

A comparative study of stress level of individual players and team game players

VANDANA MESHARAM INGLE

Received : June, 2011; Accepted : September, 2011

Correspondence to:

VANDANA MESHARAM
INGLE

Department of Physical
Education, Shivaji Science
College, NAGPUR (M.S.)
INDIA
dr.vmingle@gmail.com

ABSTRACT

Game and sport are an essential part of every human being. Games and sports provide a lot of opportunities for the human being for the all round development. It not only solves the individual and social problems but at time sports proceed helpful in solving international problem. It was observed from the study that there was significant difference in individual and team game players and the individual game players had more stress than team game players.

Ingle, Vandana Meshram (2011). A comparative study of stress level of individual players and team game players. *Internat. J. Phy. Edu.*, 4 (1) : 158-160.

Key words : Stress level, Individual player, Team game players

Every sports and games is very vital and it is said that physical activities are a source of strength for body and mind. Sports are a great way to educate individual in proper manner. Through the sports and games all round development of an individual can be achieved.

Physical fitness is one of the most important aspects of human life. But the physical fitness not be purchased but it can be earned through daily routine. Present day of life has put so many stresses which are physical, mental, emotional, social etc. and an individual to overcome them in need to be physically fit (Misra, 1999; Andrews, 2000).

Stress is very common ward for us. It's not an illness, stress is a gift of modern life. In primitive society there was less stress. It's a man made part of environment. Stress is the sum of the physical and emotional reaction that disturbs the organism's homeostasis.

The purpose of this study is to compare the stress level of individual game players and team game players. For this purpose randomly 25 players of individual game and 25 players of team game were selected from Shivaji Science College, Nagpur after that the stress inventory questionnaire was used to collect data from the individual game players and team game players. The mean difference of individual game players and team game players were collected and 't' ratios were calculated. It is found that 't' ratio values of individual game players and team game players were significant. In this way Hypothesis was accepted.

Objectives of the study:

The main purpose of the study was to analyse stress

level of individual player and team game players.

Significance of the study:

- The study will help to over come the stress level between the individual players and team game players.
- The study will help to evaluate the stress level of individual and team game players.
- The study may provide the opportunity to measure the players own stress level.

Limitation:

Following are some of the factors, which were out of control as the limitation of the study:

- There was no control over the diet.
- There was no control over the interest of the respondent.
- There was no control over the religion.
- There was no control over the parental attitude.
- There was no control over the playing environment of the player.

Statement of the hypothesis:

It is Hypothesized that there is a difference between the stress level if individual players and team game players.

Defination and explanation of the importance terms:

Stress:

- Stress is a physiological and mental response to something in the environment that causes people to