

## **A COMPARATIVE STUDY TO DETERMINE ANXIETY AND STRESS BETWEEN FEMALE HOCKEY PLAYERS OF HARYANA STATE.**

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### INTRODUCTION

Sport is generally a system of activities based on physical athleticism, with major competitions as the Olympic Games admitting sports meeting. Sports is usually regulated by a set of rules or customs, which will ensure fair competition, and allow contestant of the winner. Winning is determined by sports events such as scoring goals or crossing the line first. It can also be decided by judges who are subjective scoring elements of the sports performance, including objective and subjective measures such as technical performance or artistic expression. Achievement behavior is of special importance in sports psychology because, many of sport behavior is achievement behavior. Competition or social achievement predominates, but it also involves in considerable noncompetitive or individual sports. When we deal with physical and mental sides of sport development and environmental aspects of talent development. Second part of the children's psychological and social development parts in different ages covers important mental ability skills, qualities and technical skills for ice hockey player. The Hockey players of Swiss ball team training group resulted in significant improvement in flexibility and slap hit when compared to the Core board training group. And also, the Core board training group resulted significant improvement in speed, agility and speed dribble, as compared to Swiss ball training group. A lot of Sweating, fast heartbeat, fidgeting, worrying and fearful thoughts of failure are some symptoms of an inability to manage stress in an important moment of match. Thus, there's well-founded need of psychological determinants training which will help hockey players for controlling their emotions in stressful condition.

**Methodolgy**

A total of 80 female hockey players of Haryana State was recruited randomly as a subject from each district of viz Jind, Hissar, Sirsa and Fatehabad who participated in inter-collegiate Hockey tournament in the session 2018-19. In order to find out the significant mean difference of experimental group Analysis of co-variance was used and follow up test will be conducted to evaluate pair wise difference among the adjusted means for different groups.

**Table number 4.1(a):**

**Express the ANOVA results regarding Anxiety level among female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa & Fatehabad.**

<b>Group</b>	<b>Sum of Squares</b>	<b>Df</b>	<b>Mean Square</b>	<b>F</b>	<b>Sig.</b>
Between Groups	35.784	3	11.928	.230	.876
Within Groups	16407.562	316	51.923		
Total	16443.347	319			

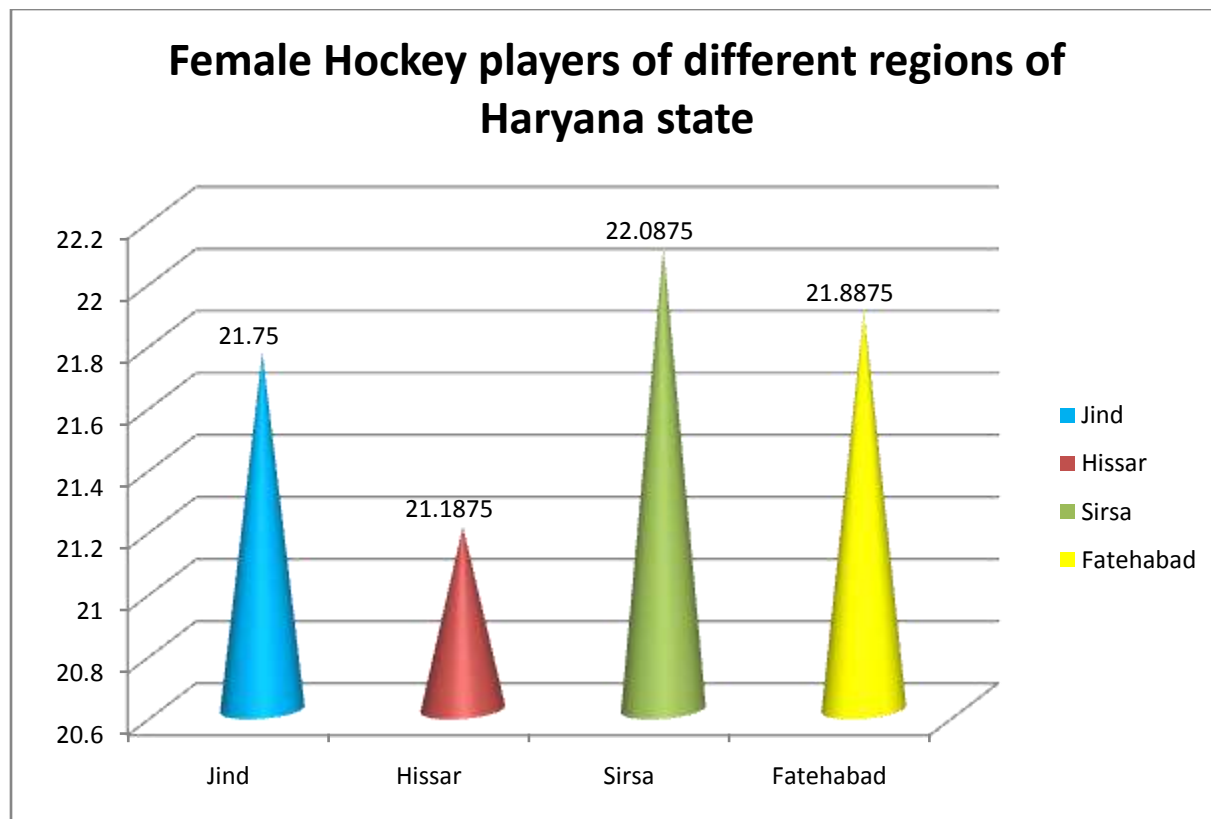


Figure number 4.1 (a).Graphical image of mean values about Anxietylevel among female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad.

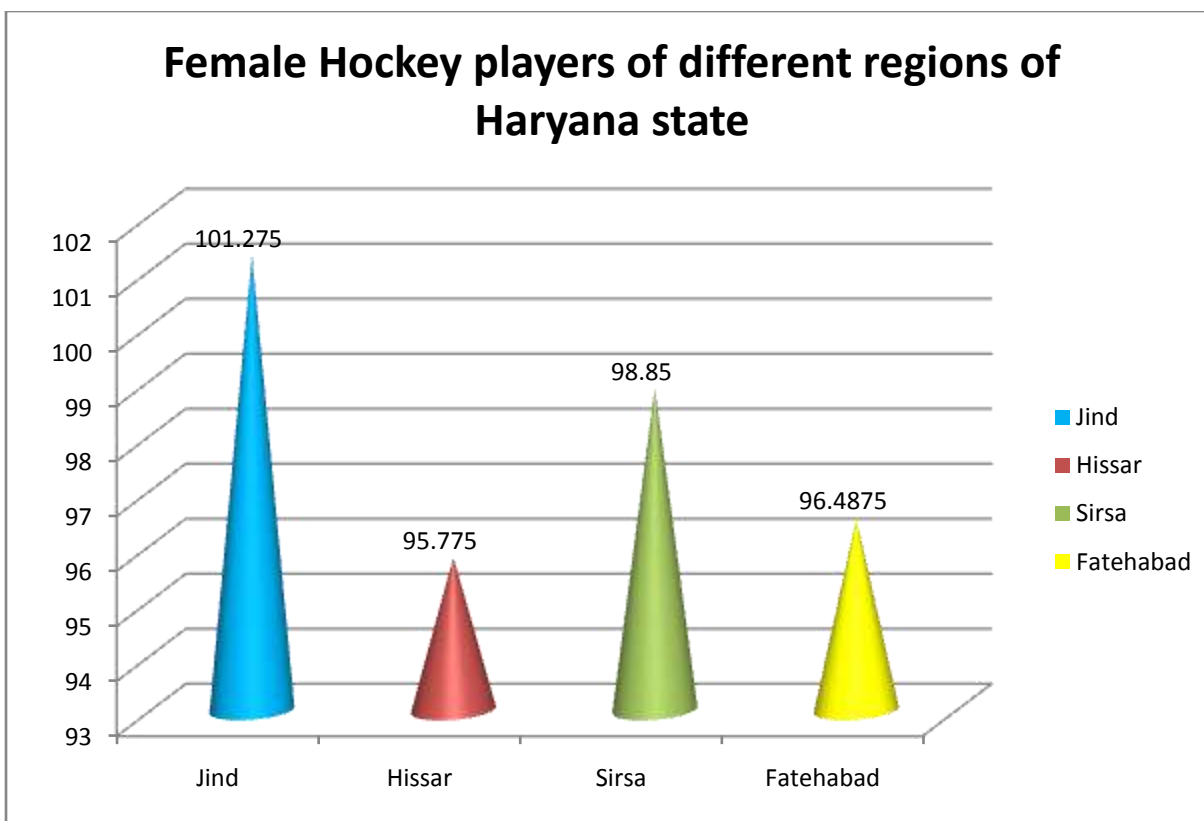
Table number 4.1(b):

Express the ANOVA results regarding Bist battery of stress scales among female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad.

Group	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1491.909	3	497.303	1.295	.276
Within Groups	121340.088	316	383.988		
Total	122831.997	319			

\*Significant at F0.05 (2.60)

Table number 4.1(b) exhibit the results of Analysis of Variance (ANOVA) between female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad about the Bist battery of stress scales were found to be statistically insignificant because ( $P>0.05$ ). Since the received “F” value was 1.295 (.276) found statistically insignificant. The graphical image of responses has been displayed in figure number-4.1(b).



**Figure number 4.1(b). Graphical image of mean values about Bist battery of stress scales among female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad.**

•Female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad about the sub-parameter Frustration level of Bist battery of stress scales were found to be statistically significant because ( $P<0.05$ ). (table 4.1(b) )

- Female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad about the sub-parameter Conflict level of Bist battery of stress scales were found to be statistically significant because ( $P<0.05$ ). (table 4.1(b))**
- Female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad about the sub-parameter Pressure level of Bist battery of stress scales were found to be statistically insignificant because ( $P>0.05$ ). (table 4.1(b) )**
- Female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad about the sub-parameter Anxiety level of Bist battery of stress scales were found to be statistically insignificant. (table 4.1(b) )**
- Total Female Hockey players of different regions of Haryana state i.e., Jind, Hissar, Sirsa&Fatehabad on total stress scales were found to be statistically insignificant. (table 4.1(b) )**

### **Discussion of Hypothesis**

It was hypothesized that there would be significant variations in sub-parameters Anxiety, Stress level of Bist battery of stress scales among **female Hockey players of different districts of Haryana state i.e.,Jind, Hissar, Sirsa&Fatehabad**. This hypothesis is partially accepted in anxiety and **this hypothesis are** partially rejected in Frustration level of Bist battery of stress scales among **female Hockey players of different districts of Haryana state i.e.,Jind, Hissar, Sirsa&Fatehabad**.

### **CONCLUSION**

The purpose of the study was to compare the effect of factors of stress are stress and anxiety among female players of four district of Haryana state i.e., Jind, Sirsa, Hissar and Fatehabad. of Intercollegiate players of different colleges, age ranging from 18 -25 years.Bist Battery of Scale by AbhaRaniBist Was administered for finding and comparing four factors of stress among hockey players of four district of Haryana state. The statistical study revealed that there was no significant difference in parameters of Frustration among female hockey players of four district

i.e., Jind, Hissar, Sirsa and Fatehabad where as significant difference was found on parameter of Anxiety and stress. Effect of all four factors of stress was found significant in Total female hockey players.

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