

Stress among Khokho and Kabaddi Players of College Students

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ABSTRACT

The present study aimed to know the stress among Khokho and Kabaddi Players of College Students. The Stress Scale by Dr. M. Singh (2002) was used. The sample constituted total 120 players of college students out of which 60 were from Khokho players of college students (30 boys and 30 girls) and 60 were from Kabaddi players of college students (30 boys and 30 girls). The data was collected from various colleges of Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There is significant difference in the mean score of the stress among Khokho and Kabaddi Players of college students. Therefore it could be said that, the khokho players group is having more stress than kabaddi players group. (2) There is no significant difference in the mean score of the stress among boys and girls players of college students and (3) There is significant difference in the interactive effect of the mean score of the stress among types of players and gender. Therefore it could be said that, the Khokho Players of boys college students group is having more Kabaddi Players of boys college students group.

1. Introduction

In the middle of the 19th century there was no stress in workplace and stress grew in alarming over the last 40 years. Stress is commonly defined as the harmful physical and emotional responses that occur when the demands of the job exceed the capabilities, needs or resources of the worker. Recently stress is increasing due to globalization and global financial crisis which is affecting almost all countries, all professions and all categories of workers, as well as families and societies. As a result it becomes an essential issue in all work places. In 1989 formally identified the concept of increasing stress, when the Commonwealth Commission for the Safety, Rehabilitation and Compensation of Commonwealth Employees initiated several research projects. These organizations realized that the percentage increase in claims for work related psychological injury has been greater than any other injury. Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker, which lead to poor health and even injury (Rehman 2008). Work-related stress has aroused growing interest across Europe in recent years due to use of new information and communications technologies, growing diversity in the workplace and an increased mental workload (Landsbergis 2003). In Europe, stress is considered as a risk-assessable disease (Clarke and Cooper 2000).

Definition of Stress :

According to Van, stress is derived from the Latin word "strictus" that translates into taut, meaning stiffly strung (Olivier and Venter 2003). Stress can be defined in general term as people feel pressures in their own life. The stress due to work load can be defined as reluctance to come to work and a feeling of constant pressure associated with general physiological, psychological and behavioral stress symptoms. Hence stress is the harmful physical and emotional responses that occurs when the requirements of the job do not match the capabilities, resources, or needs the worker and he/she expressed that job stress can lead to poor health and even

injury (Islam et al. 2012). Stress is increasing due to globalization and economic crisis, which affects all professions, and as well as families and societies, almost all countries of the world (Bharatai and Newman 1978).

What is Stress?

The National Institute for Occupational Safety and Health (NIOSH) expresses that job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the workers. Job stress can lead to poor health and even injury. Job stress results when the requirements of the job do not match the capabilities, resources, or needs of the workers. Workplace stress is the due to the interaction between a person and their work environment. Matters outside the workplace, such as, family problems, a second job, or poor mental or physical health, can cause stress. Beehr and Newman (1978) define occupational stress as "A condition arising from the interaction of people and their jobs and characterized by changes within the people that force them to deviate from their normal functioning." Stress affects directly organizational commitment as well as physical health and psychological well being of individuals.

Ganesh Shrihari Vishwakarma (2017) had studied of pre-competitive anxiety level among the selected team games. The results shows that the there was insignificant difference among cricket, kabaddi, kho-kho, handball and volleyball players' anxiety level.

2. Objective :

The objectives are:

1. To know whether stress is more among Khokho and Kabaddi Players of college students.
2. To know whether there is any difference among the stress among boys and girls players of college students.

3. Methodology

Hypothesis :

1. There will be no significant difference in the mean score of the stress among Khokho and Kabaddi Players of college students.
2. There will be no significant difference in the mean score of the stress among boys and girls players of college students.
3. There will be no significant difference in the interactive effect of the mean score of the stress among types of players and gender.

Sample :

The sample constituted total 120 players of college students out of which 60 were from Khokho players of college students (30 boys and 30 girls) and 60 were from Kabaddi players of college students (30 boys and 30 girls).

Research Design :

A total sample of 120 players of college students equally distributed between types of players and gender from various colleges form Ahmedabad city selected for the research study.

Showing the table of Sample Distribution :

Gender	Types of Players	Total
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	Khokho	Kabaddi	
Boys	30	30	60
Girls	30	30	60
Total	60	60	120

Variable :

Independent Variable

1. **Types of Players :** Khokho and Kabaddi players
2. **Gender :** Boys and Girls

Dependent Variable : Stress Score.

Tools :

The Stress Scale by Dr. M. Singh (2002) is used. The test consists total 40 items each having three alternatives as always, sometimes and never. Validity index was 0.61. The test re-test reliability is 0.79 and Split Half reliability is 0.82.

Procedure :

The permission was granted from various colleges for data collection in Ahmedabad city after the establishment of rapport, personal information and the Stress Scale was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

4. Result and discussion

Table : 1 The Table showing sum of variance mean 'F' value and level of significance of types of players and gender.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	1825.20	9.24	0.01
SS _B	1	192.53	0.97	N.S.
SS _{A*B}	1	864.03	4.37	0.05
SS _{Error}	116	22912.20	—	—
SS _{Total}	119	25793.97	—	—

Significant level 0.05 = 3.92 and 0.01= 6.84

- A = Types of players
- A₁ = Khokho players.
- A₂ = Kabaddi players
- B = Gender
- B₁ = Boys
- B₂ = Girls

Table : 2 The Table showing the Mean Score of stress of Khokho and Kabaddi players of college students.

	A (Type of players)		'F' value	Sign.
	A ₁ (Khokho)	A ₂ (Kabaddi)		
M	28.08	20.28	9.24	0.01
N	60	60		

The above table no.2 shows the mean score of stress among khokho plays of college students. The mean score of khokho players group is 20.08 and kabaddi players group is 20.28. The 'F' value is 9.24, which was found to be significant level at 0.01. This means that the two groups under study differ significantly in relation to stress and type of players. It should be remembered here that, according to scoring pattern, higher

score indicate higher stress. Thus from the result it could be said that, the khokho players group is having more stress than kabaddi players group. Therefore the hypothesis no.1 that, "There is no significant difference in the mean score of the stress among Khokho and Kabaddi Players of college students" is rejected.

Table : 3 The Table showing the Mean Score of stress of boys and girls college students.

B (Gender)	'F' value	Sign.
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	B ₁ (Boys)	B ₂ (Girls)		
M	22.92	25.45		
N	60	60	0.97	N.S.

The above table no.3 shows the mean score of stress among boys and girls college students. The mean score of boys college students group is 22.92 and girls college students group is 25.45. The 'F' value is 0.97, which was found to be

not-significant level at 0.05. The hypothesis no.2 that, "There is no significant difference in the mean score of the stress among boys and girls players of college students" is accepted.

Table : 4 The Table showing the interactive effect of the Mean Score of stress of types of players and gender.

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B ₁	29.50	16.33	4.37	0.05
		B ₂	26.67	24.23		
N			60	60		

The above table shows the interactive effect of the stress of the types of players and gender. The result was found to be significant from table no.4 shows that 'F' value 0.64 which was found to be significant level at 0.05. This means that the two group interaction effect under study does not differ significantly in relation to stress. The mean score is 29.50 for the Khokho Players of boys college students group, the mean score is 26.67 for the Khokho Players of girls college students group, the mean score is 16.33 for the Kabaddi Players of boys college students group, the mean score is 24.23 for the Kabaddi Players of girls college students group. This means that the two groups under study differ significantly in relation to stress, type of players and gender. It should be remembered here that, according to scoring pattern, higher score indicate higher stress. Thus from the result it could be said that, the Khokho Players of boys college students group is having more Kabaddi Players of boys college students group. Therefore the hypothesis no.3 that, "There is no significant difference in the

interactive effect of the mean score of the stress among types of players and gender" is rejected.

5. Conclusion

1. There is significant difference in the mean score of the stress among Khokho and Kabaddi Players of college students. Therefore it could be said that, the khokho players group is having more stress than kabaddi players group.
2. There is no significant difference in the mean score of the stress among boys and girls players of college students.
3. There is significant difference in the interactive effect of the mean score of the stress among types of players and gender. Therefore it could be said that, the Khokho Players of boys college students group is having more Kabaddi Players of boys college students group.

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