

A COMPARATIVE STUDY OF PERCEIVED STRESS OF MALE AND FEMALE JUDOKA

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ABSTRACT

The purpose of the study was to compare Perceived Stress of Male and Female Judokas.480 judokas (245 women, 235 men) was selected randomly during the Senior National Judo Championship held at Vishakhapatnam (A.P) in 2019 and All India Inter University Judo Tournament held at Punjab University Chandigarh in 2018 and Guru Nanak Dev University Amritsar in 2018. The age of the subjects were ranged from 16 to 37 years. The Perceived Stress Scale (PSS) (Cohen et al., 1983) is used as an instrument for measuring the stress of judokas. Mean, Standard Deviation and t-ratio measured to analyze the data and level of significance was set at 0.05. The results indicated male and female judoka did not differ significantly on perceived stress.

Keywords: Perceived stress, Judokas, Male, Female, Championship

1. INTRODUCTION

Stress is an integral part of our lives. "It is a natural byproduct of all our activities". Life is a dynamic process and thus forever changing and stressful. Stress can be defined as a physical, mental or emotional demand, which tends to disturb the homeostasis of the body.

Stress has been identified as crucial in sport, influencing performance as well as social functioning (Jones & Hardy, 1990).

Physical activity and physical exercise are beneficial most of the time; it can also be seen as a "stress factor" in men and women sports performance. In general physical stress can be classified as acute or chronic, and stress hormones can be used to assess the metabolic alterations caused by exercise [Mastorakos et al. 2005]

Sports performance is not simply a product of physiological (for example stress and fitness) and biomechanical (for example technique factors) but psychological factors also play a crucial role in determining performance. However, every athlete has a certain stress level that is needed to optimize his or her game. That bar depends on factors such as past experiences, coping responses and genetics. Research has shown that physical activity is an effective means of reducing anxiety and various indices of stress among adults (Bhui, 2002; Dunn, Trivedi, & O'Neal, 2001).

Stress as a process which containing four stages. First, the individual and placed a demand that can be physical or psychological, second stage is the perception regarding to the demand which is different for each individual. Third step is response occurs as demand lodged and the last stage is behavior of individual the stress caused by this process [Weinberg and Gould 2001].

By studying stress in the context of combat sports, Belem et al. (2016) point that lesion can be a factor causing stress because as a result of the lesion, the athlete has to stop attending to the training and competitions, which leads to income loss and career interruption. The mean values of overall scores on the stress scale and its subscales were higher for women than for men. However, due to the size of the sample group, there is insignificant difference (Morga et al. 2015)

Lazarus and Folkman (1984) provide a transactional cognitive component to stress with their concept of appraisal, which indicates that individuals only perceive stress when a challenge or event is both threatening and of such a nature that the individual is unable to cope.

Greater perceived stress was associated with diminished life satisfaction for athletes with a major injury more than for those with a minor injury. The interaction between perceived stress and perceived social support was associated most with diminished life satisfaction for participants with a major injury. (Malinauskas and Romualdas 2010)

2. METHODOLOGY

2.1 Selection of Subjects

To serve the purpose (Comparative Study of Perceived Stress of Male and Female Judoka) of the investigation, 480 judokas (245 women, 235 men) was selected randomly during the Senior National Judo Championship held at Vishakhapatnam (A.P) in 2019 and All India Inter University Judo Tournament held at Punjab University Chandigarh in 2018 and Guru Nanak Dev University Amritsar in 2018.

2.2 Administration of Questionnaire

To measure the stress The Perceived Stress Scale (PSS) (Cohen et al., 1983) was used. It is a measure of the degree to which situations in one's life are appraised as stressful. A likert scale lets respondents rate their reaction to a statement with 0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often. Its scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items 4, 5, 7, & 8) and then

summing across all scale items. A short 4 item scale can be made from questions 2, 4, 5 and 10 of the PSS 10 item scale. Scores around 13 are considered average. Scores of 20 or higher are considered high stress, and if you are in this range. All the subjects had answered the questionnaire separately, without consulting others. The subjects were exhorted to give their frank and true opinion and the research scholar had assured the respondents that the information given by them would be kept confidential and utilized for the research purpose only.

3. RESULTS

To find out the significance of differences between means of perceived stress among Indian male and female judokas, mean, SD, and T ratio was computed. The result of the study is presented with the help of following table and graph.

TABLE - 1
DESCRIPTIVE ANALYSIS AND SIGNIFICANCE OF DIFFERENCE BETWEEN MALE AND FEMALE JUDOKAS ON PERCEIVED STRESS

VARIABLES	GENDER	MEAN	Σ_M	SD	MD	Σ_{DM}	DF	T-RATIO
PERCEIVED SRESS	MALE	19.6383	.33606	5.15166	.02293	.50977	478	.045**
	FEMALE	19.6612	.38124	5.96743				

**Insignificant at .05 level

,t .05 (478) = 1.960

The data on perceived stress in table -1 revealed that male and female judokas have equal mean, when compare with norms of scale have moderate level of stress [14 to 26 (moderate level of stress)]. Table 1 depicts that the computed value of t- ratio (.045) is lesser than the tabulated value of t- ratio (1.960). That means there is no significant difference between male and female judokas.

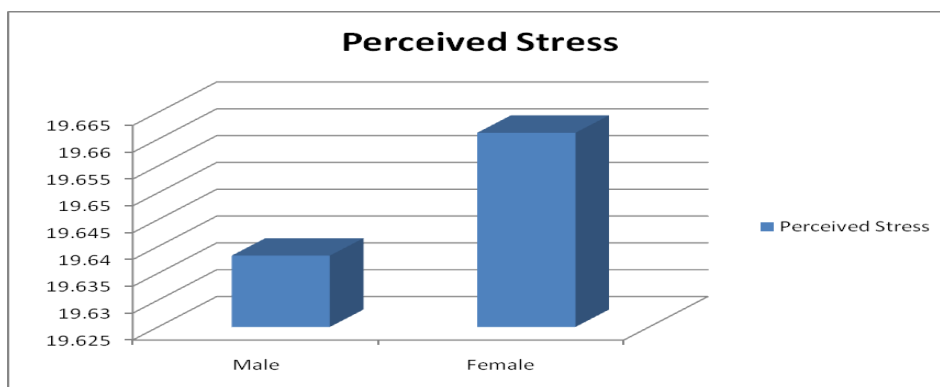


Figure 1: Mean score of perceived stress of Indian male and female judokas.

4. DISCUSSION

The result of descriptive analysis indicated that male and female judokas have equal mean score on perceived stress. The data on perceived stress indicate statistically insignificant difference between male and female judokas. It might be due to that they both group have similar type of activity. Also all the subjects are selected from the higher level of competitions like: Senior National, All India Inter University and if the subjects will be select from another level of competition, may be result differs.

5. CONCLUSION

The result of the study concluded that Male and female judokas have moderate level of stress.

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