e-ISSN:2582-7219

INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

Volume 6, Issue 2, February 2023

INTERNATIONAL STANDARD SERIAL NUMBER INDIA

Impact Factor: 7.54

International Journal Of Multidisciplinary Research In Science, Engineering and Technology (IJMRSET)

| ISSN: 2582-7219 | www.ijmrset.com| Monthly, Peer Reviewed & Referred Journal |

| Volume 6, Issue 2, February 2023 |

| DOI:10.15680/IJMRSET.2023.0602027 |

Research on the Mental Health of College Male Team Sport Athletes

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ABSTRACT: Using the Stress Scale Test created by Drs.Vijaya Lakshmi and ShrutiNarain, the current research aimed to examine the stress levels of male college athletes who played cricket, football, hockey, and volleyball (2014). In this study, we adopted a descriptive research strategy. The participants in this research were randomly recruited from a pool of 160 male college athletes from four team sports (cricket, football, hockey, and volleyball), all with an average age of 20.2 years. One-way analysis of variance was used to examine the data. The significance level was determined to be 0.05. The research showed no statistically significant differences in the levels of stress experienced by male college athletes who played Cricket, Football, Hockey, or Volleyball.

KEYWORDS: Stress, anxiety, frustration, pressure and team game

I. INTRODUCTION

The feeling of anxiety has significant ties to Han Seley's definition of stress. Stress is "the body's non-specific reaction to any pressure on it," as described by "Seley" (1983) [1]. When the body is stimulated to a high level, it is under stress regardless of the source.Cardiovascular symptoms indicate that high-intensity exercise is physically taxing on the body.It has been suggested, nonetheless, that negative emotions like wrath and worry are significantly more taxing on the body than positive ones like joy and happiness. Hence, Selye acknowledged that there are two types of Eustress and Distress to account for these variables. If Eustress refers to "Good Stress" and Distress refers to "Bad Stress," here "Distress" is used interchangeably with the feeling of worry, or what we'll call "situation-specific state anxiety" in a moment.The word "stressor" is used to describe the causes of stress. who is the victim in a certain circumstance. Thus, prolonged exposure to a stressful setting leads to discomfort. These two problems put a lot of strain on a person, leading to feelings of sadness and despair. When an individual's tolerance for stress is overwhelmed, physical and mental health may both suffer. One's "Stress Tolerance" is the maximum level of stress they can handle before succumbing to it. When stress levels get too high, physical damage occurs, which may lead to emotional distress, physical illness, and decreased productivity, and even death. Both the short-term and long-term impacts of stress on a person's body and mind may be explained in this way. An athlete's existence is not without its share of stress. The effects and repercussions of even casual rivalry are negative. Games may be broken down into numerous categories, but team and individual games are the most popular ones to focus on. Some people feel that dealing with stress in a social setting is more beneficial than dealing with it alone. This research was developed to investigate this view in the context of athletics. The primary goal of the research is to compare the stress levels of male college students who play team sports including Cricket, Football, Hockey, and Volleyball.

Student-athletes' mental health has been getting more attention as of late (4). According to a 2015 NCAA study, suicidal behaviour was the fourth leading cause of death for college athletes (16). The same study also found that 6.3% of college athletes met the criteria for clinically significant depression, and another 24.0% had low moods that were considered "clinically relevant" (24). As a result of these issues, several states, including New Mexico, have proposed laws to increase funding for programmes that promote the mental health of student athletes (19). As a result, it's crucial that colleges, athletic directors, and others learn about the mental health and wellness of student athletes.
Student-athletes experience anxiety and sadness much like the rest of the population. Student-athletes are a special population on campus; they have ready access to extensive resources like tutoring and nutrition counselling, and they eat well and exercise often. Yet, it's possible that student-athletes are more at risk for mental health issues than was previously believed. Being the fourth greatest cause of death among college athletes, suicide has recently come under the spotlight (16). Sleep deprivation, academic stress, sports injuries, performance pressure, and overtraining may all play a role in the prevalence of depression and anxiety (4, 23). Some research suggests that student-athletes had a lower risk of depression than their non-athletic peers (2), while other studies reveal that these kids are not immune to

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depression (25). At first, it was assumed that the student-athlete population was immune to depression. Athletes were thought to have lower rates of clinical depression because they exercised more and felt more a part of a community. Recent research, however, has disproven the idea that athleticism serves as a defence mechanism against depression. Results indicated that 23.7% of athletes had some degree of depression, with 6.3% showing severe symptoms (25). Student-athletes may not have a diagnosable mental health problem, but they may still be struggling with issues like anxiety, sleeplessness, or drug abuse that have a negative impact on their overall health (14). Current college athletes are twice as likely to be depressed than previous athletes, according to a survey of both current and former athletes from nine different campuses, with females experiencing much greater rates of depression than men (23). Injury, performance expectations, career termination, and overtraining may all play a role in the heightened susceptibility to depression that many student-athletes experience (14, 23, 24).

Sadly, student-athletes frequently avoid getting the treatment they need (16). Athletes don't want to be seen as vulnerable by displaying emotional vulnerabilities like sadness because of the "mentally tough" mentality of sports (17, 24). Most student-athletes said that the stigma associated with obtaining mental health care prevented them from doing so (3, 10, 22). Another obstacle was people's lack of knowledge about mental health (8). The National Collegiate Athletic Association (NCAA) is taking the initiative to address the mental health of its student-athletes by educating them about the nature of mental health problems, their treatment, and the availability of support services (14). Because of their influential roles, coaches should be educated on how to spot the signs of mental illness. They are crucial in determining whether student-athletes need additional mental health services, in creating a climate that is conducive to the athletes' health and well-being, and in normalising and encouraging treatment seeking among their players (14). Intercollegiate sports want to aid student-athletes with these problems by instituting support networks, interventions, and programmes.

II. METHODOLOGY

The information was gathered using a questionnaire. The stress levels of the participants were evaluated using the Stress Scale created by Drs.Vijaya Lakshmi and ShrutiNarain (2014). The elements of this scale include there are 40 things that go towards the Stress tally. Pressure, Physical Stress, Anxiety, and Frustration are the four sub-categories of Stress on this Scale. This questionnaire includes just two answer options, both of which must be checked by the participant. Subjects were given instructions and an explanation of the study's importance and goals before completing the questionnaire. The information was gathered by a questionnaire that was given to the individuals in their own time.

Statistical analyses

Data was analysed using a number of descriptive and inferential statistical methods. Mean, Range, and Standard Deviation (S.D.)assessed using calculated Psychological Variables. The means of each group were calculated separately to allow for a direct comparison of stress levels. We used a 5% significance threshold.

Table 1: Descriptive statistics for Cricket, Hockey, Football and Volleyball male University on Stress Scale.

Game	N	Mean	Std. Deviation	Std. Error	Range	
					Minimum	Maximum
Cricket	40	11.15	6.94	1.09	2.00	33.00
Hockey	40	12.35	7.78	1.23	3.00	38.00
Football	40	10.45	6.32	1.00	1.00	30.00
Volleyball	40	12.92	6.09	0.96	2.00	26.00

The current research found no statistically significant difference in the stress levels of male collegiate-level athletes who played Cricket, Hockey, Football, or Volleyball. The Stress variables have been analysed as follows. According to the statistics, there is no significant difference in Stress levels among male college athletes who participate in a variety of team sports (F= 1.086, p-value = 0.357). Across the board, the stress levels of the participant groups were moderate. Football players, on the other hand, have been shown to have lower levels of stress compared to male college athletes who participate in cricket, hockey, and volleyball. In football, athletes may have less anxiety because of the way games are structured. A football player typically has far less time in which he or she is responsible for the ball than a volleyball player and much less time in which he or she is responsible for the whole game than a cricket player. At the collegiate level, male cricket players exhibit higher levels of stress than football players but lower levels than male

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hockey and volleyball players. Researchers have shown that men collegiate hockey players have higher levels of stress than their male counterparts in football and cricket, but lower levels than male collegiate volleyball players. As compared to a game of volleyball, hockey may create less tension since a player may kick back and relax when the ball is in the other team's half or on the opposite wing, or when his teammate is located far away. However, the stress level is higher than in football and cricket because of the fast pace of the game in modern hockey. Since the introduction of total hockey, players no longer have the luxury of remaining in one position throughout a match; instead, they must move around the field to provide support for their teammates.
Among male college athletes, those who play volleyball report the greatest levels of stress. As the game moves quickly and the court is smaller than in football, cricket, or hockey, volleyball players may be subjected to more stress. The quick tempo and constant back-and-forth of volleys may be stressful for volleyball players since they need constant focus and have little time to recover in between serves.

Nevertheless, in the other three games, players had more downtime, a broader playing space, and less periods of hyperactivity, all of which may help lower their stress levels during game play.
Among college students in Jammu Division, Md. Haneef Kumar (2018) found high levels of stress. The research found no statistically significant gender difference in Physical Stress or overall stress score among college students.
An examination of the cultural, gender, and psychological factors that contribute to stress in competitive cyclists was undertaken by Dr.Nishan Singh Deol and Mittar Pal Singh Sidhu in 2018 [3]. There was a statistically significant difference between female and male riders' stress levels, the results showed.Male and female athletes in the Gwalior area of Madhya Pradesh were studied for their responses to stress by Bhartendu Singh Tomar and Dr.Keshav Singh Gurjar (2018) [9].Stress levels in male and female athletes were found to be significantly different.The results of the current inquiry are consistent with those of a study by Md. Haneef Kumar (2018) on the topic of stress.

III. CONCLUSIONS

Given the bounds of the current research and using the information at hand, it is possible to infer that there is no statistically significant difference in the degree of stress between men and women.College-level athletes in football, hockey, volleyball, and cricket. The findings show that the subjects' levels of engagement and the nature of their training at the University level are comparable, which may lead to a similar form of adaptation to stress in their behaviour. When the level of competition rises, the unique differences in the stress levels of various team games may emerge, but for now, these players face the same sort of strain for the competition regardless of their game.

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Impact Factor
7.54

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