

COMPARISON OF STRESS LEVEL AMONG PHYSICAL EDUCATION STUDENTS AND OTHER PROFESSIONAL STUDENTS OF KASHMIR UNIVERSITY SRINAGAR

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Abstract: *The main purpose of the study was to compare the stress level of physical education students and other professional students of Kashmir University. For this study Fifty (50) subjects were selected. Ten (10) subjects were taken from Physical Education department and forty (40) subjects were taken from professional departments of Kashmir University Srinagar. The subjects were selected by using simple random sampling method. For the present study the source of subjects were selected from non-grantable as well as grantable Physical Education Colleges and various professional departments of Kashmir University Srinagar. The data pertaining to the study was collected by standard questionnaire.*

The analysis of the data related to the Stress level of Physical Education Students and other Professional Students that has been collected through standard Questionnaire was done on the basis of scoring of Standard Questionnaire. To test the hypothesis the level of significance at 0.05 level of significance was considered adequate for the purpose of this study.

Results showed that after the statistical analysis of data related to the stress of various departments it was found that in all cases there was not found difference between the Stress level of physical Education Students of Amravati University and other professional students of Amravati University.

Keywords: *Stress Level Physical Education Students And Professional Students.*

Introduction:

Stress identifies with the power applied to a framework that perpetually achieves some change or adjustment. Mental pressure is regularly considered as the apparent requests of a circumstance corresponding to the assets of the person to adapt to those requests. A few therapists like to consider pressure the actual cycle; different passionate responses may result from the stressor (for example the actual interest). For instance, 'confronting an intense rival' (the stressor) is evaluated as extending one's assets (the pressure cycle). Stress is a state to which the normal body harmony for example Homeostasis is upset brought about by any danger to an organic entity. Just a few anxieties are general. One pressure might be unpleasant to one individual however it may not be upsetting to another. Stress is



characterized by Selye (1976) as a vague reaction of the body to any request on it. The wellsprings of stress are alluded to as stressors. The body responds to various types of stressors similarly.

To a researcher, stress is any activity or circumstance that places extraordinary physical or mental requests upon an individual, whatever can unbalance his singular harmony. And keeping in mind that the physiological reaction to such request is shockingly uniform, the types of pressure are multitudinous.

Physiological stress occurs as the result of a person perceiving environment demands exceeding coping abilities. A deep personal commitment to success leave a player more vulnerable to threat by the prospect of poor performance, injury or being left out team when compared to a player with lower commitment. Actually psyche (better transliterated as Psuche) and logos are both Greek and neither has a very good equivalent in English. Stress is a part of life and is generated by constantly changing situations that a person must face. The term stress refers to an internal state, which results from frustrating or unsatisfying conditions. A certain level of stress is unavoidable.

Meaning of Physical Education:

The term actual instruction comprises of two separate words, physical and instructive. The main word physical is supposed to be connected with substantial capacities. Physical is identifying with body or every one of the real attributes. The term schooling is depicted as a cycle where and by which information, character and conduct of the people are perceived and molded. It is a deliberate guidance for a specific errand. Schooling is essentially groundwork forever. Schooling is a preparation to learn and to apply that learning, all things considered. A joined significance of these two words would be that deliberate guidance and preparing which identify with proactive tasks or customized of exercises, fundamental for advancement of actual forces or development of actual expertise.

Meaning of Profession:

By and large, a calling is comprised of a gathering of individuals who offer a special social assistance to mankind. For offering this support, the individuals have gotten specific abilities acquired in an assemblage of information on a scholarly discipline; the administrations are delivered by the principles for moral conduct and moral practices. In sports, an expert is somebody who gets money related remuneration for partaking. The inverse is a novice, which means an individual who doesn't get money related remuneration. The expression "proficient" is ordinarily utilized erroneously when alluding to sports, as the qualification essentially alludes to how the competitor is subsidized, and not really contests or accomplishments. The very same thing can be known as a business on the off chance that ethics are not followed. An educator showing suitably in the homeroom, completing the course of study, handling the difficulties of the understudies, helping them in seeing the various evaluations is called as he is a specialist man. While an instructor will not zeroing in on the working of the school notwithstanding how inviting the understudies for outstandingly charged private classes may be known as a monetary trained professional. Along these lines,



the explanation, the apothegm, the ethics is huge for a comparable work to be called as business or calling, anyway in both the case getting is a run of the mill factor.

Methodology:

For this examination, Fifty (50) subjects were chosen. Ten (10) subjects were taken from the Physical Education division and forty (40) subjects were taken from proficient branches of Kashmir University Srinagar. The subjects were chosen by utilizing a basic irregular inspecting technique. For the current examination, the cause of subjects was chosen from non-grantable just as grantable Physical Education Colleges and different expert branches of Kashmir University Srinagar. The information relating to the investigation was gathered by a standard poll of pressure stock outlined by Arun Singh, K. Singh, and Arpana Singh was utilized for the assortment of information. This Inventory comprises of 35 things.

Analysis of data:

The information was gathered from the subjects by utilizing a standard poll and examination and translation were done based on unique measurable methods viz. mean standard deviation and test. The factual examination of the information accumulated to know Stress Level among Physical Education Students and Other Professional Students of Kashmir University Srinagar. The degree of importance was kept at 0.05 for testing the theory.

Results And Findings:

Table No. 1

Comparison of Stress between M.P.Ed and M.Ed. Students of Kashmir University Srinagar .

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
M.P.Ed	66.2	7.57	3.10	18.00	1.06	2.101
M.Ed.	63.10	5.34				

Level of significance = 0.05

Tabulated 't' 0.05 (19) = 1.729

Table-1 uncovers that there is no critical distinction between method for M.P.Ed. Furthermore, M.Ed. bunch as a mean of M.P.Ed. is 66.2 is more prominent than the mean of M.Ed. is 63.10 and there mean distinction is 3.10. To genuinely look at the huge distinction between M.P.Ed. What's more, M.Ed. understudies, the information was again dissected by applying 't' test. Prior to applying 't' test, the standard deviation was determined between M.P.Ed. Understudies whose S.D. 7.57 and M.Ed. Understudies who's S.D. 5.34. There was not a critical distinction among M.P.Ed and M.Ed. Understudies in light of the fact that the worth of determined 't' = 1.06 which is not exactly arranged 't' = 1.729 at 0.05 degree of

importance, which shows that there is no critical distinction between M.P.Ed. What's more, M.Ed. Understudies.

Graph No. 1

Graphical Representation of Mean Difference of Stress between M.P.Ed and M.Ed. Students of Kashmir University Srinagar

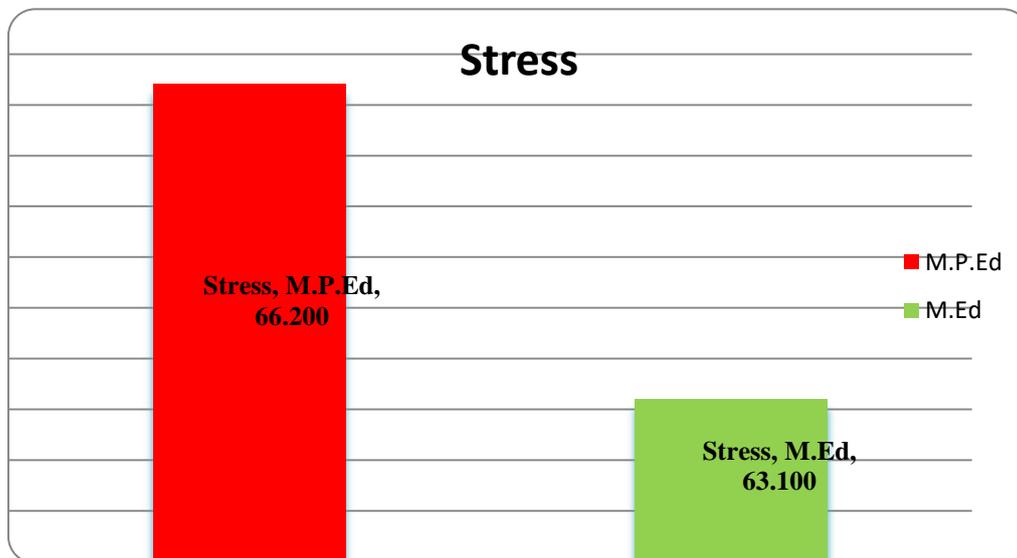


Table No. 2

Comparison of Stress between M.P.Ed and M.C.A Students of Kashmir University Srinagar Amravati University, Amravati

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
M.P.Ed	66.2	7.57	8.60	18.00	2.72	2.101
M.C.A.	74.80	6.53				

Level of significance = 0.05

Tabulated $t'_{0.05 (19)} = 1.729$

Table-2 uncovers that there is no critical distinction between method for M.P.Ed. Furthermore, M.C.A. bunch as the mean of M.P.Ed. is 66.2 is not exactly mean of M.C.A. is 74.80 and there mean distinction is 8.60. To genuinely look at the critical contrast between M.P.Ed. What's more, M.C.A. understudies, the information was again dissected by applying

't' test. Prior to applying 't' test, the standard deviation was determined between M.P.Ed. Understudies whose S.D. 7.57 and M.C.A. Understudies whose S.D. 6.53. There was a huge contrast among M.P.Ed and M.C.A. Understudies on the grounds that the worth of determined 't' =2.72 which is not exactly organized 't' =1.729 at 0.05 degree of importance, which shows that there is no huge contrast between M.P.Ed. What's more, M.C.A. Understudies.

Graph No. 2

Graphical Representation of Mean Difference of Stress between M.P.Ed and M.C.A. Students of Kashmir University Srinagar

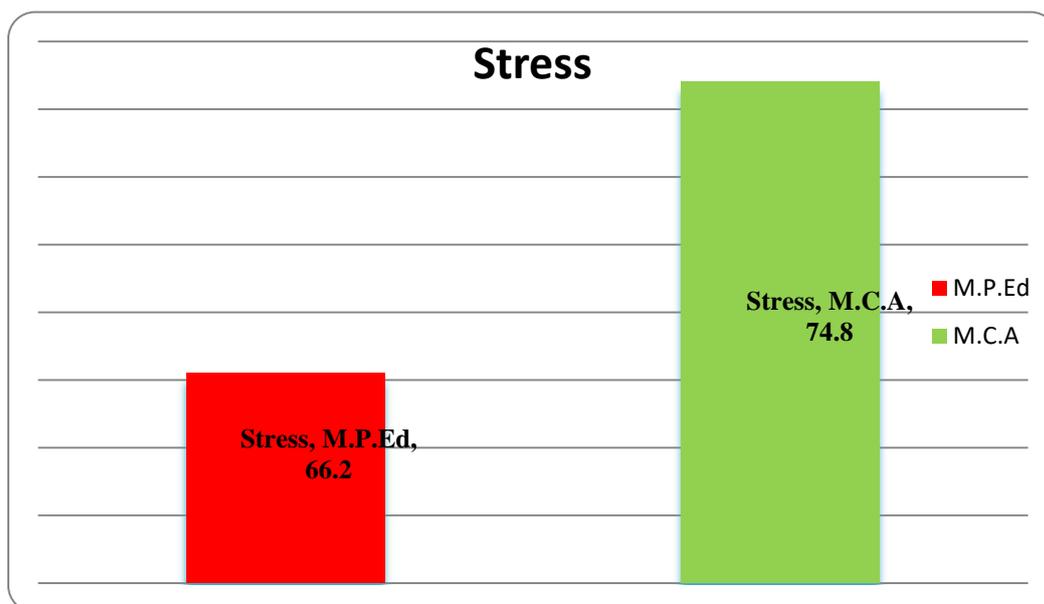


Table No. 3

Comparison of Stress between M.P.Ed and M.B.A. Students of Kashmir University Srinagar .

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
M.P.Ed	66.2	7.57	3.00	18.00	0.71	2.101
M.B.A.	69.20	11.06				

Level of significance = 0.05

Tabulated 't' 0.05 (19) = 1.729

Table-3 uncovers that there is no huge contrast between method for M.P.Ed. Also, M.B.A. bunch as the mean of M.P.Ed. is 66.2 is not exactly the mean of M.C.A. is 69.20 and there mean contrast is 3.00. To genuinely take a look at the huge distinction between M.P.Ed.

Also, M.B.A. understudies, the information was again broke down by applying 't' test. Prior to applying 't' test, the standard deviation was determined between M.P.Ed. Understudies whose S.D. 7.57 and M.B.A. Understudies whose S.D is 11.06. There was a huge distinction among M.P.Ed and M.C.A. Understudies on the grounds that the worth of determined 't' =1.06 which is not exactly organized 't' =0.71 at 0.05 degree of importance, which shows that there is no huge distinction between M.P.Ed. What's more, M.B.A. Understudies.

Graph No. 3

Graphical Representation of Mean Difference of Stress between M.P.Ed and M.B.A. Students of Kashmir University Srinagar

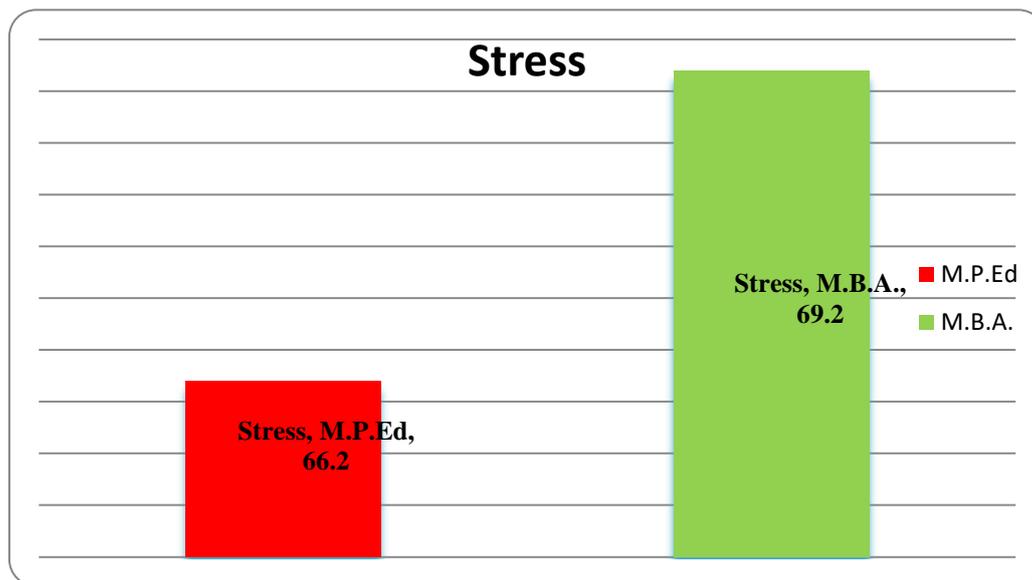


Table No. 4

Comparison of Stress between M.P.Ed and M.Com Students of Kashmir University Srinagar .

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
M.P.Ed	66.2	7.57	1.40	18.00	0.47	2.101
M.Com	64.80	5.47				

Level of significance = 0.05

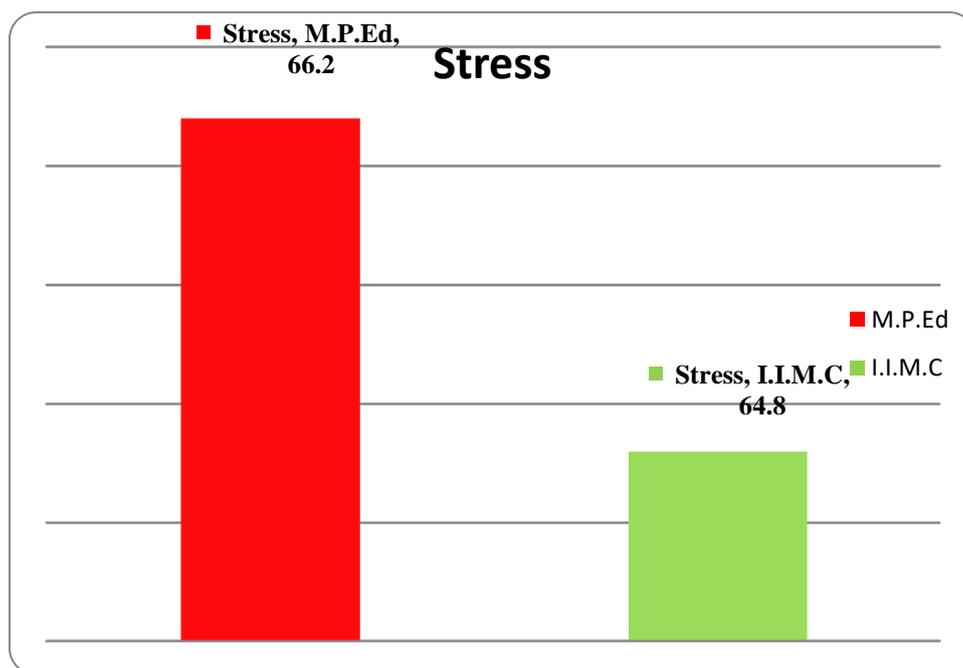
Tabulated 't' 0.05 (19) =1.729

Table 4-uncovers that there is no critical contrast between method for M.P.Ed. Furthermore, M.C.A. bunch as a mean of M.P.Ed. is 66.2 is not exactly mean of M.Com is 64.80 and there mean distinction is 1.40 To genuinely take a look at the critical contrast

between M.P.Ed. What's more, M.Com understudies, the information was again examined by applying 't' test. Prior to applying 't' test, the standard deviation was determined between M.P.Ed. Understudies who's S.D. 7.57 and M.Com Students whose S.D 5.47. There was a critical contrast among M.P.Ed and M.Com Students on the grounds that the worth of determined 't' =0.47 which is not exactly tabulated't' =1.729 at 0.05 degree of importance, which shows that there is no huge distinction between M.P.Ed. What's more, M.Com Students.

Graph No. 4

Graphical Representation of Mean Difference of Stress between M.P.Ed and M.Com Students of Kashmir University Srinagar



Conclusion:

Inside the limits of the investigation and from the measurable examination the accompanying end is drawn. On the basis of available literature, and researchers own experience and knowledge of Psychology, it is hypothesized that there will be a significant difference between the Stress level of physical Education Students and other professional students of Kashmir University Srinagar. But after the statistical analysis of data related to the stress of various departments it was found that in all cases there was not found difference between the Stress level of physical Education Students and other professional students of Kashmir University Srinagar. Hence the Researchers Pre- assumed Hypothesis is rejected.

References :

- It is recommended to take a study to compare the stress level of male and female students of Kashmir University Srinagar
- It is recommended to take a study to compare the stress level of School going and college students of Srinagar.
- It is recommended to repeat the same study on large sample for better results.
- It is recommended to compare the stress level of professional students of different states .
- It is recommended to take a study to compare the stress level of married and un-married jobless citizens of Srinagar.
- It is recommended to compare the stress level of academic professional students of various districts of Kashmir.

