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**Dheeraj Kumar Sharma**  
Assistant Professor, H.L.M.  
College, Ghaziabad, Uttar  
Pradesh, India

**Anil Kumar Bajpae**  
Assistant Professor, H.L.M.  
College, Ghaziabad, Uttar  
Pradesh, India

## Comparasion the level of stress between inter-collegiate male and inter-collegiate female volleyball players of C.C.S. University Meerut, U.P.

**Dheeraj Kumar Sharma and Anil Kumar Bajpae**

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### Abstract

The research was conducted on comparison of stress between Intercollegiate male and Inter Collegiate female Volleyball players of C.C.S. University Meerut, U.P. The sample consisted of 220 sports persons selected randomly from different colleges of C.C.S. University Meerut, U.P. The main objective of the study was to find out the comparison of stress level between Intercollegiate male and Inter Collegiate female Volleyball players. The questionnaire administered has been prepared by experts was used to access cognitive and somatic indicators of stress. The significant correlation was set at 0.05 level. On the basis of t-test, it was found that there is no significant difference between level of stress of Inter- Collegiate male and Inter-Collegiate female Volleyball players.

**Keywords:** Stress level, male players, female players, Inter-collegiate

### Introduction

Stress is simply a fact of nature forces from the inside or outside world affecting the individual. The individual responds to stress in ways that affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, we usually think of stress as a negative, natural or positive experience.

In general, stress is related to both internal and external factors. External factors include the physical environment, including your job, your relationships with others, your home, And all the situations, challenges, difficulties and expectations you are confronted with on a daily basis. Internal factors determine your body's ability to respond to, and deal with the external stress-inducing factors. Internal factors which influence your ability to handle stress include your nutritional status, overall health and fitness levels, emotional wellbeing and the amount of sleep and rest one get. 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 a car accident. It's 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, mood, productivity, relationships, and your quality of life.

### Objective of the study

The main objective of the study was to compare the level of stress between Inter-collegiate male and Inter-collegiate female Volleyball players of C.C.S. University Meerut, U.P.

### Sample

The sample consisted of 220 sports persons were selected randomly from different colleges of C.C.S. University Meerut, U.P. The age group of subjects was 18 to 25years. The questionnaire has been prepared by subject Experts was used to access cognitive and somatic indicators of stress. The significant correlation was set at .05levels.

### Stress scale

The Stress is found in all aspects of life.

**Corresponding Author:**  
**Dheeraj Kumar Sharma**  
Assistant Professor, H.L.M.  
College, Ghaziabad, Uttar  
Pradesh, India

Hans Selye (1936), a pioneer in stress research has defined stress as “the nonspecific response of the body demand made upon it” It is considered to be an internal state or reaction to anything we consciously or unconsciously perceive as a threat, either real or imagined. Stress can evoke feelings of frustration, fear, conflict, pressure, hurt, anger, sadness, inadequacy, guilt, loneliness or confusion. Individual under too little stress may not make enough efforts to perform at their best level, while those under too much stress often are unable to concentrate or perform effectively and efficiently. Too much stress can result in physical, psychological and behavioral responses. It adversely all parts of the body.

### Development of scale

For finding the level of stress among the students and present scale was developed initially 120 items were framed keeping in mind the characteristics and dimensions of stress, mentioned by Pestonje (1992) and Selye (1936). The questionnaire was framed in English as well as in Hindi. These 120 items were given to 10 experts in the field of psychology. They were asked to judge the relevant item in relation to stress. Basis of their judgment, the items were modified and sorted out. Out of 120 items 100 items were retained for preliminary drafts.

### Reliability

Reliability of the scale was determined by the split half method. On the score of standardization sample taking items elected for final scale. It was found out to be 0.90.

### Validity

Determine the validity of scale, tetra choric correlation between the total score on 34 items selected for final scale and 100 items pool of preliminary draft was calculated which 0.97. Thus, it can be said that 34 items scale is as good in discriminating subjects having high level of stress

from low level of stress as the 100 items preliminary draft. Furthermore factorial validity of the scale was also established by factor analysis of data on 200 subjects on the 34 selected items using principal component method. Ten factors mentioned in table-3 were exerted after the rotation was done by Kaiser Varimax method. Every item having more than .38 factor loading on any given factor was considered to be psychologically relevant in labelling of factors.

### Administration of test

1. It is self-administrating scale. It can be administered on individual as well as in group setting.
2. Maximum time limit should be given 45 minutes.
3. Though the scale is self-administering, instructions printed on scale from should be read out the subjects.
4. The subject should be told that the results will be kept confidential.
5. For each items scores are to be awarded according to the following scoring pattern: Very Often (4), often (3), Some Times (2), never (1).

### Scoring

The scoring system is simple (4 is given for very often, 3 for often, 2 for some times and 1 for never) then circled number of each items have to added. All the items are indicative of stress. Higher scores show higher level of stress. The maximum possible score is 136 and the minimum possible score is 34.

### Data – Analysis and inter-pretations

Statistical analysis was performed using SPSS. All descriptive data reported as mean and standard deviation. Independent samples t-test was used to test the significant difference between Inter-College female and Inter-College male volleyball players. Significance levels was set at  $p < 0.05$ .

**Table 1:** Stress level of inter-college male volleyball players (84.69, SD=13.2014) is higher than that of females (82.42, SD=15.2091)

	Subject	N	Mean	Std. deviation	Std. Error. Mean	df	t-value	Sig
Stress level	Inter Collegiate (Male)	110	84.69	13.2014	1.3201	198	-1.127	.261
	Inter Collegiate (Female)	110	82.42	15.2091	1.5209			

# Insignificant at .05 level

Mean of stress level of Inter-college Male Volleyball players found to be 84.690 which is greater than the mean of Inter College Volleyball female players i.e. 82.420 whereas the standard deviation is less i.e. 13.2014 from Inter College male Player i.e.15.2091. The t-value is -1.127 and the tabulated value is .261 this shows that there is no significant difference in the stress level of Inter College male and Inter College Female Volleyball Players.

### Conclusion

The present study states that there is no significant different in the level of stress in Inter-collegiate male and Inter-collegiate female Volleyball player.

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