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Aftab Ahmad Jan

Research Scholar Bhagwat
University, Ajmeer, Rajasthan,
India

Sabzar Ahmad Lone

PTI Govt. Degree College
Shopian, Jammu and Kashmir,
India

Comparative study of academic stress among first year and third year batch male cricket players of Shopian College

Aftab Ahmad Jan and Sabzar Ahmad Lone

Abstract

Background: The purpose of the study was to find out the comparison of academic stress level between first year and third year batch male cricket players of Shopian college.

Materials and Methods: Data was individually collected on 40 male cricket players, 20 from first year batch and 20 from third year batch (Age 18 ± 25 years) at Govt Degree college Shopian. Stress questionnaire developed by Sheldon was used in the research. Simple random sampling was used for collection of data. The data were analysed using descriptive and t test.

Results: The mean value and standard deviation of first year batch and third year batch cricket players was $(32.5 \# 33.3$ and $2.9 \# 3.00$), respectively in relation to academic stress. Calculated t-ratio was found 0.45 in relation to academic stress.

Conclusions: Insignificant difference was found between first year batch and third year batch cricket players of Govt Degree College Shopian in relation to academic stress.

Keywords: Academic stress and cricket

Introduction

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it's real or imagined – the body's defences kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction, or the stress response. The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident. The stress response also helps you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life. Because of the widespread damage stress can cause, it's important to know your own limit. But just how much stress is "too much" differs from person to person. Some people roll with the punches, while others crumble at the slightest obstacle or frustration. Some people even seem to thrive on the excitement and challenge of a high-stress lifestyle. Your ability to tolerate stress depends on many factors, including the quality of your relationships, your general outlook on life, your emotional intelligence, and genetics.

Review

Chavajay P. *et al.* (2008) ^[1] conducted the study that, "Acculturation stress reported by 130 international students attending a university in Utah for about 2 yr. was examined. On the Acculturative Stress Scale for International Students, few students reported experiencing acculturation stress, but responses to four open-ended questions indicated many students perceived experience of acculturation stresses related to discrimination, feelings of loneliness, and academic concerns. The contrast of findings for the scale scores and the open-ended

Correspondence

Aftab Ahmad Jan

Research Scholar Bhagwat
University, Ajmeer, Rajasthan,
India

questions indicate the complexity of assessing international students' acculturation experiences of living and studying in the USA and suggest the usefulness of complementary methodologies for assessing such experience.

Tayama J, *et al.* (2012)^[3] Conducted the study that, "Physical activity and psychological stress were hypothesized to improve more in participants with high self-efficacy than in those with low and medium self-efficacy after a one-week intervention. 39 female university students participated. The intervention had two steps: a lecture on self-monitoring and goal setting (160 min.) and a one-week pedometer intervention. Analyses were conducted on tertile groups according to self-efficacy at baseline. Pedometer step counts were higher in the high self-efficacy group than in the low self-efficacy group after intervention. Helplessness decreased time dependently after intervention only in the high-self-efficacy group. Because physical activity improved more in the high self-efficacy group after a one-week intervention, one hypothesis was supported.

Methods

Data was individually collected on 40 male cricket players, 20 from first year batch and 20 from third year batch (Age 18±25 years) at Govt Degree college Shopian. Stress questionnaire developed by Sheldon was used in the research. Simple random sampling was used for collection of data. The data were analysed using descriptive and t test.

Results

The mean value and standard deviation of first year batch and third year batch cricket players was (32.5#33.3 and 2.9#3.00), respectively in relation to academic stress. Calculated t-ratio was found 0.45 in relation to academic stress.

batch male cricket players of Shopian College. Hence the hypotheses were accepted.

Conclusions & Recommendations

The result showed that there was insignificant difference of Academic stress among first year and third year batch male cricket players of Shopian College. Hence the hypotheses were accepted.

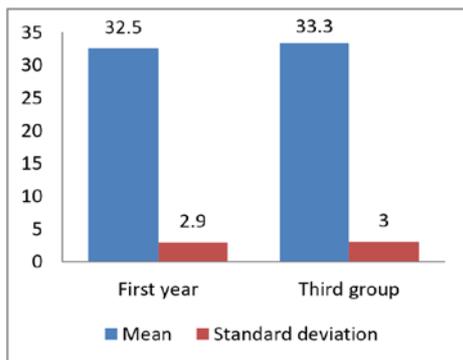
The similar study may be repeated on the female subjects and other class of the society for different age groups. To make this study more authentic and valid, the study may be repeated on the larger sample.

References

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Table 1: Tabulated presentation of academic stress among first year and third year male cricket players

Group	Mean	S.D	T-ratio
First year	32.5	2.9	0.45
Third year	33.3	3.00	



Graph 1: Graphical presentation of academic stress among first year and third year male cricket players

Discussions

Researcher has undertaken the study, "Comparative study of Academic stress among first year and third year batch male cricket players of Shopian College" and the subjects were selected from Degree College Shopian Kashmir. The data pertaining to this study was collected by questionnaire of Sheldon on stress. In overall Numerical and statistical analysis of stress among first year and third year batch male cricket players, It was found that there was insignificant difference of Academic stress among first year and third year