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Identify personal stress among soccer players of Amity University

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Abstract

The purpose of this study was to identify personal stress among soccer players of Amity University. In this connection the questionnaire method was employed to collect the relevant data. A standard questionnaire namely Singh personal stress source inventory (SPSSI) was administered to 40 soccer players (20 male and 20 female) of Amity University. For the purpose of the study computing percentile method was used to identify personal stress among soccer players. It was analysed from the collected Data that 92.5% of soccer players have moderate level of stress and 7.5% of the players have low level of stress. All the male soccer players have moderate level of stress where as in female 15% of players has low level of stress and 85% have moderate level of stress.

Keywords: personal stress, percentile

Introduction

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 the sports, are the technique, training sports medicine, sports psychology and optimum facilities for participants. The role of sports in pursuit of education objectives has been highlighted from time to time. Sports are essentially those aspects of human activity which strengthens the integration of the body and the mind 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. Not all stress is bad for your performance. ... In the right amount, stress helps you prepare, focus, and perform at your optimal level. Conversely, too much stress, or bad stress, can cause performance anxiety, which hurts your health and does not allow you to play relaxed, confident, and focused in competition. Every competitive athlete experiences some stress; good and bad. Your stress may be positive and helpful or in still anxiety and apprehension. You want to feel excitement or thrill in anticipation for competition (what I call positive pregame jitters). A high level of activation will help you perform your best – up to a point where you may be too jacked up to play well. Too little or too much intensity (or stress) can cause your performance to decline. Your ability to cope effectively with pregame nerves is critical to consistent peak performance.

Material and Methods

For the study 20 male and 20 female soccer players were selected randomly from Amity University, UP aged between 18-26. The selection of tool was of vital importance for this study since the aim was to analyse personal stress in University level soccer players. The questionnaire was administered to 40 soccer players (20 male and 20 female) of Amity University. The questionnaire were distributed personally to the respondents and collected back by hand. All 40 respondents were positive attitude towards the study and total percentage of return was 100% which was an absolute.

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Result and Discussion

Analysis of data was done using percentile method. 35 statement responses have carried the questionnaire in total. Each statement carries a score of three, two and one (frequently, sometimes and seldom). When the subjects ticked frequently than get three points, when ticked sometimes, get two points and when ticked seldom, get only one point. The percentile norms were given to every individual according to his/her raw scores. All the male soccer players have moderate level of stress where as in female 15% of players has low level of stress and 85% have moderate level of stress. Male and female soccer players have separate percentile norms which are as follows.

Table 1: Percentile norms for 20 male players

Percentile rank	Score point	Integral score
95	103.1	104
90	97.2	98
80	80.6	81
70	75.6	76
60	62.7	63
50	55.2	56
40	42.6	43
30	35.8	36
20	23.6	24
10	20.6	21

Table 2: Percentile norms for 20 female players

Percentile rank	Score point	Integral score
95	103.4	104
90	93.1	99
80	82.3	83
70	76.2	77
60	64.3	65
50	56.2	57
40	45.2	44
30	35.2	36
20	24.1	25
10	23.6	24

Conclusion

By the findings it was revealed that male players have more personal stress than female players. Majority of the respondents expressed that they did not get sufficient mental and psychological training during training period. This test helps the individuals as well as coaches to enhance the performance of their players at the time of their competition.

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