnerability: The stress vulnerability was first proposed by Zubin & Spring in 1977, and although it has evolved into several versions since, the model continues to be used as dominant conceptual framework from understanding psychosis. This framework allows clients to have an 'active role' in the process of reducing their vulnerability to stress and also raising the threshold for relapse through the development of various strategies. While there are a number of approaches to understanding occupational vulnerability and important in psychologists, the most useful of those emphasize the interaction between the specific demands of the work and individual characteristics of each psychologist. In other words, as psychologists, our vulnerability to occupational stress stems from the interaction

between particular aspects of our work (the situation) an aspects of who we are and our current life circumstances (Saakvitne, K. 1996). 'Stress and vulnerability' model of mental disorder. This quite detailed but the principle is simple enough. Briefly put the idea is that people become ill when the stress they face becomes more than they can cope with. Also, people's ability to deal with stress, their vulnerability, varies so problems which one person may take in their stride might be enough to cause another person to become depressed or psychotic. We can see that people with low vulnerability need to experience a great deal of stress before they become distressed whereas those people with high vulnerability need only a small amount of stress to 'tip then over the edge' into serious mental disorder. So what causes the difference in people's vulnerability? What makes one person more vulnerable then another and what can we do about it. High stress, low stress, High vulnerability, Low vulnerability. Although vulnerability and stress can be reasonably considered to be conceptually distinct constructs, separately, their power to describe key aspects of psychopathology is limited. Thus, most modern models of psychopathology explicitly combine vulnerability and stress in their descriptions of the functional processes leading to disorder. To serve as a background for exploring their interactive role, we briefly proved definition of vulnerability and stress and then briefly discuss the origins of these constructs. We then examine general principles that characterize most diathesis-stress model and family, explore different model role of vulnerability-stress interactions. Finally we comment on some issues that are pertinent to conceptualizations of stress and conceptualizations of diatheses in the context of the diatheses-stress relationship (Segal, Z. V. & Ianram, R. E. 1994).

1.1 Objective of the Study:

To measure stress vulnerability of different games (hockey, kabaddi and cricket) of state level male players from utter pradesh India.

2. Procedure and Methodology

2.1 Selection Subjects:

The purpose of the study, total 45 State level male players selected as subject for the study. Out of which hockey players (N-15), kabaddi players (N-15) and cricket players (N-15) were selected on the basis of random sampling method from different sports stadia of Utter Pradesh, India.

2.2 Selection of Variable:

Stress vulnerability was selected as a variable for the present study.

2.3 Criterion Measures and Tools:

Stress vulnerability scale: The stress vulnerability questionnaire was developed by two psychologists at Boston University Medical Centre, L.H. Miller and A.D. Smith, and is reproduced by the SCI Nobel Counseling Center of Caldwell, Ohio. There was 20 questions consists in these questionnaire was used. During distributing the questionnaire necessary instruction was given to the subjects before the administration of the test. Then write the appropriate number indicating how often the statement applies to you using the following scale. Vulnerability on the following points: 1. Always 2. Usually Table- 1

Descriptive statistics of three different games on stress vulnerability.3. Sometimes 4. Almost Never 5. Never. In responding to the stress vulnerability scale examinees blacken the number on the standard test from to the right of each 20 statement that best describe the intensity of their feelings:

Zero -10 indicates the excellent resistance to the vulnerability to stress, 11-29 little vulnerability to stress, 30-49 some vulnerability to stress, 50-74 serious vulnerability, and 75-80 extreme vulnerability. In responding to the vulnerability to stress scale examinees are instructed to indicate how they generally feel by rating the frequency of their feeling of stress.

2.4 Collection of Data:

The data were collected on 45 state levels players i.e.(hockey-15, kabaddi-15 and cricket-15) were randomly selected as subject for the study from different sports stadia of Utter Pradesh. The age of the subjects were ranged between 16 to 22 years.

3. Results of the study:

The obtained data was analyzed by employing one way ANOVA to compare the Stress vulnerability on state level male players of three different games from utter Pradesh. The level of significance was set at 0.05

Variable	Groups	N	Mean	SD	Std. Error
Stress Vulnerability	Hockey players	15	28.47	8.855	2.286
	Kabaddi players	15	42.07	10.117	2.612
	Cricket players	15	36.13	10.649	2.750
	Total	45	35.56	11.194	1.669

Table-1 shows that Mean and Standard Deviation (SD) with standard error of the mean of stress vulnerability for hockey were 28.47, 8.855, and 2.286. For kabaddi were 42.07, 10.117and 2.612. For cricket were 36.13, 10.649 and 2.750 respectively. Further, the graphical presentation of the results related to stress vulnerability among state level hockey, kabaddi and Cricket Players are also depicted through the figure-1

Figure-1:

Graphical Representation of Mean Score of stress vulnerability among Hockey, Kabaddi and Cricket players.

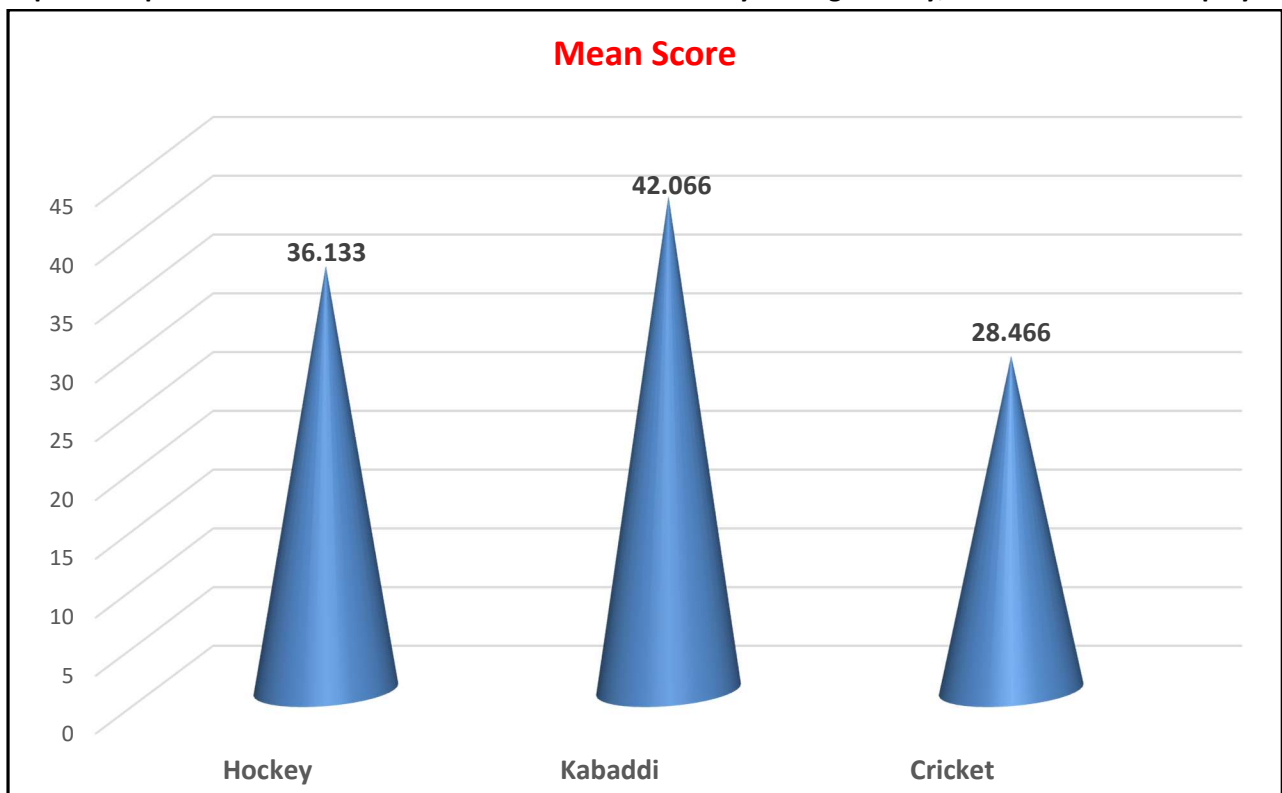


Table-2

Comparison of Stress vulnerability of different games of state level male players of utter Pradesh

Source of Variation	Sum of Squares	df	Mean Square	F	Sig./ P-value
Between Groups	1394.711	2	697.356		
Within Group	4118.400	42	98.057	7.112*	0.002
Total	5513.111	44			

*Significant at 0.05 level (2, 42) 3.219

Table-2 Shows that there was significant difference on Stress vulnerability among three different games of state level male players, i.e. hockey, kabaddi and cricket players. As obtained calculated F-value (7.112) was greater than the tabulated F-value (3.23) at 0.05 level with (2, 42) degree of freedom.

Since the F-value was found to be significant, the least significant difference (LSD) Post Test was applied for the inter-group comparison and scores were presented in the table-3.

Table-3
LSD Post Hoc Test for comparison of means among of different games players in relation to Stress vulnerability.

Hockey players	Kabaddi players	Cricket players	Mean Difference
28.47	42.07		13.60*
	42.07	36.13	5.94
28.47		36.13	7.66*

*The mean difference is significant at the 0.05 level.

Table-3 revealed that paired mean difference found among the hockey, kabaddi and cricket in relation to the stress vulnerability of state level male players were found no significant difference between Kabaddi and cricket and there was significant difference between hockey and kabaddi, hockey and cricket players.

4. Discussion:

The result of the study revealed that, there was significant difference found among the hockey, kabaddi and cricket in relation to the stress vulnerability of state level male players from utter pradesh. The result of this study can be attributed to the fact that, these selected different games (hockey, kabaddi and cricket) male players are mostly below 30-49 some vulnerability to stress. On the basic of result hockey players mean score(28.47) indicate 11-29 little vulnerability to stress, and cricket & kabaddi players mean score(36.13 & 42.07) indicates 30-49 some vulnerability to stress, that's mean Kabaddi players have better stress vulnerability found in comparison to state level hockey and cricket male players utter pradesh.

Raedeke, Granzky and warren (2000) also says that if an athlete is emotionally or physically disturbed, then he/she may individually remove himself/herself from the activity for some period because it is the only way to escape from the situation or the concern stress. Stress showed important difference between the mean score among the hockey, kabaddi and cricket players whereas Kabaddi players showed higher level of stress vulnerability (Table No. 3). Almost in kabaddi matches always it is start with straggles so, from here we can say that they have that pressure to maintain the safe raid and defense collecting point for team etc., as players.

Again personality is something which really determines how much the person is vulnerable for the stress as few methods of coping with life's difficulties are more effective than others. Warner R. (1994) explain that, the people who having high level of skills can overcome with stress better than who don't have higher level of skills. Warner R. (2000) also writes that the persons who are optimistic nature looks differently toward the vulnerability to stress than the person who is pessimistic. He also added that there are various types of thinking method which help peoples to cope with various type of stress. Surrounding of a person where he/she lives definitely help person to remove the stressful situation. It is well proved in research that a challenge connected according to different situations also tends to an extent of stress vulnerability. Stress may be creating negative impact on the performance of athletes or team and has described as increase the likelihood of wound. In this study the Kabaddi players showed higher level of stress vulnerability. In latest years there have been some new advances in conceptual thinking toward athlete burnout including a bio psychological thought of stress and recovery (Kallus & Kellmann, 2000). So it might be the reason that the Kabaddi Players have show higher level of stress vulnerability.

5. Conclusion:

The results of above study shows that there was significant different was found among the hockey, kabaddi and cricket in relation to the stress vulnerability of state level male players from utter pradesh India.

6. References:

- [1]. Hamilton J. (2010): Work related stress, what the law says, Chartered institute of personal and development.
- [2]. Hanton, S., Fletcher, D and Coughlan, G. (2005). *Stress in elite sport performers: A comparative study of competitive and organizational stressors*. Journal of Sports Sciences, 23, 1129–1141.
- [3]. Jain, R. (2011), *Sports Psychology, khel Sahitya Kendra*, New Delhi, 307-309.
- [4]. Jones, M. V. (2003). Controlling emotions in sport. *The Sport Psychologist*, 17, 471 486.
- [5]. Khurana S K (2009), *Research Methodology and Statistical Analysis*, V K Enterprises, New Delhi.
- [6]. Kundra Sanjay, "*CBSE A Textbook of Physical Education*" published by evergreen publication (India) LTD pp. 102-104.
- [7]. Meenu (2017) "*Analysis of stress vulnerability of physical education students of northern India universities*". (IJMRME) journal Volume 3.
- [8]. Patil shivanand bharat (2015) "*Analysis of emotional intelligence, aggression, burnout and stress vulnerability of cricket players at intervarsity level*".
- [9]. Polaskivokic N. & Bogdanic A. (2007): *Individual difference and occupational stress perceived: A Croatian survey*, working paper press.
- [10]. Prakash Vijay (2011), "*Comparative study of anxiety, depression and stress vulnerability between sports persons and non-sports persons*" pp. 18-35.

Corresponding Author:

Shesh Nath Chauhan,
Research Scholar,
Department of Physical Education,
BHU, Varanasi, UP, India.