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## A study of sportsmen and non-sportsmen of Kashmir on the levels of stress

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### Abstract

The purpose of this study was to compare Sportsmen and Non Sportsmen on their levels of stress. The present study is the descriptive survey method. Total numbers of 100 Sportsmen and Non Sportsmen were selected as the samples for the study purposively from the 10 Secondary Schools of Shopian District of Kashmir. In which 50 were Sportsmen and 50 Non Sportsmen. For the collection of data the researcher administered the R.S Eliot's (1994) Stress Scale Test. Data of stress level of Sportsmen and Non Sportsmen was compared by using t-test. Results shows, that the mean and standard deviation scores of Sportsmen and Non Sportsmen on stress are 38.80 (5.76) & 39.96 (6.79) respectively. The calculated 't' of stress level between Sportsmen and Non Sportsmen is 0.92 which is not statistically significant at 0.05 level of significance. The result shows that there is no significant difference between the stress level of Sportsmen and Non Sportsmen, thus the null hypothesis was accepted. In the stress level, we observe that Sportsmen got good results as compared to Sportsmen and Non Sportsmen. Researcher observed that the means scores of stress showed that Non Sportsmen have high degree of stress level than Sportsmen. Finally researcher concluded that Non sportsmen were more stressed as compare to sportsmen. Thus from the study we can say that physical activity plays a very vital role in decreasing the stress level.

**Keywords:** stress, sportsmen and non sportsmen

### Introduction

The present study was undertaken to measure and compare the stress level of Sportsmen and Non Sportsmen studying in the secondary schools of Shopian District of Kashmir. The researcher was very much interested to study the comparison of stress level of male Sportsmen and Non Sportsmen. For the study the stress level factor was selected to know that whether male Sportsmen and Non Sportsmen have high level of stress. Although researchers acknowledge that participation in athletics can serve as a buffer to stress (Hudd *et al.*, 2000; Kimball & Freysinger, 2003; Kudlacek, 1997; Shirka, 1997) <sup>[4]</sup>, studies also suggest that athletic participation itself can become an additional stressor that traditional university students do not experience (Kimball & Freysinger, 2003; Papanikolaou, Nikolaidis, Patsiaouras, & Alexopoulos, 2003). Finally, athletes often find relationships with others quite stressful. For instance, recent findings have suggested that athletes often report problems such as negative and unsatisfactory relationships with teachers, coaches, and fellow athletes (Humphrey *et al.*, 2000; Papanikolaou *et al.*, 2003). In summary, there is a need to identify specific sources of stress that significantly affect student-athletes that may differ from those experienced by the traditional non-sport college student. This is especially true for the college student-athlete who is facing multiple new challenges arising from athletic, academic and social demands. Many student-athletes are unprepared to successfully deal with these stressors, and knowledge about those specific factors leading to, Heightened stress levels are essential in the planning of effective intervention programs. On the basis of this, the present researcher wants to measure the Stress levels between the male Sportsmen and Non Sportsmen studying in the 5 Secondary Schools of Shopian District of Kashmir. Thus the purpose of the present study was to compare Sportsmen and Non Sportsmen on their levels of Stress.

### Material and Methods

The present study is the descriptive survey method. Total numbers of 100 Sportsmen and Non

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Sportsmen were selected as the samples for the study purposively from the 10 Secondary Schools of Shopian District of Kashmir. In which 50 were Sportsmen and 50 Non Sportsmen. For the collection of data the researcher administered the R.S Eliot's (1994) Stress Scale Test. Data of stress level of Sportsmen and Non Sportsmen was compared by using t-test.

## Results

**Table 1:** Descriptive Statistics of mean and standard deviation of male Sportsmen and Non Sportsmen on stress

Variables	N	Mean	Standard Deviation	St. Error Mean
Sportsmen	50	38.80	5.76	0.81
Non Sportsmen	50	39.96	6.79	0.96

In the above table no.1, there were 50 male sportsmen students who's mean is 38.80, with standard deviation of 5.76 and standard error of mean 0.81 Similarly there were of 50 male non sportsmen students who's mean is 39.96 with standard deviation of 6.79 and standard error of mean 0.96 respectively. (In the table N means number of Subjects)

**Table 2:** Independent sample 't' test of stress

t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
0.92	98	0.395	0.16	1.25

In the table no 4.2, mean differences for the stress level of sportsmen and non sportsmen was 0.16. This difference when tested by Independent 't' test, 't' value was found 0.92 which is not significant at 0.05 significance level for 98 degree of freedom. Therefore the null hypothesis ( $H_0$ ), there is no significant difference between stress level of sportsmen and non sportsmen of Nagpur City was accepted.

## Discussion of Findings

It was observed from the finding that the stress level of sportsmen and non sportsmen from table no 2 that there is no significant difference between sportsmen and non sportsmen in stress level. Hence the null hypothesis is accepted. The mean scores of stress level of sportsmen and non sportsmen showed that sportsmen have lesser level of stress than the non-sportsmen. This finding is supported by Abedi Bahram (2010) who conducted study on the stress level between athletes and non athletes. He concluded that there was no significant difference in stress level based on gender. Results of ANOVA showed that the non-athlete students experienced more stress than the athlete group.

## Conclusion

In the present study we found that the mean scores of stress shows that Sportsmen have high degree of stress than Sportsmen. In the study the Non Sportsmen were more stressed as compare to Sportsmen. On the basis of the result obtained in this study the investigator concludes the scores of stress of Non Sportsmen showed that they were more stressed as compare to Sportsmen. Thus from the study we can say that physical activity plays a very vital role in decreasing the stress level.

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