

STRESS RESILIENCE AMONG PLAYERS AND NON-PLAYERS

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ABSTRACT

Stress is the body reaction to a change that requires a physical, mental or emotional adjustment or response. Resilience is the ability to remain fully engaged in our life, work, energized, positive, focused and committed regardless of what one encounters. The aim of the study was to compare stress resilience among players and non-players by studying Deficiency Focusing, Skill Recognition and Necessitating among sports and non-sports persons. Moreover an analysis was made of the effect of gender on Skill Recognition. The study was conducted on 20 female players and 20 female non-players of hockey and archery from Punjabi University, Patiala. The age range of players and non-players ages 20-25yrs. They were administered the stress resilience Questionnaire designed by Kenneth W. Tymon Walter, Jr. English version. The results of the study show that there is no significant difference between players and non-players on stress-resilience. Sports persons should have more stress-resilience but present study showed a different picture in which players scored low on stress-resilience. It is implicated that some sort of intervention must be planned to enhance their stress resilience which would result in low stress and high performance.

Keywords: Stress Resilience, Focusing, Skill Recognition and Necessitating.

INTRODUCTION:

Stress is the body reaction to a change that requires a physical, mental or emotional adjustment or response. But if it occurs or remain for a long period of time and not managed can result in negative psychology and physical disability. Resilience is the ability to remain fully engaged in our life and work, energized, positive, focused and committed regardless of what one encounters. Anshel & Delaney, 2001 in their studies found acute stress in sporting contexts. Their research

has identified “physical and mental errors” “penalties”, experience pain or injury and/or a “coach reprimand” as the most common examples of acute stress in sports.

Holt & Hogg, et al. 2002 found various major competition stressors, as reported by elite athletes, to be organizational factors, media pressure, travel, competitive expectations, preparatory training, coaches communication, demands of elite sport and distractions. Rosenbaum & Covino, 2005 in their study showed that resilience refers to the ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity. A number of studies by Nicholls & Polman, et al., 2007 indicated that acute stress in competitive team sports can arouse physiological responses in adolescent athletes. Physiological responses can affect psycho-motor skills resulting in reduced performance. Study by Seyedeh Asma Hosseini, Mohammad Ali Besharat (2010) investigated the association of resilience and hardiness with sport achievement and mental health in a sample of athletes and revealed that both resilience and hardiness were positively associated with sport achievement and psychological well-being, and negatively associated with psychological distress. It can be concluded that resilience and hardiness can predict changes of sport achievement and mental health in athletes.

The objective of the study was to compare the sports and non-sports individuals on stress resilience. There are 3 components of stress resilience, Deficiency Focusing, Skill Recognition and Necessitating. Deficiency Focusing is the habit of focusing upon the negatives at the expense of the positives. Necessitating occurs when we think it is necessary or imperative that we do something that we “need to” or “have to” do a certain task. Skill recognition refers to a tendency for us not to recognize the role of our own abilities in producing our success.

METHOD AND PROCEDURE:

Sample: Twenty female players of hockey and archery and twenty female non-players were selected from the Punjabi University Patiala. The age range of players and non-players was between 20-25 years and inter-university level players were selected.

Tool: The stress Resilience questionnaire designed by Kenneth W.Tymon Walter, Jr.English version was used for this study. No time limit was fixed for completing the test. Each item had to be responded either in positive or negative.

Procedure: Directions and instructions given by the author of the manual were followed. The response sheets were scored as per instructions and raw data were quantified and statistically processed.

RESULT AND DISCUSSION:

The statistical analysis of data (stress resilience) collected on twenty players and non-players each was done. They are presented as follows:

Table 1

| Topic | Mean of Players | Mean Of Non-players | Mean Difference | t-value |
|---------------------|-----------------|---------------------|-----------------|---------|
| Deficiency focusing | 27.15 | 27.1 | 0.05 | 0.323 |

Table 1 Shows data regarding mean differences of players and non- players on deficiency focusing between two groups and results shows that there exist statistically non -significant difference between players and non players ($t=0.323 < 0.05$ level). The mean of the group of players ($M=27.15$) was more than the mean of group of non-players ($M=27.1$) indicating thereby that deficiency focusing is higher level among the players in comparison to non-players but statistical t-ratio difference is not significance.

Table - 2

| Topic | Mean of Players | Mean Of Non-players | Mean Difference | t-value |
|---------------|-----------------|---------------------|-----------------|---------|
| Necessitating | 28.25 | 27.2 | 0.05 | 0.25 |

The data tabulated in Table 2 shows that players and non-players showed a statistically non-significant difference ($t=0.25 < 0.05$ level) in the case of necessitating factor. The comparison of the mean of these two groups did indicate that the mean of the group of player ($M=28.25$) was higher than the mean of non-players ($M=27.2$).

Table - 3

| Topic | Mean of Players | Mean Of Non-players | Mean Difference | t-value |
|-------------------|-----------------|---------------------|-----------------|---------|
| Skill Recognition | 27.2 | 29.15 | 0.05 | 0.19 |

Table 3 depicts the difference of means between players and non-players on skill recognition factor and it was found to be statistically non-significant ($t=0.19 < 0.05$). The mean obtained of the group of players ($M=27.2$) was less than the mean of the non-players ($M=29.15$).

CONCLUSION:

1. There were non-significant differences on deficiency between players and non-players.
2. There were non-significant differences on Necessitating as well, between players and non-players.
3. No significant difference was found on skill recognition between players and non-players.

This study depicts that no significant differences emerged between players and non-players on Stress-Resilience. Sports persons should have more Stress Resilience but present study is showing a different picture in which players scored low on Stress Resilience. It is implicated that some sort of intervention must be planned to enhance their stress resilience which would result in low stress and high performance.

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