

## A STUDY REGARDING THE PREVAILING OF STRESS AMONG THE COLLEGE PLAYER IN KHYBER PAKHTUNKHWA

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### Abstract

*This study aimed to explore the prevailing level of stress among male and female college players. All the college players of Khyber Pakhtunkhwa formulated the population of the study of which a sample of 490 was drawn having 50% male and 50% female subjects. A research tool-questionnaire was developed with the help of literature, which was pilot tested having Cronbach alpha value as 0.870 before lurching in the field. Both descriptive and inferential statistics were used. The data analysis revealed that the college players feel stress due to various reasons i.e. domination of opponents, self-poor performance and team, commitment of mistake, no cooperation among the team members, biased decision of the referee, competitions of vital importance, poor fitness level and expectation of people. It is concluded that the college players experience major stress as mental stress, psychological stress and emotional stress. The responses of male and female college players were compared and their expression regarding stress was almost similar. It is proposed that proper guidance and counseling services can be made beneficial for college players in order to overcome or minimize the stress and enhance the performance.*

**Key words:** *Prevailing, Stress, college, players,*

### Introduction

Sport is not only preparation for life but life itself. Mental health, social integration, excitement, enjoyment and interest are the exposure for sports engagement (Coalter, 2007). Human are sensitive to any change in his/her surroundings- environment. Emotional make-up of a person is his or her reaction to a stimulus that brings about change. Due to various

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changes in life human experience different types of feelings that affects emotional, mental and social health of individual. Hence life of a person is always revolving around enjoyable experience as well as displeasing moments. Human always interact with his/her environment. Reactions to stimuli or changes in the conditions of environment result in pleasant and worrying effects on psychological and physical set up of the body. In a nutshell, stress is a person's physical and psychological reaction to a pressure, perceived or actual demand for change. The demand or pressure itself is called a stressor. When hands are sweaty and heart is beating fast that are the indications of feeling stress in both mind and body, (Davis, Eshelman, & McKay,2008).

Commonly stress is unavoidable in human life. Stress comes into play very frequently in sports beside the other factors, sometime it support the performance of players and sometime it badly affects the performance of players. These feelings cannot be avoided in sports either, although its intensity varies with individuals, games, situations etc. Stress is naturally associated with sports (Hanin, 2010).

The word “stress” is coined in many ways and is now a major part of parcel of our life but its reach and meaning remained un-clear. Because it’s not a confined term. It is vast term in different countries; work place etc. defined it in their own way. According to a survey in UK thousands of people believed that they were experiencing work-related stress and out of five losses half of them got aware of their illness due to stress. It is hampering the performance of an individual employee as it is on the high (Hoel, Sparks,& Cooper, 2001).

According to Barkley (2013), people perform at their best and live their lives to the fullest when subjected to moderate stress-enough to keep the appeal and motivation, and addressing this constraint in a productive way. Just as too much stress can be harmful to health, will leave you very little tension and stagnation. However, it is caused by stressors such as economic issues, suicidal acts, strain and distorts the relationship at schools level. The suffering caused by stress is not fictional, but you can consider us thoroughly the relationship between stress and disease? Regardless of what is stress, what is increased dramatically over the past

years, which begs the question-what is happening in the company that are at the root of stress? The report shows that stress can have the greatest impact at the top and bottom of the socioeconomic ladder.

In Sports Psychology, stress can be considering as a mental or emotional strain as well as tension due to required circumstances before, during or after play or game. It is the matter of understand to have the sense of stressors affecting the ones performance and abilities. There are number of stress sources such as team selection, performance anxiety, injury, fans, peers, coaches, pressure to win, time management, failure and self-esteem hindering athletes performance and mental level (Russell, 2012).

Stress is naturally associated with sports (Gilbert, Gilbert,&Morawski, 2007). The authors further argues that stress has various types such as acute which will break and restrict the events and career as well. Additionally, stress has a series of consequences in family matters while initiating any event and activity. Moreover, stress can be caused and create the injuries and disabilities among athletes due to the extended period of time

Failure is always regretted by everyone, but the sports person doesn't agree with it and try to adjust with that kind of difficult and unexpected situation. Performance failure is considering the leading stressor among adolescents (Nicholls &Polman, 2007). Players always face challenging situations but sometime the situation becomes more challenging than that of the routine situation. Sometimes stress cause to play in unfamiliar way, late-game situation, observing the strong and fear of choking opponents, adversely affect the adolescents' performances (Trezza&Vanderschuren, 2008; Mapfumo&Muchena, 2014). In other hand, sports may be the vehicle which develops self-acceptance, social worth, social competence as well as status among peer (Donaldson & Ronan, 2006). This kind of aptitude of a player develops sportsmen spirit.

### **Rationale of the Study**

It's an undeniable fact that stress always exists during every competition/play/sports. Now to know what about stress observed in various competitions at various stages and certain situations need to be

studied. The stress needed to be addressed time to time, individual to individual and competition to competition.

This specific study intended to be related to College level player of Khyber Pakhtunkhwa. Players aging from 16 to 21 years. This is critical age for grooming among players, as they are to be reluctant, unaware, shy, and tentative. For this purpose, they need to be studied from every angle as they are prone to stress. So there is a dire need to find out the stressors exists/feel by the College players.

### **Statement of the Problem**

Health and healthy activities are paramount to all nations. The scope of sports is not now limited to medal winning in the competitions but also propagate good health practices in the society. Young players of the society are trend setters for the youth and also has to perform well to leave good impression. Question arises are they free from stress to show optimum performance or not? Hence the problem in question can be to study and analyze the “Stress among College Players in Khyber Pakhtunkhwa”.

### **Objectives of the Study**

The objectives of the study were:

1. To explore the stress among male and female college players of Khyber Pakhtunkhwa.
2. To suggest coping mechanism for stress among college players of Khyber Pakhtunkhwa.

### **Methodology**

The center of interest of the study is to analyze the stress college players in Khyber Pakhtunkhwa. The deductive approach begins with a universal view of the situation and work back to the particulars (Grey, 2004). Hence the deductive approach involving hypothesis formulation and testing considered more suitable for the study on the basis of related studies.

The research design of the study is non-experimental- descriptive and non-contrived. Keeping in view the related studies, survey approach was adopted to collect information from the focused group of college players.

This was hence a questionnaire based cross-sectional survey research design.

All the players who got admission in Government Colleges on 5% reserved Sports quota of 189 male and female colleges and currently studying in colleges of Khyber Pakhtunkhwa constituted population of the study. During academic session 2014-15 total number of student enrolments on 5% sports quota was 7757 of which 4906 were males and 2851 females who were actively participating in different games (Year Book 2014-15).

### Description of Sample

**Table No. 1.**

S/No	District	Male	Female	Total
1.	Peshawar colleges	2 40	40	80
2.	Mardan 2 colleges	40	40	80
3.	Swat 2 colleges	30	30	60
4.	Karak 2 colleges	30	30	60
5.	D.I.Khan colleges	2 25	25	50
6.	Abbottabad colleges	2 30	30	60
7.	Haripur 2 colleges	30	30	60
8.	Charsadda colleges	2 20	20	40
<b>Total</b>		<b>245</b>	<b>245</b>	<b>490</b>

**Data Analysis****Table No. 2** *Analysis of Stresses among College Players*

<b>Test Statistics</b>							
Gender	I feel no stress before an ordinary competitions or matches.	I feel stress only prior to high level of competition.	I remain under stress during match.	I get under pressure when the opponent is dominating in performance.	I get under pressure when I do not perform according to my potential.	I get under pressure when my team give poor performance	
Chi-Square	.000 <sup>a</sup>	60.906 <sup>b</sup>	442.082 <sup>c</sup>	417.898 <sup>c</sup>	427.918 <sup>c</sup>	456.510 <sup>c</sup>	430.265 <sup>c</sup>
Df	1	3	4	4	4	4	4
Asymp. Sig.	1.000	.000	.000	.000	.000	.000	.000

Table No. 2 shows the analysis of five (05) stressors; the data analysis revealed that none of the participants feel any kind of pressure during ordinary competition. However, they feel stress prior to the high level competition and they remain under pressure during the match. They feel pressure when the opponents dominate over them, as a result they cannot perform according to their potential, which in turn enhance that stress.

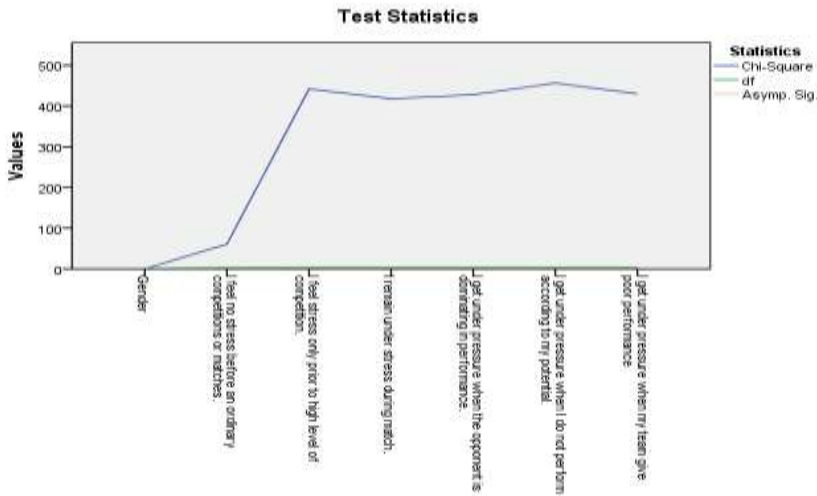
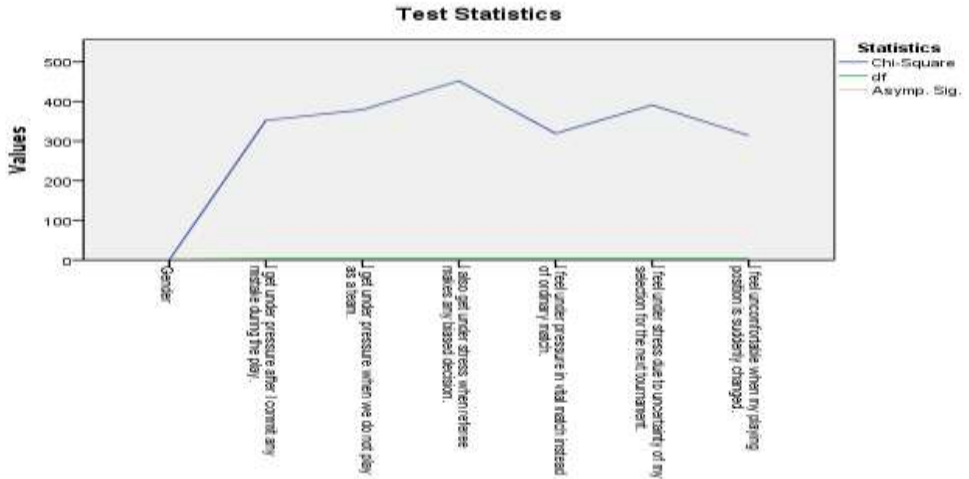


Table No. 3

Table No.03, most of the player got under pressure when they commit

	Test Statistics						
	Gender	I get under pressure after I commit any mistake during the play.	I get under pressure when we do not play as a team.	I also get under stress when referee makes any biased decision.	I feel under pressure in vital match instead of ordinary match.	I feel under stress due to uncertainty of my selection for the next tournament.	I feel uncomfortable when my playing position is suddenly changed.
Chi-Square	.000 <sup>a</sup>	352.163 <sup>b</sup>	379.020 <sup>b</sup>	451.776 <sup>b</sup>	319.163 <sup>b</sup>	391.000 <sup>b</sup>	313.816 <sup>b</sup>
Df	1	4	4	4	4	4	4
Asymp. Sig.	1.000	.000	.000	.000	.000	.000	.000

some mistake during a match and some time when there is no team work so stress build-up. Sometime the biased decision of umpire also a factor of stress development. The important match is also a pressure builder than an ordinary match. The uncertainty about selection in the next competition and change of playing position are considered to the stressors which develop stress on player.





Gender	I feel depressed when my fitness is not up to the mark.	I feel under stress when I recall my previous failure in performance	High performance demand of the team management put me under pressure.	High performance expectations of my family, friends and public serve as the causative factor of stress for me.	I feel under pressure playing a venue away from my
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.000<sup>a</sup>

357.612<sup>b</sup>

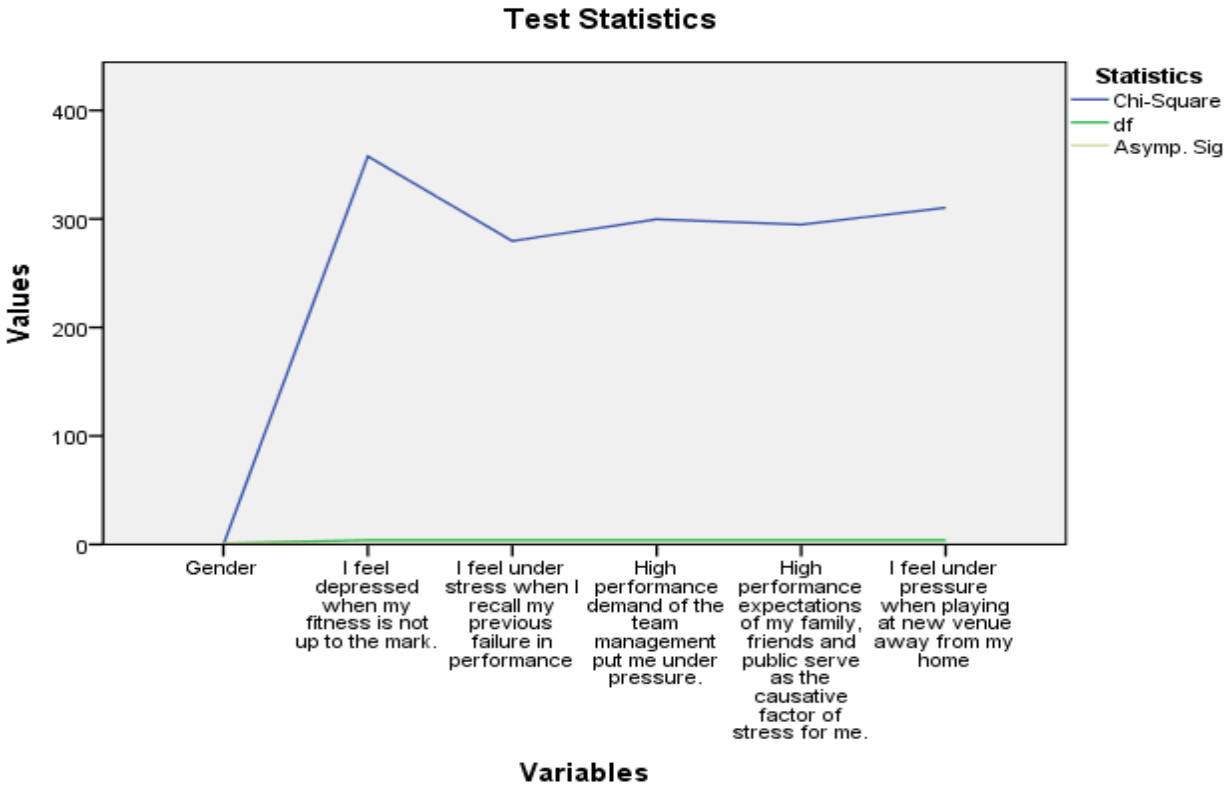
279.653<sup>b</sup>

299.673<sup>b</sup>

294.796<sup>b</sup>

31

1	4	4	4	4
1.000	.000	.000	.000	.000



**Discussion**

The findings of this study were the identification of various stressful situations faced by college players. The same study has also been conducted (Mapfumo & Muchena (2014). Referee, coach's conflict, contest pressure, illness and injury are the factors which develop stress among the athletes.

**Conclusion and Recommendations**

The data analysis revealed that there exists a wide range of stress among the college players of Khyber Pakhtunkhwa, Pakistan which adversely affects not only performance of the players but even the enthusiasm of sports. Most of the players feel sever stress when get exposed to competition, which needs to be addressed and device some coping mechanism. On the bases of findings and conclusions of the study the following are the major recommendations to minimize stress and improve the performance of college players:

1. The College players appear to face stress due to various reasons such as such as vital competitions, new playing venue, selection phobia, and poor preparation so it is proposed that team's management needs to take actions in these stress causing situations beforehand.
2. The College players need proper guidance and counseling services at their institutions to overcome the feelings of stress.
3. The college management should organize friendly matches or participate in friendly matches to minimize the stress situations of their college players with new teams, venues and environment etc.
4. The high ups of the college's players should provide the opportunities to their players for participation in games at local, district, provincial, national and international levels to minimize the phobias.
5. The college management should conduct regular team orientation sessions in order to promote leadership, team work and co-operation among the players.

6. Trainers and coaches need to pay equal attention to all the players individually and do the related counseling of suffering players in the field.
7. There is a need to introduce a modern refereeing/umpiring system with due support of electronic gadgets to make the decision-making more transparent and fair instead of developing ill feelings among the college players.
8. The selection of players should be based on merit and performance and not on the bases of liking and disliking. This strategy will help in minimizing the stressful situations and will also improve the quality of sports.
9. Nowadays all the wings and positions need specialized training and practice. A player trained for a specific position may not be disturbed to have best of him or her.

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