

Vol 5 Issue 9 June 2016

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
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Review Of Research



COMPARISON OF ANXIETY AND STRESS BETWEEN SPORTS PERSON AND NON SPORTS PERSON OF GOVT. SR. SEC. SCHOOLS OF DISTT. HAMIRPUR OF HIMACHAL PRADESH.



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ABSTRACT

The purpose of the study was comprised anxiety and stress between sports person and non-sports person of govt. sr. sec. schools of distt. Hamirpur of Himachal Pradesh. To solve the study 100sports person and 100 non-sports person of govt. sr. sec. schools of distt. Hamirpur of Himachal Pradesh were taken as the sample. The anxiety was measured by Sinha's Comprehensive anxiety Test (SCAT) and Stress was measured by student Stress Scale (sss) developed by Dr. Zaki Akhtar. The data was analyses by using SPSS. The statistical tools used for the study were mean, SD, SED, and "t" test. The results have shown significant comparison between the above said psychological variables.

KEYWORDS : Sinha's Comprehensive anxiety Test (SCAT) , Stress , statistical tools .

INTRODUCTION

Psychology is the systematic study of human and animal behaviour and psychologist try to understand why living being act. The way they do, how they grow up, how they learn and change, how they differ from one another, and even how they get in trouble or become disturbed. Anxiety is a widely used concept within the psychological literature yet is often used uncritically and to reflect diverse meanings. Terms such as fear, phobia,neurosis and anxiety are often used interchangeably, with definitional problems further complicated by the overlap in use of the terms anxiety and stress.

Speilberger said that “an unpleasant emotional state or condition, which is characterized by subjective feelings of tension, apprehension and worry and by activation or arousal of the automatic system, is termed anxiety.” Stress is an integral part of quality of life; it is needed to produce energy and excitement in our lives. However, too much or too little stress is undesirable and in these conditions people may develop symptoms such as anxiety, irritability sleeplessness or muscle tension. Although many people talk about stress and ‘being stressed’ it is actually a difficult term to define. In general terms it is a concept meaning something that produces strain. Stress can also be viewed as a complex processed where events and individual reaction to events interplay to produce physical and mental responses. Stress is a phenomenon has been widely researched and studied. Yet, because of it’s indicated and nature, it continues to fascinate intrigue behavioral scientists. ‘Stress is a psycho-physical phenomenon that leads to weakening in the psychological state of the individual, causing deterioration in activities or an increase in the psycho-physical exertion necessary per unit of performance’.

METHODOLOGY

The purpose of study comprises of sportspersons and non-sportspersons of govt. Secondary schools of distt. Hamirpur of Himachal Pradesh. For the present research investigation purposive sampling method was employed. The sample consisted of 200 students having 100 sportsperson and 100 non-sportsperson. The school-wise sample breakup of the selected sportsperson and non-sportsperson has been mentioned in table 1 and 2.

Table 1
School-wise Sample Break-up of selected sportsperson

Sr. No.	Name of the School	No. of sportsperson
1.	Govt. Sr. Sec .School Barsar	20
2.	Govt. Sr. Sec. School Biar	20
3.	Govt. Sr. Sec. Sec. School Bijhari	20
4..	Govt. Sr. Sec. School Gaarli	20
5.	Govt. Sr. Sec. School Ghangot	20

Table 2
School-wise Sample Break-up of Selected Non- sportsperson

Sr. No.	Name of the School	No. of Non-sportsperson
1.	Govt. Sr. Sec. School Barsar	20
2.	Govt. Sr. Sec. School Biar	20
3.	Govt. Sr. Sec. School Bijhari	20
4.	Govt. Sr. Sec. School Gaarli	20
5.	Govt. Sr. Sec. School Ghangot	20

The statistical tools used for the study were mean, SD, SED, and “t” test. The results have shown significant comparison between the above said psychological variables.

RESULTS AND FINDINGS

Within the limitations and delimitations of the present study following results are drawn

COMPARISON OF ANXIETY BETWEEN SPORTS PERSON AND NON – SPORTS PERSON AT GOVT. SENIOR SECONDARY SCHOOLS IN DISTT. HAMIRPUR.

Table 3
Comparison of Anxiety between sports person and non–sports person

Variable	Group	N	Mean	S.D.	SEM	M.D.	Df	t-value
Anxiety	Sports Persons	100	32.12	16.342	1.634	.160	198	.071
	Non-sports Persons	100	31.96	15.445	1.544			

As per table no 3 that the calculated mean value of anxiety of the Govt. Senior Secondary Schools sports person is 32.12 and the calculated mean value of Govt. Senior Secondary Schools non-sports person is 31.96. The mean difference is .160. The standard deviation for the sports person is 16.342 and non sports person is 15.445. The calculated 't' value is .071 for df 198 which is statistically insignificant when compared with the table value of "t" for df 198. Hence the formulated hypothesis is accepted.

COMPARISON OF STRESS BETWEEN SPORTS PERSON AND NON – SPORTS PERSON AT GOVT. SENIOR SECONDARY SCHOOLS IN DISTT. HAMIRPUR.

Table 4
Comparison of Stress between sports person and non–sports person

Variable	Group	N	Mean	S.D.	SEM	M.D.	Df	t-value
Stress	Sports Persons	100	151.07	21.370	2.137	-2.110	198	-.718
	Non-sports Persons	100	153.18	20.155	2.015			

As per table no. 4 that the calculated mean value of stress of the Govt. Senior Secondary Schools sports person is 151.07 and the calculated mean value of Govt. Senior Secondary Schools non sports person is 153.18. The mean difference is -2.110. The standard deviation for the sports person is 21.370 and non- sports person is 20.155. The calculated 't' value is -.718 for df 198 which is statistically insignificant when compared with the table value of "t" for df 198. Hence the formulated hypothesis is accepted.

CONCLUSION

On the basis of obtained results the investigator reached on conclusion that there is a slight difference among the sports person and non-sports person of distt. Hamirpur, but statistically no difference has been established. Hence the formulated hypothesis is accepted.

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