



Cover Page



## **A STUDY OF STRESS AND ANXIETY AMONG SPORTSMEN AND NON-SPORTSMEN IN SRI SATHYA SAI DIST OF ANDHRA PRADESH**

**Dr.R. Narasimhachari**

Lecturer in Physical Education, S.T.S.N. Govt. Degree College, Kadiri  
 Sri Sathya Sai Dist. A.P.

### **Abstract**

The purpose of the study was to search the Stress and Anxiety among Sportsmen and non-Sportsmen. We are carried out a sample of 80 respondents (40 Sportsmen and 40 non-Sportsmen. The age of the subject's ranged from 18-25 years. The Sportsmen mean age was 22-25 and that of the Non-Sportsmen 21-25 were collected from Sri Sathya Sai District of Andhra Pradesh. Hypothesis of the study is there will be significantly difference between sportsmen and non-sportsmen with respect to Stress and Anxiety. Singh personal stress source inventory (SPSSI) Inventory is developed and standardized by Arunkumar Singh and sinha's Comprehensive Anxiety test (SCAT-SDS) test was constructed and standardized by a KP. Sinha and LNK Sinha was used the study.

### **INTRODUCTION**

Stress is considered a reaction to something that occurred and Anxiety typically refers to a general feeling of fear and or apprehension of something which might happen (Miller,2010) However, these terms are used interchangeably because chronic Stress may lead to Anxiety and both can have similar effects on one's physical and mental state. Stress and Anxiety have been defined as an unpleasant emotional state or reaction that can be distinguished from others. By a unique combination of experiential qualities and physiological changes to can include feelings of tension apprehension, nervousness, worry and activation of the autonomic nervous system.

According to the American psychological association (APA) about 1/3 of American's are dealing with extreme Stress (Bethune & Palener, 2007) when a person is dealing with too much Stress. The quality of their lifestyle may be disrupted, Stress is pervasive and ongoing in many people sadly Stress can lead to illness a disruption in a person's sleeping and eating habits, strained relationships, and can even impact a person's focus and work productivity. Today for more than half of Americans, money and work are considered to be two of the leading causes of Stress (Bethune & Palener 2007).

Most athletes associate Stress and Anxiety with injuries. However Stress and Anxiety can infiltrate athlete's world. An athlete can feel pressure to succeed, pressure of failing fear of injury, fear of reinjure or Anxiety about overcoming an injury, some athletes have to overcome the fear and Anxiety associated with returning to sports. The major sources of Stress and that have been reported by sports performers include fear of failure, concern about social evolutions by others (particularly the coach) lack of readiness to perform, and loss of internal control over one's environment.

### **METHOD**

The research was carried out a sample of 80 respondents (40 Sportsmen and 40 Non-Sportsmen. The age of the subjects ranged from 18-25 years. The Sportsmen mean ages 22-25 and that of the Non-Sportsmen 21-25 the data were collected from Sri Sathya Sai Dist of Andhra Pradesh.

### **VARIABLES**

Independent Variable: 1) Sportsmen 2) Non-Sportsmen

Dependent Variable: 1) Stress 2) Anxiety

Statically Analysis and Discussion Sportsmen and Non-Sportsmen show the Mean, SD and T-Value of Stress and Anxiety.



Cover Page



Dimensions	Sportsmen			Non-Sportsman			Df	T- Value
	Mean	Sd	N	Mean	Sd	N		
Stress	28.61	4.26	40	22.46	3.87	40	78	6.76
Anxiety	74.95	6.45	40	65.89	5.77	40	78	6.62

## RRESULT

Mean of Stress of Sportsmen is 28.61 and non-Sportsmen mean 22.46 differences between the two mean  $t(78) = 6.76$   $p > 0.01$  Null hypothesis is rejected and alternative hypothesis is means Sportsmen have significantly high stress than the Non- Sportsmen.

Mean of Anxiety of sportsmen is 74.95 and Non-Sports men mean is 65.89 differences between the two mean  $t(78) = 6.62$   $p < 0.01$ . Null hypothesis is rejected and alternative hypothesis is means sportsmen has significantly high Anxiety than the Non-Sportsmen. It is essentially need of Stress and Anxiety level for sports performance.

## REFERENCES

1. Lazarus RS.1966 Psychological stress and the coping process New-York Mc Graw-hill
2. Coan AM (2008) Helping children and staff understand an minimize Stress NASP communiqué 36 (5)
3. Miller B (2010) what is the difference between Stress and Anxiety wise geek retrieved.
4. Dr.Ch.Ravikumar, Dr.Moiz Ahmed (2013) IJHPECSS. Volume-(9)-1