

# 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:

Is 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

become uncomfortable.

- Stress is the nonspecific response of the body to any demand made upon it.
- The sum of the physical and emotional reaction to any stimulus that disturbs the organisms homeostasis.

**Individual player:**

- Individual player means that plays individually.
- One performs activity individually is called individual player.
- The player who plays game which is played by one player e.g. Badminton. Table tennis, Power lifting, Wrestling, Judo, Swimming.

**Table 1: Game wise classification in individual player**

Sr. No.	Game	Number of players
1.	Badminton	8
2.	Table tennis	3
3.	Wrestling	3
4.	Judo	2
5.	Swimming	7
6.	Power lifting	2
	Total	25

**Team game players:**

- More than one player play together called team game player.
- In team game players depend on each other.

**Table 2: Game wise classification in team game player**

Sr. No.	Game	Number of players
1.	Football, Volly ball, Basketball	5
2.	Vollyball	3
3.	Basketball	6
4.	Korfball	2
5.	Netball	7
6.	Softball	2
	Total	25

**Table 3: Score of stress level of individual game players and team game players**

	Mean	S.D.	D.	S.E.M.	't' Ratio
Individual game player	54.62	10.4	9.42	3.28	2.87
Team game player	45.2	12.7			

The level of significance fixed at 0.05 level

**METHODOLOGY**

This study was carried out on 50 players of Shivaji Science College, Nagpur of Rashtra Sant Tukodoji Maharaj Nagpur University, Nagpur. Out of 50 players, 25 were individual players and 25 team game players.

**Tools:**

The data were collected through questionnaire prepared by researcher based on personal stress source inventory with the help of expert in the field.

**Statistical procedure:**

The responses obtained from the individual game players and team game players measuring the stress level by the questionnaire and the score was converted in to row score with the help of standard table.

Mean, Standard Deviation and 't' ratio were used to find out the comparison of stress level of individual game players and team game players. The level of significance was fixed at 0.05 level.

**OBSERVATIONS AND DISCUSSION**

The mean of stress level of individual game players was 54.62 and Standard deviation was 10.4 and the mean of stress level of team game players was 45.2 and Standard deviation was 12.7. The 't' value was 2.87, which was statistically significant at 0.05 level.

In this way the hypothesis "there may be difference between individual game players and team game players is accepted and it is found that individual game players has more level of stress as compared to the team game players.

**Conclusion:**

In the light of the result of this study, the following conclusions can be drawn.

- There was significant difference in individual game players and team game players.
- Individual game players had more level of stress than the team game players.

**Recommendation:**

This study may be taken for female individual and team game players, different games, sports of school,

national and international level players and for all age groups.

## REFERENCES

**Andrews, Wasmer (2005).** *Stress control for peace of mind.* PRC Publication, London.

**Kirsta, Alix (1986).** *The book of stress survival: How to relax and live positively,* Gita Books Ltd., London.

**Misra, Girishwar (1999).** *Psychologica perspective on stress and health,* Friend Publication, New Delhi.

---

\*\*\*\*\*

---