CHAPTER – VI

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Modern age is the age of competition and sports are no exception. There is no doubt that sports are the healthiest way of recreation. Its importance in the competitive world cannot be underestimated. Some of the factors, which contribute to the success in sports, are: the technique, training, sports medicine, sports psychology and optimum facilities for participants.

Johnson (1960) points out, "it is commonly assumed that specific groups of athletes have some behavioral characteristics that distinguish them from other athletes as well as non-athletes. Scientific efforts have been made to determine whether there are measurable differences in personality characteristics, attitudes, interests and many other factors among the participants in various physical and recreational activities, including games, and how they differ in the above factors from the non-participants. Considerable evidence is available to show that athletes and players tend to be dominant, energetic, tough, socially mature and well versed in leadership
etc. Persons in the field of physical education and sports have empirically noticed that the participation in physical activities, including games, develop desirable characteristics and personality traits in athletes which differentiate them from one another and also from non-athletes."

Now a days there is a great stress and depression among human beings. Before the competition and after the competition sports person is under stress and depression. It can be removed through psychological training and sports person get his goal in competition. The American and Russians recognized the importance of psychological training after conducting a number of research studies and made it a part and parcel of sports training programme. No significant work has been done in India regarding this issue. So there is a great need of research in this field.

Psychological preparation helps the athlete to achieve the results according to his capabilities. The training of sportsmen with regard to psychological variables along with other factors
will help the sports person to overcome the problem of stress and depression during the competition.

The socio-economic status is one of the important factors that may influence sports participation. The entire society may be broadly categorized into three groups: upper, middle and lower strata. The stress and general depression towards sports participation may vary depending upon the group to which they belong. The emphasis of the present study is to compare the above variables in respect to their socio-economic status.

6.0.0 RATIONALE OF THE STUDY

The stress and depression has direct effect on the performance of the sports person having different level of socio-economic status. The surveys on educational research have shown that no such study has been conducted in this field. Therefore, the researcher decided to investigate the effects of stress and general depression on the male and female sportsperson having different level of Socio-Economic Status.
6.1.0 STATEMENT OF THE PROBLEM

**Stress And General Depression Among University Sports Person In Respect Of Their Gender And Socio-Economic Status.**

6.2.0. DEFINITION OF TERMS

6.2.1. **Stress:** Stress has been defined as the adaptive physiological response of the human organism to internal and external forces and events, which distribute the homeostatic balance of the individual. Psychic, physical and social agents or conditions may cause the imbalance.

6.2.2. **Depression:** Depression is obviously a cover term for several different kinds of things. Depression is that feeling state which seems to be found in many societies. But the question aims - is it universal? To be universal suggests a "natural" phenomenon while depression is widespread across continents and epochs, it is not natural.
6.2.3. **Socio-Economic Status:** Socio-economic status in terms of primary education and characteristic is determined through vocation, income and wealth, home and its location, educational activities and association. For the purpose of this study socio-economic status is the status that an individual gets in his society. By virtue of meeting certain norms of jobs, income, caste, education, possession of consumer articles etc. indicative of his ranking in his hierarchy of social scale and economic level.

6.3.0 VARIABLES USED

(1) **Dependent**

(i) Stress (ii) Depression

(2) **Independent**

(i) Gender (ii) S.E.S.
6.4.0 OBJECTIVES OF THE STUDY

1. To compare the stress between male & female University Sports person.

2. To compare the general depression between male & female University Sports person.

3. To compare the stress of male and female University Sports person having high SES.

4. To compare the stress of male and female University Sports person having low SES.

5. To compare the stress of male University Sports person having high and low SES.

6. To compare the stress of female University Sports person having high and low SES.

7. To compare the general depression of male and female University Sports person having high SES.
8. To compare the general depression of male and female University Sports person having low SES.

9. To compare the general depression of male University Sports person having high and low SES.

10. To compare the general depression of female University Sports person having high and low SES.

6.5.0 HYPOTHESES

1. There is no significant difference between the mean stress scores of male & female University Sports person.

2. There is no significant difference between the mean general depression scores of male & female University Sports person.

3. There is no significant difference between the mean stress scores of male & female University Sports person having high SES.
4. There is no significant difference between the mean stress scores of male & female University Sports person having low SES.

5. There is no significant difference between the mean stress scores of male University Sports person having high and low SES.

6. There is no significant difference between the mean stress scores of female University Sports person having high and low SES.

7. There is no significant difference between the mean general depression scores of male & female University Sports person having high SES.

8. There is no significant difference between the mean general depression scores of male & female University Sports person having low SES.

9. There is no significant difference between the mean general depression scores of male & female University Sports person having high and low SES.
10. There is no significance difference between the mean general depression scores of female University Sports person having high and low SES.

6.6.0. DELIMITATION

Due to paucity of time, resources and to make it more meaningful, the study has been delimited as under:

1. The study is delimited to the sports person of the three Universities of Haryana i.e. Maharshi Dayanand University, Rohtak; Chaudhary Charan Singh Agriculture University, Hissar; Kurukshetra University, Kurukshetra.

2. The study is delimited to the 400 sports person only.

3. The study is delimited to the participants only.

4. The study is delimited to the variables Stress, General Depression & Socio-Economic-Status only.

5. The study is delimited to the male & female sports person only.
6.7.0 Sample

Sample of the study consisted of 400 male and female sports person selected randomly from the three universities of Haryana i.e. Maharshi Dayanand University Rohtak, Kurukshetra University Kurukshetra and Ch. Charan Singh Agriculture University Hisar.

6.8.0 Tools Used

To achieve the objectives of the study the following tools were used:

1. The Bisht Battery of Stress Scales (B.B.S.S.) by Dr. (Km.) Abha Rani Bisht
2. The Depression Scale by Dr. Shamim Karim and Dr. Rama Tiwari
3. The Socio-Economic Status Scale Questionnaire (SESSQ) Urban by Dr. S.D. Kapoor and Dr. H.C. Kochar.

6.9.0 Procedure for Data Collection

For starting the process of data collection few procedural arrangements were made. The three scales were administered on the sports person of the three Universities of Haryana i.e.
Maharshi Dayanand University Rohtak, Kurukshetra University Kurukshetra and Ch. Charan Singh Haryana Agriculture University, Hisar. The researcher made rapport with the coaches of different games of the three universities and told them the purpose of visit. With the help of coaches of different games the subjects were made to sit in the class room(s). The investigator made rapport with the male and female sports person and told them the purpose of the visit. After giving some necessary instructions to the sports person the investigator gave the Bisht Battery of Stress Scales. The sports person were told to fill up the columns of the answer sheet.

The subjects were told that this Battery contains 13 scales but you have to fill up the Scale of Physical Stress (SPS). The students were told that the scale has 60 type of items i.e. frustration, conflict, pressure and anxiety.

The subjects were also told that there are two groups of terms of frequency (i.e. always, often, sometimes, rarely and never) and the other is regarding quantity (i.e. too much, much, average, less, not at all. You have to put tick (✓) mark in the square and also to put a tick (✓) mark in the brackets. The
subjects were also told that your answer will be kept confidential and will only be used for the research purposes. They were also told that, however, there is no time limit for completing the questionnaire but you try to furnish it at the earliest. The subjects were also told that they are at liberty to ask any question if they feel any difficulty in furnishing the questionnaire.

After making sure that they have understood the instructions the investigator asked the subject to start. The investigator provided all types of help during the whole process of the test and took regular visits in the room for any kind of help. They completed the questionnaire within 30 to 40 minutes. The investigator thanked the subject and collected the questionnaire and allowed them to take some rest.

After the sports person were given the questionnaire relating to depression. They were told that the scale contains 96 statements. In front of every statement 5 types of responses 'Not at all', 'A little bit', 'Moderately', 'Quite a bit' and 'extremely' are printed. If the given statement is not at all applicable on you then please put a tick mark (✓) in the space
provided below the column 'Not at all', if it is not applicable only a little, then tick mark (✓) below the column 'Not at all', if it is moderately applicable then (✓) mark below the column 'A little bit', if it is quite applicable, then please put tick mark (✓) below the column 'quite a bit' and if totally applicable tick (✓) below the column 'extremely' only on the answer sheet.

The subjects were again told and assured that your answers will be kept confidential and will be used for research purposes only. There was no time limit but they completed the questionnaire within 30-40 minutes.

Again after taking some rest the subjects were given the Socio-Economic Status Scale Questionnaire (SESSQ) Urban. They were told that through this questionnaire you have to give your socio-economic status of your family. In the questionnaire you have to put mark (✓) against one choice which contains 12 items. The statements contain 3 to 8 alternatives. The subjects were ensured that the answer will be kept confidential and will be used for research purposes only. They completed the questionnaire within 30 minutes. The investigator collected the questionnaires and thanked the subjects for their cooperation.
6.10.0 Statistical Techniques Used

Keeping in view the objectives of the study, the data so collected was statistically analysed by using Mean, Standard Deviation and ‘t’ test techniques.

6.11.0 Findings

In the light of the interpretation of the results of the present investigation, as already discussed in the previous chapter, the following main findings are stated:

6.11.1 Findings Related to Stress and Socio Economic Status

1. No significant difference between the means of stress scores has been found in male and female University Sports person.

2. Significant difference between the means of stress scores has been found in male and female University Sports person having high Socio Economic Status. The stress level amongst high SES group was significantly lower in male sports person.
3. Significant difference between the means of stress scores has been found in male and female University Sports person having low Socio Economic status. The stress level amongst low SES group was significantly lower in male sports person.

4. Significant difference between the means of stress scores has been found in male University Sports person having high and low Socio Economic Status. The stress level amongst high and low SES group was significantly lower in male sports person.

5. Significant difference between the means of stress scores has been found in female University Sports person having high and low Socio Economic Status. The stress level amongst high and low SES group was significantly lower in female sports person.

6.11.2 Findings related to general depression and Socio Economic Status

1. Significant difference between the means of general depression scores has been found in male and female
University Sports person. The general stress level amongst high SES group was significantly lower in male University Sports person.

2. No significant difference between the means of general depression scores has been found in male and female University Sports person having high Socio Economic Status.

3. Significant difference between the means of general depression scores has been found in male and female University Sports person having low Socio Economic Status. The general depression level amongst low SES group was significantly lower in male University Sports person.

4. Significant difference between the means of general depression scores has been found in male University Sports person having high and low Socio Economic Status. The general depression level amongst high and low SES was significantly lower in male University Sports person.
5. Significant difference between the means of general depression scores has been found in female University Sports person having high and low Socio Economic status. The general depression level amongst high and low Socio Economic Status was significantly lower in female University Sports person.

In the light of the above findings, it may be concluded that sociological factors like sex and socio economic status have significantly influenced the stress and general depression of the sports person. In case of male and female sports person of high socio economic status, there is quite a low likelihood of becoming his/her stressed and depressed. On the other hand the male and female University sports person belonging to low socio economic status are having more stress and more general depression.

6.12.1 Conclusions

Within the limitations of the present study, the following conclusions were drawn:
1. Socio-Economic Status has got significant effect on the stress of University Sports person. Higher Socio-Economic Status has played a significant role in initiating or reducing the stress of the sports person.

2. Socio-Economic Status has also significant effect on the general depression of the University Sports person. High Socio Economic Status has led to lower levels of depression.

3. There is negative relationship of stress and Socio-Economic Status. In other words high the SES lower the stress.

4. No depression was found in the University Sports person belonging to high Socio Economic Status whereas depression was found in the sports person belonging to low SES. In other words the relationship of depression and SES was also negative just like in case of stress.
6.13.0 Implications of the Study

Any research must have some bearing on the theory and practice of the disciplines to which they belong. The results of the present study may be viewed from this angle. Due to the limited scope of the study far reacting recommendations cannot be made in the field but at the same time an effort be made in this direction. The implications of the present study are not difficult to implement. In view of the importance of sports steps must be taken to bring at par the sports person belonging to low economic status in order to enhance their sports performance.

The findings of the present study have significant implications for teachers, physical educationists, coaches, administrators and organizers of sports activities to frame more policies and plans for the upliftment of the social level of the sports person belonging to low socio economic status.

The Socio Economic Status has significant effect on the development of personality and that these ultimately influence the performance of sports person. The govt. should provide
more scholarships and incentives to the emerging talented sports person belonging to the low socio economic status. Before selecting the sports person, their family background should be kept in mind. More incentives may be given to the sports person in addition to what they have already been given so that they may be able to compete with full confidence.

The stress and general depression has direct effect on the performance of the sports person having different level of socio economic status. Therefore, the coaches, physical educators and trainers must take steps to remove the stress and depression of the sports person before and after the competitions. Does it mean that the players belonging to low SES should not be selected as they would certainly be exhibiting the poor performance due to higher levels of stress and depression? No, a more positive approach should be adopted and a variety of stress management programmes can be run to deal simply with this problem. Yoga classes should be made a part and parcel for the sports person so that stress and depression may be removed from the minds of the participants. Latest psychological tests relating to stress and depression
must be used. The results of these tests should be told to the students and steps should be taken to remove the same. There are variety of positive ways of coaching, which should be used for such players who belong to low SES.

The findings of the study may help in selecting the right candidates for participation in sports by taking psychological and socio economic factors into consideration.

State and Central governments must take steps for making use of psychological tests in the school/college level so that right type of sports person may be selected for participation at national/international levels.

6.14.0 Suggestions for further Studies

1. The study can be done by comparing athletes and sports person with these variables.

2. The study can be done by taking the college sports person and University Sports person.

3. The study can be done by taking the academic achievement of sports person as one of the variable.
4. The study can be done by taking different sports i.e. Hockey Vs Cricket, Football Vs Volleyball etc.

5. The study can be done by taking a large sample with there variables.

6. The study can be done between the Haryana Sports person and sports person of the other states with these variables.

7. The study can be done at district level also with these variables.

8. An effort should be made to check the efficacy of interventions as suggested in the implications.