

## **Assessment Of Stress Level Between Physical Education Students And Other Professional Course Students Of Jammu University**

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### **Abstract**

The purpose of the study was to find stress level between physical education students and other professional course students of Jammu university. For present study, total 20 students (10 each from M.P. Ed and 10 each from MBA) with their age ranging between 20-27 years was selected randomly from Jammu university. The stress level measure with the help of The standard questionnaire of stress inventory framed by Arun Singh, K. Singh. Unpaired t-test was employed. The level of significance 0.05 was set. The result shows that significant differences in all variables between M.P. Ed. and MBA students from Jammu university, Jammu.

**KEYWORDS:** Psychology, stress, eustress, distress.

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### **INTRODUCTION**

Psychology is a science of behavior of the organization. The word 'psychology' has come from the Greek word 'psyche' meaning 'soul' and the 'logos' meaning 'study'. Hence the amalgamation of two different word means science of behaviour. In ancient time psychology was not a separate discipline. It was a part of philosophy. In the later part of the nineteenth century psychology was perhaps dissociated from philosophy. Since then it has never looked back. It was arts subject like philosophy. Gradually it developed into scientific discipline. Objections are still raise to considering psychology as a science. (Gangopadhyay, 2008). According to Hans selye, Stress is defined as the rate of all wear and tear caused by life. (Kundra, 2017). It has long been recognized that anxiety is one of the most powerful factors affecting participation and performance. Homeostasis is disturbed caused by any threat to organism. Only some stresses are universal. One stress may be stressful to one person but it may not be a stressful to another. You say that smith can't play before a crowd because he is nervous. Some people are naturally calm; even in the most exciting moments they have such a complete mastery over their feelings; others have so trained themselves that they are able to stand the strain, while others again are categorized as incurable. We have seen players in a dressing room before an important game showing distinct signs of the needle (Jha, 2013). Psychological factors, particularly cognitive process is causally related to almost all human stress. In other words, the ways in which athletes interpret objects in space, make judgments, and solve problems, determine how they make sense of what is happening in their world. Some of these individual perceptual-cognitive differences have been discussed by Singer (1986) and Pragman (1993). The manner in which athletes interpret stress-induce events and the ways in which they behave while experiencing stress also depend on other psychological factors, including personality (Singh, 2013).

**Statement of the problem:** Assessment of stress level between physical education students and other professional course students of Jammu university.

**Hypothesis:** It is hypothesized that, there was significant difference for stress level between physical education students and other professional course students of Jammu university.

### **Selection of subjects**

The subjects for the present study consist of M.P. Ed and MBA department. Total 20 students (10 each from M.P. Ed and 10 each from MBA) with their age ranging between 20-27 years was selected randomly from Jammu university.

### **Selection of variables**

The Stress variable was selected for the study.

### **Criterion measures and selection of test:**

The analysis of the data related to the Stress level of Physical Education Students and other Professional Students that has been collected through standard Questionnaire was done on the basis of scoring of Standard Questionnaire. The stress of Physical Education Student and other Professional Students was measured by the standard questionnaire of stress inventory designed by Arun Singh, K. Singh and Aparna Singh. All the statement was scored on the five point (3) scale. All the items were given a score of **3** for frequently, **2** for Sometimes, **1** for Seldom. The sum of these scores gives the attitude score for the subject. The total score varies from showing positive/ negative stress facing by students of physical education and other professional students of Jammu University.

### **Statistical Procedure**

After collecting the data unpaired t test was applied and the level of significance set at 0.05.

### **Results:**

Comparison of Stress between M.P.Ed and M.B.A. Students of Jammu University

<b>Group</b>	<b>Mean</b>	<b>S.D.</b>	<b>M.D.</b>	<b>D.F.</b>	<b>S.E</b>	<b>O.T.</b>	<b>T.T.</b>
<b>M.P.Ed.</b>	62.8	8.82	10.5	18	11.26	1.07	2.101
<b>M.B.A.</b>	52.3	10.98					

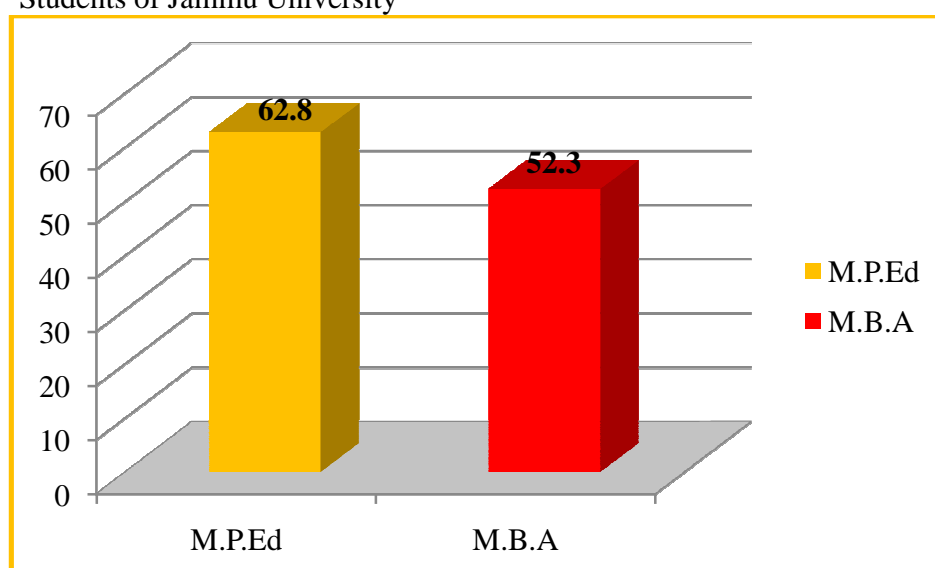
Level of significance = 0.05

Tabulated 't' 0.05 (18) = 2.101

Table-1 reveals that there is insignificant difference between means of M.P.Ed., and M.B.A. Group as mean of M.P.Ed., is 62.8 is greater than mean of M.B.A. is 52.3 and their mean difference is 10.5. To check the difference between M.P.Ed., and M.B.A. students, the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between M.P.Ed. Students whose S.D. is 8.82 and M.B.A. students whose S.D. is 10.98. There was found insignificant difference in stress level between M.P.Ed and M.B.A. Students because value of calculated 't' =1.07 which is less than tabulated 't' =2.101 at 0.05 level of significance.

### Graph No. 1.1

Graphical Representation of Mean Difference of Stress between M.P.Ed and M.B.A. Students of Jammu University



**Discussion:** The result of the study showed that there was insignificant difference between M.P. Ed students and MBA students from, Jammu university, Jammu for their stress variable. On the basis of analysis of the data, investigator found that the earlier study of (Bahram, 2010) supported the present study.

### References:

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