

Comparative Study of stress and Self-Esteem among Sports and Non-Sports women

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The purpose of the study was to compare and analyze the stress and self-esteem levels among sports and non- sportswomen. Psychology plays an important role in sports personalities. Stress is a feeling of strain and pressure. Self-esteem is a judgment of oneself as well as an attitude toward the self. The subjects for this study were sports and non sports women from Pondicherry University and Avinashilingam University. A total of 150 subjects volunteered for this study. Their age ranged from 21 to 30 years. The tools selected to assess the variable were stress assessment and self-esteem questionnaires. The data pertaining to the variables are collected and the results were analyzed by the applying 't' ratio at 0.05 level of confidence.

KEYWORDS: Psychology, Stress, Self-esteem, Sportswomen, Non- Sportswomen.

INTRODUCTION

Physical education is a body oriented discipline. It is based on scientific facts and principles. As such its programmer depends upon systemized knowledge in mind the biological, physiological and psychological aspects of growth and development. It helps the youth into a healthy citizen and develops their ability to enjoy happy, vigorous and balanced life.

The characteristics education and many of the exiting problems are similar in the area of education. Physical education has many shared objectives with other disciplines of the school and other community organization. These shared objectives are mainly concerned with an attitude, human values and knowledge. However physical education is non-verbal in its nature and has the primary purpose of teaching gross motor skills and values rather than verbal oriented skills. The unique function of physical education is the education of the youth through the improvement of motor behavior. Perceptual development, information feedback and communication play an important role in the development of physical skills.

History of psychology

The ancient civilizations of Egypt, Greece, China, India, and Persia all engaged in the philosophical study of psychology. Historians note that Greek philosophers, including Thales, Plato, and Aristotle (especially in his *De Anima* treatise), addressed the workings of the mind. As early as the 4th century BC, Greek physician Hippocrates theorized that mental disorders had physical rather than supernatural causes. In China, psychological understanding grew from the philosophical works of Laozi and Confucius, and later from the doctrines of Buddhism. This body of knowledge involves insights drawn from introspection and observation, as well as techniques for focused thinking and acting. It frames the

universe as a division of, and interaction between, physical reality and mental reality, with an emphasis on purifying the mind in order to increase virtue and power.

Psychology was a popular topic in Enlightenment Europe. In Germany, Gottfried Wilhelm Leibniz (1646–1716) applied his principles of calculus to the mind, arguing that mental activity took place on an indivisible continuum—most notably, that among infinity of human perceptions and desires, the difference between conscious and unconscious awareness is only a matter of degree.

STATEMENT OF PROBLEM

The purpose of the study was to compare the selected psychological variables of stress and self-esteem among the sports and non- sports women.

HYPOTHESIS

It was hypothesized that there will be a significant difference between Avinashilingam University physical education department women and Pondicherry university non-physical education department women on selected psychological variables of stress and self-esteem.

DELIMITATION

The study was delimited the following aspects:

- The subject for this study was confined to the Pondicherry University women's and Avinashilingam University women's.
- Totally 150 subjects were selected for this study, each university consist of 70 women's.
- Their age ranged from 21 to 30 years.
- Then study was conducted only for women's.

LIMITATION

- Certain factors like heredity, life style, daily diet and climatic conditions were not taken into consideration.
- The subjects have engaged themselves in different activities were not controlled.
- The study was conducted only 150 women's due to unavailability of subjects.
- The effect of factors like body building, metabolic rate which may be influence the cardio vascular endurance were not taken into consideration.

OPERATIONAL DEFINITION AND EXPLANATION OF THE TERMS

Psychology

Psychology is the study of behavior and mind, embracing all aspects of human experience.

Sports psychology

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It

involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors.

Stress

Stress can be external and related to the environment, but may also be created by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc.,

Stress is a feeling of strain and pressure

Self-esteem

It is a judgment of oneself as well as an attitude toward the self.

SELECTION OF SUBJECT

To achieve the purpose of these study seventy five regularly training sports persons were taken from Avinashilingam University and Pondicherry University from seventy five non-sports person from a total strength of one hundred fifty female students. The age group of the subjects ranges from above 21yrs. The subjects were selected according to their specialization for which they trained regularly.

SELECTION OF VARIABLES

The variables selected for this study were stress and self - esteem.

TEST ADMINISTRATION

The test was administrated by questionnaire method. The questions were in English.Each and every question was explained orally to the subjects in both English and Tamil and the data was collected for analysis.

ANALYSIS TECHNIQUE

The data was collected from 150 sports and non-sports women from both Avinashilingam University and Pondicherry University. The results were analyzed by quantifying the data according to the variables.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

The collected data were analyzed and the results of the analysis are presented in this chapter.

The purpose of this study is to analyze formally stress and self-esteem between sports and non-sports women.

The 't' ratio was used to find out the mean and standard deviation in this study. The level of significance was set at 0.05 levels.

RESULT OF THE STUDY

The analyses of selected variables of sports and non-sports women have been presented in the tables and figures.

Table – 1

Computation of mean of standard deviation, standard error of mean, means difference and ‘t’ ratio of self-esteem between sports and non-sports women.

Category	Mean	Standard deviation	SEM	T-ratio
Non-sports women	76.6266	7.9181	0.9143	3.1367
Sports women	80.6800	79085	0.9143	3.1367

Self-esteem table value for (D.F=148) is 1.646

Table 1 indicates that the calculation mean of sports and non-sports women are 80.6800 and 76.6266 respectively. The standard deviation of self-esteem is 79085 and 7.9181 respectively. A careful observation of the above table value 1.646 at 0.05 level of confidence. It shows that there is a significant difference between sports women and non-sports women. Therefore the hypothesis has been accepted.

Figure 1

Bar diagram showing the mean value difference of self-esteem between sports and non-sports women.

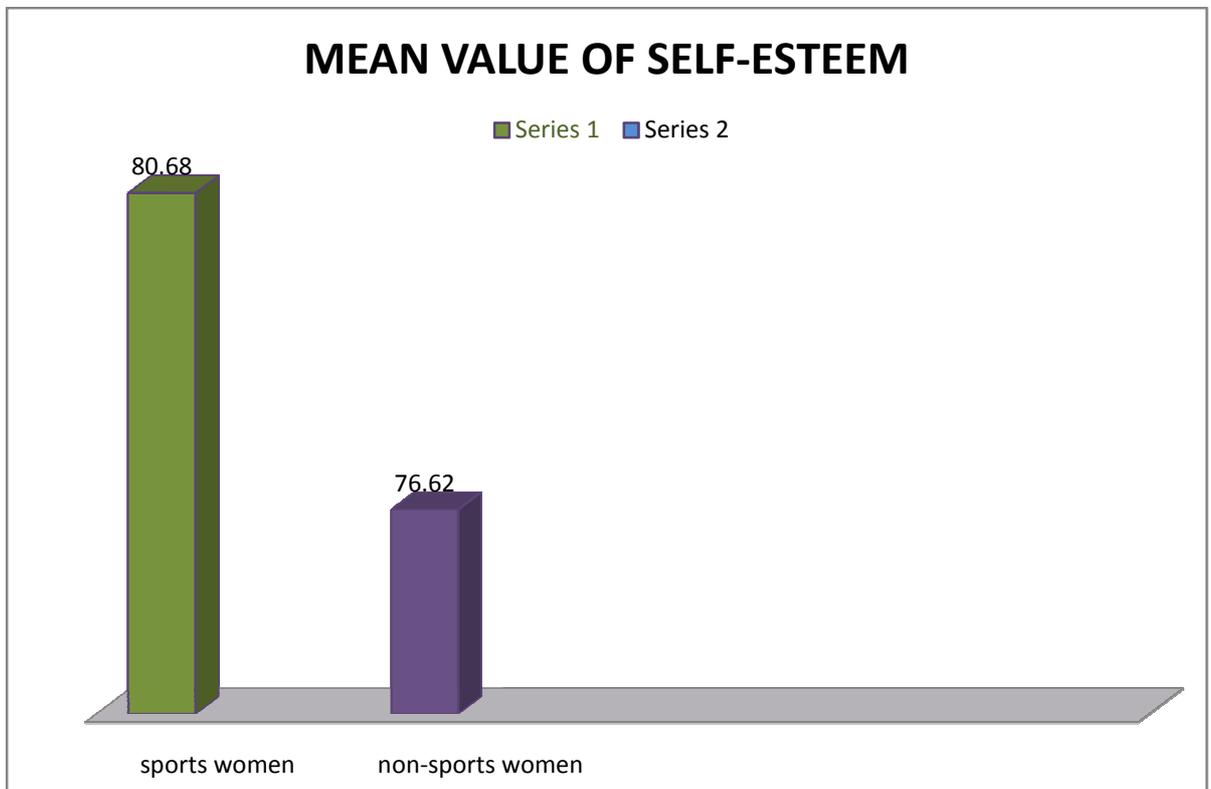


Table – 2

Computations mean difference of stress among sports and non-sports women.

Category	Above average stresscoper	Average stresscoper	Mean
Non-Sports women	53	22	1.119
sports women	26	49	1.065

Significant at 0.05 level

Table 2 indicates that the calculated the mean value of sports women and non-sports women are 1.119 and 1.065 respectively. The above average stresscoper is 53 and 26 respectively. The average stresscoper is 22 and 49 respectively. . It shows that there is a exist significant difference between sports women and non-sports women. Therefore the hypothesis has been accepted.

Figure 2

Bar diagram showing the standard deviation of self –esteem between sports and non-sports women.

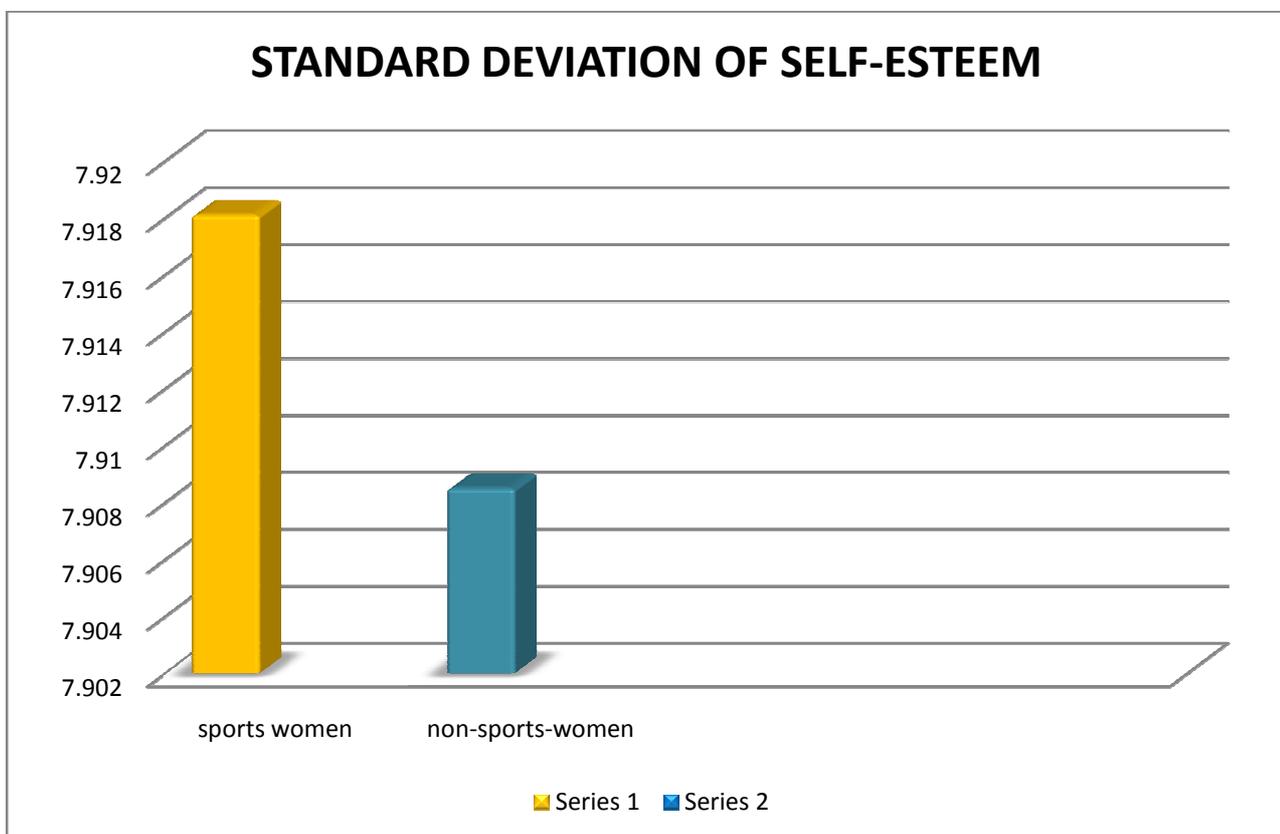
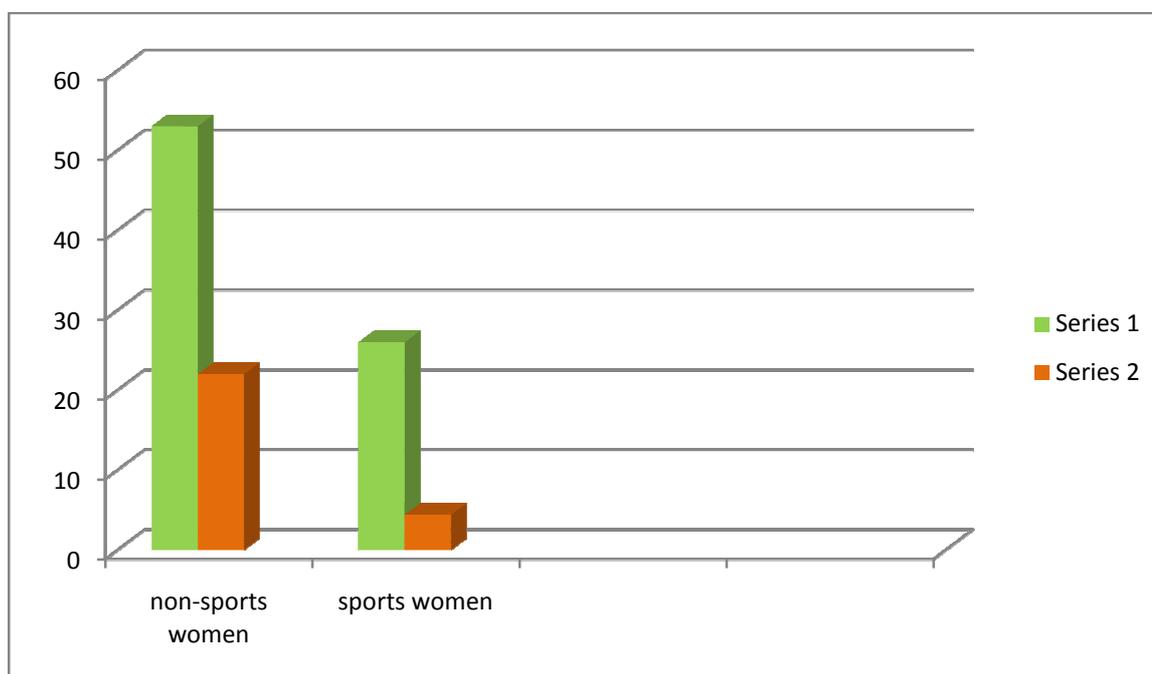


Figure 3

Bar diagram showing the difference of stress between sports women and non-sports women



 Above average stresscoper

 Average stresscoper

SUMMARY CONCLUSION AND RECOMMENDATIONS

The purpose of the study is to compare the selected psychological variables between sports women and non-sports women.

The data collected for each variable are compared and statistically analyzed for these study 150 subject were selected from Pondicherry University and Avinashilingam University.

The data pertaining to psychological variables are collected by using necessary questionnaires' and analyzed by the using 't' ratio at 0.05 level of confidence.

CONCLUSION

The analysis of the data reveals that there was significant difference between Avinashilingam University physical education department women and Pondicherry university non-physical education department women

The data shows the selected variables namely stress and self-esteem was found to be better in sports women from Avinashilingam University than non-sports women from Pondicherry University

According to the hypothesis it was mentioned that there will be a significant difference between Avinashilingam University physical education department women

and Pondicherry university non-physical education department women on selected psychological variables of stress and self-esteem. The results concluded there was significant difference between Avinashilingam University physical education department women and Pondicherry university non-physical education department women on selected psychological variables of stress and self-esteem. Hence the hypothesis was accepted.

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