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## Comparative study of stress factors between male and female athletes of Gwalior district, Madhya Pradesh

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### Abstract

The purpose of this study the Comparative study of stress factors between male and female athletes of Gwalior district, Madhya Pradesh. The first Objective of this study to describe the stress factors between male and female athletes of Gwalior district, Madhya Pradesh. The first Objective of this study to compare the stress factors between male and female athletes of Gwalior district, Madhya Pradesh. The study under investigation was intended to compare the psychological stress factors of male and female athletes. The study under investigation was intended to compare the psychological variable Stress between male and female athletes. To achieve the purpose of the study the total number of subjects four hundred (N=400) two hundred (N=200) male and two hundred (N=200) female athletes each group from equal subject athletes were randomly selected from different colleges of Gwalior. The age of the subjects ranged from 18 to 25 years. The Variables selected for the present study was to Psychological variable Stress scale questionnaire prepared by Dr. Vijaya Lakshmi ad Dr. Shruti Narain. According to objectives for this study statistical procedure were applied mean and standard deviation and independent t-test. Significant difference was found between the level of psychological stress in male and female athletes.

**Keywords:** Stress, athletes, men, women, Gwalior, college, Madhya Pradesh, etc.

### Introduction

Physical activity and sports have emerged from a long historical background. It is a process that has taken place, and still takes place in various informal and formal ways. It has been a culture from the time of a primitive man to the present. Physical activity has played a vital role either directly or indirectly in the lives of all people.

Primitive men's physical activities were devoted mainly for food gathering and recreation while in the modern competitive world, in the every sport men and women are in a race to excel other and competition has become a fundamental mode of human expression. Competitive sports have been one of the important means to achieve international recognition and prestige.

A person who is a sportsman, he has good quality. Human being, who has physical and mental capacities, can be increased with the help of a competitive game. In Morden era each game is improving the level of standards means it increase considerably. It is difficult to maintain their dominance in the respective games. Performance of a sportsperson affected by their mental state which can be seen in the presentation of their games. Anxiety exists when a player doubt on his or her capacity which create the situation of stress. In this situation talent of the players do not play a decisive role. Of course, performance depends upon the way the sportsmen deal with ups and downs of the competition. 'Athletic Insight' is a journal of sports psychology it says- anxiety is of two types; trait anxiety and state anxiety. State anxiety is situational stress can be seen in the situation of the game. In the state of anxiety autonomic nervous system is aroused due to the natural reaction in any individual. On the other side of this journal, it discussed about the trait anxiety which is used by an individual when he or she is in stress. When the players who are in the stage of state anxiety and low level of trait anxiety deliver their better performances in a sports event. On the other hand, the players who have higher level of trait anxiety with a little state anxiety give lower performance than expected. A psychological condition characterized by a feeling of anxiety is referred as "Exam Anxiety". It is a phase of excess fear, apprehension and worry.

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A similar example of this is a performance problem seen in some people when they become nervous while speaking to a big audience or some initiative. Exam Anxiety can be a huge problem for many students. During the exam most of the students have to face different situations of anxiety. "Exam anxiety is defined as the anxiety subjectively relating to taking tests and exams, including anxiety related to the threat of failing an exam and the associated negative consequences such as psychological hyper arousal, negative thought patterns, a desire to escape from or avoid evaluative situations, inadequate performance on a test or other evaluation and difficulty in focusing on the task at hand, regardless of whether the fears were realistic."

The impact of parental pressure on exam anxiety is even greater in India. The ethic of Indian people stresses on family glory, filial piety and a belief in the efficiency of effort and hard work. Attaining high scholastic achievements is one major way children have of repaying their infinite debt to their parents and of showing filial piety. That is to say, the students work not only for themselves, but also for their family's honor. The stress on academic excellence in Indian families, as manifested in the strong parental pressures to succeed in the academic sphere may place these students under considerable psychological stress. This constant pressure to succeed in school has been hypothesized to play a role in the development of exam anxiety.

Exam anxiety is the uneasiness or fear that a student feels before, during or after an exam because of worry of failure. Anxiety is something experienced by everyone at some point of time in life. Actually, low levels of anxiety can motivate students to study and perform better, but when this anxiety confronts exams and learning, it can cause students to black out or short attention span, lessening their ability to think with clarity and show their best performance.

**Objectives of the study**

1. The first Objective of this study to describe the stress factors between male and female athletes of Gwalior district, Madhya Pradesh.
2. The second Objective of this study to compare the stress factors between male and female athletes of Gwalior district, Madhya Pradesh.

**Methodology**

**Selection of the subjects**

The study under investigation was intended to compare the psychological variable Stress factors between male and female athletes. To achieve the purpose of the study the total number of subjects four hundred (N=400) two hundred (N=200) male and two hundred (N=200) female athletes each group from equal subject athletes were randomly selected from different colleges of Gwalior. The age of the subjects ranged from 18 to 25 years. The Variables selected for the present study was to Psychological variable Stress scale

questionnaire prepared by Dr. Vijaya Lakshmi and Dr. Shruti Narain.

**Criterion measure**

The criterion measure for this study was used Stress scale questionnaire prepared by Dr. Vijaya Lakshmi and Dr. Shruti Narain built for the age range 12 to 24 years. This 40 item measures psychological stress in four areas namely I. pressure II. Physical stress III. Anxiety IV. Frustration. Adolescents today are living in an increasingly stress ridden atmosphere. Stress among adolescent boys and girls are very common and natural. Be it about self, career, academics or any other issue, the youth undergo feelings of anxiety at some phase of lives. They live in a world where nothing seems to be guaranteed with certainty and at the same time they are expected to perform at every front, the main being the academics. This is a generation where everybody lives, breathes and eats competition. The all-pervasive competitive atmosphere, be it social or academic, encourages adolescents to constantly compare themselves with their peers. Consequently, their self-image is in a continual state of redefinition. Stress is partly created by parental pressure too when they expect the adolescents to perform and stand out among their groups. When they cannot rise up to their expectations or are in a process meeting it.

**Scoring**

The answers of those items which tally with the answer given in the scoring key are given a score of 1. If they did not tally, they are given a score of zero. Positive items are given a score of 1 on 'Yes' and zero on 'No' and negative items are given 1 on 'No' and zero on 'Yes'. Higher the score, greater is the level of stress.

**Statistical technique**

According to objectives for this study statistical procedure were applied mean and standard deviation and independent t-test.

**Findings**

**Table 1:** Descriptive Analysis of Psychological Stress of male and female athletes

S. No.	Psychological Variable	Group	Mean	Standard Deviation
1.	Psychological Stress	Male	14.90	3.28
2.		Female	21.78	3.60

Table shows the descriptive analysis of psychological stress. Mean values of psychological stress for male and female are 14.90 and 21.78 respectively. Standard deviation values of psychological stress are 3.28 and 3.60. Graphical representation of the above table has been given below in figure I.

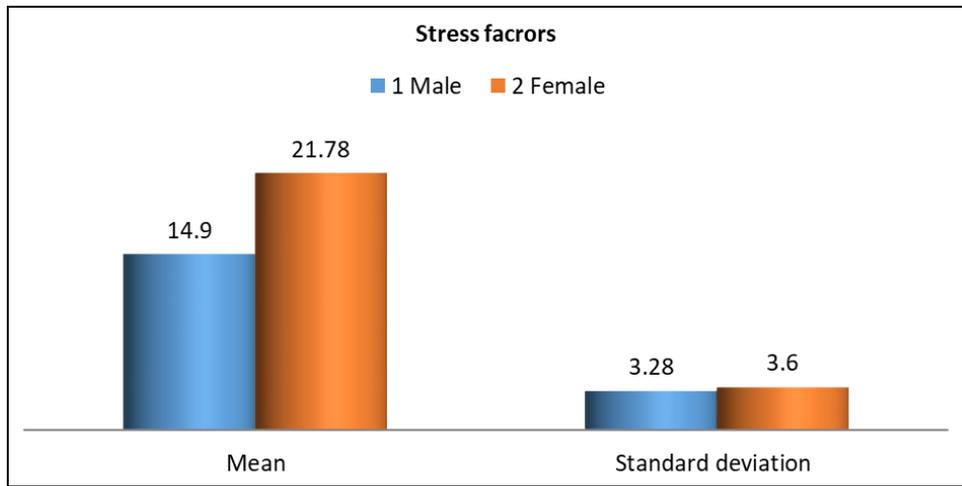


Fig 1: Mean and Standard deviation values of Psychological Stress of male and female athletes.

Table 2: Significant Difference between the Means of Psychological Stress of Men and Women Athletes

Psychological Stress	Group	Mean	Mean Difference	Std. Error Mean	t value
	Male	14.9000		6.88	
Female	21.7850	.25459			

\*Significant at 0.05 level,  $t = 0.05 = 1.98$

Table-2 revealed that the significant difference (t ratio) of psychological stress between male and female athletes was 19.98, which is far more than the required value at 0.05 level of significance ( $t = 1.98$ ). It shows there is significant difference between the psychological stress of male and female athletes. Thus it may be concluded that the psychological stress of female athletes are greater than male athletes.

**Discussion of findings and Conclusion**

The present study was conducted with the objective of finding out the significant difference between stress and anxiety on male and female athletes. The sample size was 400. The data was analyzed with the help of descriptive and t test.

On the basis of the study it can be concluded that there was significant difference between anxiety of male and female athletes. The similar study was done by Pintu Sil (2016) [1] on national level basketball players and found that female have higher level of anxiety in comparison with male athletes. Female athletes are emotionally unstable and this is the main cause of higher anxiety. The study conducted by Pintu Sil was supported the present study. Upadhyay, B.K. and Singh, B. (1999). "Experience of stress: Differences between college teachers and executives".

**Conclusions**

Based on the findings and under the limitation of the study following conclusions were drawn;

- There was significant difference between the level of psychological variables stress factors in male and female athletes of district Gwalior, Madhya Pradesh.

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