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*Research Paper—Sports*

# Comparative Study of Senior & Junior, Male & Female Hockey Players With Respect To Stress

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**Introduction:**

"Stress is caused many things so here are most of them" like acne can come from a lots of stress my source is from people who had this experience. Stress is not a useful term for scientists because it is such a highly subjective phenomenon that it defies definition. And if you can't define stress, how can you possibly measure it? The term "stress", as it is currently used was coined by Hans Selye in 1936, who defined it as "the non-specific response of the body to any demand for change". Selye had noted in numerous experiments that laboratory animals subjected to acute but different noxious physical and emotional stimuli (blaring light, deafening noise, extremes of heat or cold, perpetual frustration) all exhibited the same pathologic changes of stomach ulcerations, shrinkage of lymphoid tissue and enlargement of the adrenals. He later demonstrated that persistent stress could cause these animals to develop various diseases similar to those seen in humans, such as heart attacks, stroke, kidney disease and rheumatoid arthritis. At the time, it was believed that most diseases were caused by specific but different pathogens. Tuberculosis was due to the tubercle bacillus, anthrax by the anthrax bacillus, syphilis by a spirochete, etc. What Selye proposed was just the opposite, namely that many different insults could cause the same disease, not only in animals, but in humans as well.

Selye's theories attracted considerable attention and stress soon became a popular buzzword that completely ignored Selye's original definition. Some people used stress to refer to an overbearing or bad boss or some other unpleasant situation they were subjected to. For many, stress was their reaction to this in the form of chest pain, heartburn, headache or palpitations. Others used stress to refer to what they perceived as the end result of these repeated responses, such as an ulcer or heart attack.

Methodology

**Aim & Objective of the study:**

* To examine the stress of senior & junior national male Hockey players. * To examine the stress of senior & junior national female Hockey players.

**Hypothesis**

The following major hypotheses were formed.

* Junior male national Hockey players have high stress than senior male national Hockey players.

* Junior female national Hockey players have high stress than senior female national Hockey players.

**Sample**

The present study was consists of 200 hundred male & female (18-21years and 22-25 years) the effective sample consists of 200 subjects. The age ratio is 1:1.

**Tools**

**Arun Kumar Singh's Stress Inventory:**

This test is developed and standardized by Arun Kumar Singh The test consisted of 35 Items. The subjects were required to respond to each item in terms of 'seldom' , 'sometimes' OR 'frequently'. The reliability coefficient of the test was found 0.792 The validity coefficient was found 0.784.

**Procedures of data collection**

Each of the three instruments could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom.

Variable

Independent variable- 1. Sex 1) male 2) female

Dependent variable- 1. Stress

Statistical Interpretation

**See Table 1**

The results related to the hypothesis have been recorded. Mean of Stress score of the Senior Male Hockey Players is 53.52and that of the Junior Male Hockey Players 76.10 The difference between

**Table No. 1** Senior and Junior National Hockey Players Shows the mean S.D and t value of factors 'Stress'

| PLAYERS | MEAN | SD | N | DF | 't' value |
|---|---|---|---|---|---|
| Senior Male Hockey Players | 53.52 | 7.41 | 200 | 398 | 28.58** |
| Junior Male Hockey Players | 76.10 | 8.41 | 200 | | |

Significant at 0.01 levels**

**Table No. 2 Senior and Junior National Hockey Players Shows the mean S.D and t value of factors 'Stress'**

| PLAYERS | MEAN | SD | N | DF | 't' value |
|---|---|---|---|---|---|
| Senior Female Hockey Players | 59.03 | 6.42 | 200 | 398 | 19.54** |
| Junior Female Hockey Players | 73.49 | 8.19 | 200 | | |

Significant at 0.01 levels**

the two mean is highly significant 't'= 28.58, df =398. And Significant at 0.01 Level.Thus the hypothesis is confirmed Junior Male Hockey Players have significantly High Stress (Personality Characteristics) than Senior Male Hockey Players.

The results related to the hypothesis have been recorded. Mean of Stress score of the Senior Female Hockey Players is 59.03and that of the Junior Female Hockey Players 73.49 The difference between the two mean is highly significant'= 19.54, df =398. And Significant at 0.01 Level.

Thus the hypothesis is confirmed Junior Female Hockey Players have significantly High Stress (Personality Characteristics) than Senior Female Hockey Players.

**Result:**

Thus the hypothesis confirmed that

* Junior male national Hockey players have high stress than senior male national Hockey players.
* Junior female national Hockey players have high stress than senior female national Hockey players.

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