



COMPARISON OF PERCEPTION ABOUT REACTIVITY TO STRESS BETWEEN MALE SPORTSPERSONS OF GOVERNMENT AND PRIVATE SECTOR SPORTS HOSTELS

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Abstract

Stress is tremendously prominent component of any involvement in competitive sport. Stress is a component of life that has profound effect on living of everyone. It is universally accepted that the sportspersons tend to suffer more from it than non-sportspersons. Athletes are often required to perform complex sporting skills in challenging and evaluative environments. The purpose of the present study was to compare the perceived stress reactivity of male sportspersons belonging to Government and Private sector sports hostels of Karnataka. In order to achieve the purpose of the study Eighty-two male sportspersons from Government (N=30) and Private (N=52) sports hostels were selected. The details are given in table 1. Their age ranged between 16 to 18 years. The subjects were studying during the academic year 2020-21 in various Pre-University colleges in the locality of their respective sports hostels. Perceived stress reactivity of sportspersons was assessed through 'The perceived stress reactivity scale for adolescent athletes' in the present study. The questionnaire was administered in a class room set up. In order to compare the perceived stress reactivity between male sportspersons of Government and Private sports hostels, independent sample 't' test was calculated. there is significant difference

between sportspersons from Government and Private sport hostels in terms of three sub variables of perceived stress reactivity and total scores on perceived stress reactivity. It was concluded that, the sportspersons of Government sports hostels had higher stress in Reactivity to work over load, Reactivity to social conflict, Reactivity to social evaluation and Total perceived stress reactivity as compared to sportspersons in private sports hostels.

Keywords: Stress, Wellbeing, Status, Sports hostel, Government, Private and Perception.

Introduction

Stress is tremendously prominent component of any involvement in competitive sport. Decades of research in both psychology in general and sport psychology in particular fail to fully explain why stress provides the impetus for outstanding physical achievement in some individuals, while debilitating others to the extent of spectacular failure regardless their level of preparedness (Hanin, 2007).

Stress is a component of life that has profound effect on living of everyone. It is universally accepted that the sportspersons tend to suffer more from it than non-sportspersons. This is because they are required to balance, between academic pressure, sports training and competitions. Further, they will, have to deal with family pressures and everyday life.



All sports trainers should be aware of how stress and anxiety affect their athletes. Many athletes find it extremely difficult to cope with stress and anxiety on a regular basis. The reaction of each athlete to the stress and anxiety are different. According to Calmeiro, Tenenbaum, Eccles, (2014) elite athletes will be more likely to use negative appraisal in stressful situations than any other coping mechanism, when compared to non-elite athletes. This can have a potentially detrimental effect on performance if not handled correctly. Stressors, depending upon how they are appraised, can produce numerous negative physical, psychological, and behavioral responses from an individual that can significantly affect athletic performance and satisfaction, particularly if individuals do not cope with them adaptively (Laborde et al., 2016; Arnold et al., 2017).

The National Institute of Mental Health, defines stress as the way in which the brain and body respond to any demand (Kroshus, 2014). Jones (1990) defined stress as a state in which some demand is placed on the individual, who is then required to react in some way to be able to cope with the situation. Similarly, Lazarus and Folkman (1984) view stress as a function of highly demanding situations coupled with that individual's limited emotional resources for effectively coping with these demands. Stein and Cutler (2002) define stress as a total response to one's environmental demands and pressures and theorize that stress is an unavoidable part of life that everyone has to deal with. The literature reflects many researchers' beliefs that stress is a major factor affecting people's lives, is closely tied with mental health, and is quite possibly linked with many problems of physical health (Brennan, 2001).

Athletes are often required to perform complex sporting skills in challenging and evaluative environments. Stress has been shown to have a negative impact on psychological and physical health. In recent years, athletes' experiences of stress has been a popular area of research and a number of qualitative and quantitative studies have been conducted (Anshel & Sutarso, 2007; White, 2008). An inability to cope with stressors has been cited as one of the main causes of both burnout and dropout in youth sport (Goodger et al., 2007; Crane and Temple, 2015), and one of the reasons why some talented youth athletes fail to achieve success (Holt and Dunn, 2004).

The present investigation intended to assess and compare Perceived stress reactivity in sportspersons of Government and Private sports hostels. This study was an attempt to understand the overall status of sportspersons in these hostels. The stress was considered as an indicator for overall wellbeing of sportspersons in these hostels.

Methodology

The purpose of the present study was to compare the perceived stress reactivity of male sportspersons belonging to Government and Private sector sports hostels of Karnataka. In order to achieve the purpose of the study Eighty-two male sportspersons from Government (N=30) and Private (N=52) sports hostels were selected. The details are given in table 1. Their age ranged between 16 to 18 years. The subjects were studying during the academic year 2020-21 in various Pre-University colleges in the locality of their respective sports hostels. The sports hostels include in the present investigation were as follows (table 1).



TABLE 1
INFORMATION ON GOVERNMENT AND PRIVATE SECTOR
SPORTS HOSTELS SELECTED FOR THE STUDY

Sl. No.	Government	Private
1	Department of Youth Empowerment and Sports (DYES), Vidyanagara	S.D.M. Education Society, Ujire
2	Department of Youth Empowerment and Sports (DYES), Shantinagara	Alvas Education Foundation, Moodbidre
3	--	Chandragi sports hostels, Rampura

Perceived stress reactivity of sportspersons was assessed through 'The perceived stress reactivity scale for adolescent athletes' in the present study. The original PSRS consists of 23 items with five subscales (reactivity to social evaluation, reactivity to failure, reactivity to social conflicts, reactivity to work overload, and prolonged reactivity). Each item presents a potentially stressful stimulus (e.g. 'when I argue with other people') and offers a choice of three descriptive responses for the participant to choose from (e.g. 'I usually calm down quickly, 'I usually stay upset for some time' or 'It usually takes me a long time until I calm down'). Responses are coded on a scale of zero to two, with the answer representing the least reactivity scoring zero, and the answer representing the most reactivity scoring two. The sum of the mean scores on each subscale indicates an individual's 'total reactivity' (Britton, Kavanagh and Polman, 2017).

The questionnaire was administered in a class room set up. The selected sportspersons were instructed to assemble in a class room at a specific spare time of the subjects. The objectives of the test was made clear with ample instructions regarding the questionnaire. Ample time was provided to fill in the questionnaire and any ambiguities were made clear by the researcher on time.

Descriptive statistics like Mean and Standard Deviation were calculated. In order to compare the perceived stress reactivity between male sportspersons of Government and Private sports hostels, independent sample 't' test was calculated.

Findings of the study

Mean and standard deviation were calculated for various aspects of perceived stress reactivity in the present investigation. The results are given in table 2.

TABLE 2
DESCRIPTIVE RESULTS ON DIFFERENT ASPECTS AND
TOTAL PERCEIVED STRESS REACTIVITY OF
SPORTSPERSONS FROM GOVERNMENT
AND PRIVATE SPORTS HOSTELS

Aspects of stress	Type of hostel	N	Mean	Std. Deviation
Prolonged reactivity	Government	30	3.87	1.36
	Private	52	3.87	1.44
Work Overload	Government	30	4.53	1.83
	Private	52	3.46	1.79
Social conflict	Government	30	5.43	1.22
	Private	52	4.67	1.23
Failure	Government	30	4.33	1.84
	Private	52	4.77	1.69
Social Evaluation	Government	30	3.57	1.70
	Private	52	2.88	1.35
Total perceived stress reactivity	Government	30	21.73	3.32
	Private	52	19.65	4.99

From table 2 it is obvious that the scores on various aspects of perceived stress reactivity are normally distributed with acceptable homogeneity expressed in terms of standard deviation. The raw data were further subjected to independent sample 't' test for comparing means of perceived stress reactivity. The results are given in table 3.



TABLE 3
SUMMARY OF 'T' TEST BETWEEN SPORTSPERSONS
FROM GOVERNMENT AND PRIVATE SPORTS
HOSTELS ON PERCEIVED STRESS REACTIVITY

Aspects of Stress	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Prolonged reactivity	0.004	80	0.997	0.00128	.32375
Work Overload	2.591	80	0.011	1.07179	.41363
Social Conflict	2.698	80	0.008	0.76026	.28174
Failure	1.089	80	0.279	0.43590	.40032
Social Evaluation	2.002	80	0.049	0.68205	.34071
Total perceived stress reactivity	2.033	80	0.045	2.07949	1.02264

From table 3 it becomes clear that there is significant difference between sportspersons from Government and Private sport hostels in terms of three sub variables of perceived stress reactivity and total scores on perceived stress reactivity. The obtained 't' value in 'Reactivity to work over load' (2.591); 'Reactivity to social conflict' (2.698); 'Reactivity to social evaluation' (2.002); 'Total perceived stress reactivity' (2.033) is higher than the tabulated 't' value (1.664) for significant at .05 levels of significance.

It is found that the Reactivity to work over load was higher in sportspersons of Government (4.53±1.83) sports hostels as compared to Private (3.46±1.78); In Reactivity to social conflict, the sportspersons of Government (5.43±1.22) sports hostels had higher stress as compared to Private (4.67±1.23). Sportspersons of Government (3.57±1.70) sports hostels had higher Reactivity to social evaluation as compared to sportspersons in private (2.88±1.35) hostels. In the overall perceived reactivity to stress, the sportspersons of Government (21.73±3.32) sports hostels were having higher stress as compared to those in private (19.65±4.99) sports hostels.

Discussion

The results of the present investigation clearly indicate that there is significant difference in 'Reactivity to work over load', 'Reactivity to social conflict', 'Reactivity to social evaluation' and 'Total perceived stress reactivity' between sportspersons from Government and Private sector sports hostels. Sportspersons of Government sports hostels had higher stress to reactivity in all the sub variables in the present study.

In a similar study by Abedalhafiz, Altahayneh and Al-Haliq (2010) the results suggest that interventions designed to reduce stress should seek to increase the use of avoidance and approach styles to cope with stress. Student athletes of study by Finnemore (2017) indicated that they felt stressed sometimes to fairly often but felt in control of their lives. They identified academics, social, and personal wellness issues as concerns which caused them to experience stress.

Conclusion

The sportspersons of Government sports hostels had higher stress in Reactivity to work over load, Reactivity to social conflict, Reactivity to social evaluation and Total perceived stress reactivity as compared to sportspersons in private sports hostels.

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