



*International Journal of
Physical Education and
Sports Sciences*

*Vol. VII, Issue No. XIII,
July-2014, ISSN 2231-3745*

REVIEW ARTICLE

COMPARATIVE STUDY OF STRESS IN MALE AND FEMALE HOCKEY PLAYERS

AN
INTERNATIONALLY
INDEXED PEER
REVIEWED &
REFEREED JOURNAL

Comparative Study of Stress in Male and Female Hockey Players

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INTRODUCTION

Stress is a psychological and physiological response to events that upset our personal balance in some way. When faced with a threat, whether to our physical safety or emotional equilibrium, the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" response. We all know what this stress response feels like: heart pounding in the chest, muscles tensing up, breathes coming faster, every sense on red alert. Stress is an integral part of our lives. "It is a natural byproduct of all our activities". Life is a dynamic process thus forever changing and stressful. Our body responds to acute stress by deliberation of chemicals.

This is known as the fight-or-flight response of the body, which is mediated by adrenaline and other stress hormones, and is comprised of such physiologic changes as increased heart rate and blood pressure, faster breathing, muscle tension, dilated pupils, dry mouth and increased blood sugar. In other words, stress is the state of increased arousal necessary for an organism to defend itself at a time of danger. Alterations of hormones in the body include not only adrenaline, but also substances like testosterone and human growth hormone. Up to a certain point stress is beneficial. We perform with greater energy and increases awareness with the influx of excitatory hormones that release immediate energy.

Stress is the psychological, physiological and behavioral response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which over a period of time leads to ill health.

PURPOSE OF THE STUDY

The purpose of the study was to compare the Stress between male and female hockey players of LNIPE, Gwalior & Jiwaji University, Gwalior

METHODOLOGY

For the purpose of the study 80 Hockey players (40 male players and 40 female players) were randomly selected from LNIPE Gwalior & Jiwaji University as the subjects of the study. Age of the subjects was ranging from 18 to 25 years.

The variable selected for the purpose of the study was Stress and you inventory.

CRITERION MEASURES

Stress and you inventory was assessed by the total score in stress and you inventory questionnaire constructed and standardized by Girdano and Everly (1985).

PROCEDURE

With the help of questionnaire related to stress as a psychological variable necessary data were collected. Data were collected with regard to Stress variable from 40 male and 40 female hockey players of LNIPE Gwalior, & Jiwaji University

STATISTICAL ANALYSIS

The data was analyzed by applying by Descriptive Statistics i.e. Mean, Standard Deviation, Independent Sample T-Test. The level of significance was set at 0.05.

RESULTS

The findings pertaining to descriptive statistics for the Stress coping ability variable between males and female hockey players of LNIPE Gwalior & Jiwaji University have been presented in table no. 1

Table – 1

T-Ratio of the Means of Stress of Male and Female Hockey Players

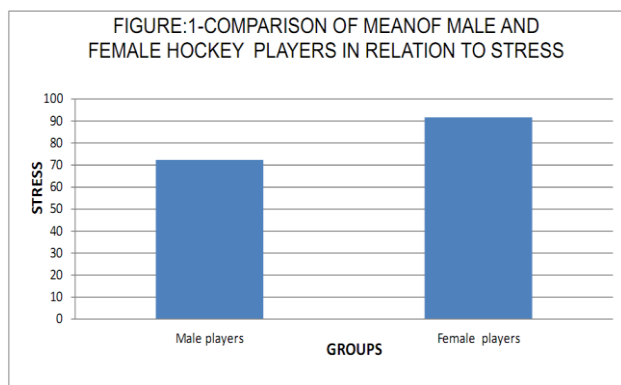
Groups	N	Mean	Std. Deviation	t-value
Male players	40	72.34	13.57	2.95*
Female players	40	91.88	12.90	

*Significant at 0.05 level.

$$t_{.05(78)} = 2.00$$

Table.1 revealed that there was significant difference in means of males and females hockey players of LNIPE Gwalior & Jiwaji University, in stress as obtained t-value was 2.95 which was higher value 2.00 required for t-value to be significant at 0.05 level with (78) degree of freedom.

The graphical representation of means of stress of male and female hockey players of LNIPE Gwalior & Jiwaji University, has been presented in figure no. 1

FIGURE: 1- Comparison of Mean Scores of Male and Female Hockey Players in Relation to Stress**DISCUSSION**

The findings of the study in relation to stress showed significant difference between males and females hockey players of LNIPE Gwalior, & Jiwaji University. Female Hockey players have high Stress coping ability due to more adjustment situation handling ability than the male hockey players of LNIPE Gwalior, & Jiwaji University

FINDINGS AND CONCLUSION

On the basis of the findings of the study, the following conclusion. Significant difference was found in relation to Stress coping ability in female Hockey players than the male hockey players of LNIPE Gwalior, & Jiwaji University in relation to Stress coping ability. Female Hockey players have high Stress coping ability due to more adjustment situation handling ability than the

male hockey players of LNIPE Gwalior & Jiwaji University.

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