INTERNATIONAL JOURNAL OF RESEARCHES IN SOCIAL SCIENCES AND INFORMATION STUDIES
© VISHWASHANTI MULTIPURPOSE SOCIETY (Global Peace Multipurpose Society) R. No.MH-659/13(N)

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A ANALYSIS STRESS VULERABILITY OF PLAYERS BELONGING TO COMBATIVE AND TEAM GAME

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Abstract:

Introduction:

Stress is an integral part of our lives. It is a natural byproduct of all our activities .Life is a dynamic process, forever changing thus 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, dilate 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 greater energy and increases awareness with the influx of excitatory hormones that release immediate energy.

Significance of the Study:

1.This study may be helpful to know the selected stress vulnerability of combative and team game players. .

2.From the practical standpoint, this study is important for coaches and trainer to adjust training regimes and concentrate on the variables, which are specific to improve performance and achieve success in combative and team games.

3.The study may help the physical education teacher and coaches to scan the prospective male combative and team game players.

4.The outcome of the study may be useful in evaluating the degree of adaptive changes that are brought out by combative and team game players.

5.The study may reveal the role-played by some crucial traits which determine success in combative and team games.

6. Results may be helpful for self assessment of combative and team game players.

7.In future, due consideration may be given by the selectors to the stress vulnerability which are most related to combative and team game players.

Selection Of Subjects:

The subjects for this study were selected from the inter-university tournaments. A total of 300 male subjects were selected, 150 from each category i.e. Combative and Team Games.

Table-1 Distribution of subjects in different games

Category of Games	Sub Category of Games	Number of Subjects
Combative	Kabaddi	50
	Boxing	50
	Judo	50
Team	Basketball	50
	Volleyball	50
	Hockey	50

Selection of questionnaire:

Stress Vulnerability Scale developed by Lyle H. Miller and Alma Dell Smith was used to collect data for stress vulnerability.

Collection Of Data:

The data were collected during inter-university tournaments and during entrance

test of physical education courses at different universities of country. During entrance test, the players who represented their universities earlier were selected for the study. Coaches were requested to direct their players to serve as subjects for the study. Necessary instructions were given to the subjects before administration of the distribution of Stress Vulnerability Questionnaire.

Design of The Study:
The static group comparison design was used for the study. Two groups were made as Combative and Team Games.

Statistical Technique For Analysis Of Data
To determine the stress vulnerability among the combative and team game players, descriptive statistics was used.
To compare combative and team game players by their stress vulnerability t- test was used and the level of significance was set at 0.05 level.
Table-2 Descriptive statistics of combative and team game players in relation to stress vulnerability

	COMBATIVE	TEAM
Mean	47.76	47.35
Standard Error	0.64	0.59
Median	48	47
Mode	47	47
Standard Deviation	7.80	7.33
Sample Variance	60.87	53.69
Kurtosis	-0.94	-0.20
Standard Error f kurtosis	.39	.39
Skewness	-0.11	0.09
Standard Error of Skewness	.198	.198
Range	28	37
Minimum	33	32
Maximum	61	69
Sum	7164	7102
Count	150	150

Table-3 Comparison of combative and team game players in relation to stress vulnerability

Groups	Mean	SD	t ratio
Combative	47.76	7.80	0.625
Team	47.34	7.32	

*Significant at 0.05 level of Significance
t (0.05, 298) = 1.96

Table- 3 revealed that there was no significant difference between combative and team game players in relation to stress vulnerability, as obtained t- ratio 0.625 which was lower than the tabulated value of t (0.05, 2.98)=1.96.

Discussion Of Findings:
In case Stress Vulnerability, standard error of skewness and kurtosis was calculated. When numerical value of "skewness" was compared with twice the "standard error skewness" and included the range from minus twice the standard error of skewness to plus twice the standard error of skewness, in most of the cases, the value for skewness lie within this range. This shows that data or degrees of skewness are not significantly skewed or skewness is considered not seriously violated in most of the cases.TheSame numerical process was used to check the normal distribution in relation to "kurtosis". Again a range of "normality" by multiplying the standard error of kurtosis by two was constructed from minus that value to plus that value. This distribution was also found significantly normal in terms of kurtosis in most of the cases.The results of the study indicate that there was no significant difference between combative and team game players in relation to stress vulnerability.

Recommendations:
1.Similar type study may be repeated by selecting larger sample.
2.Same type of study may be conducted on female subjects.Stress should be given on physiological variables and stress vulnerability during selection of combative and team game players.

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