



Research Paper

## A Study on the Effect of Stress Management on the Kabaddi Players

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### Abstract:

The concept of stress has physiological and social aspects. The term 'stress' was popularized by an endocrinologist the first person to use this word borrowed from physics to describe the results of some kind of traumatic impingement on the organism (Cratty 1981) in fact he used the term to designate the event or trauma affecting the organism and the word strain to denote what happens to the organism or individual. Later the term began to replace such words like anxiety, emotional distress, conflict, ego, frustration, tension, lack of security and arousal etc. which denote some psychological and physiological conditions. But the word stress remained popular because it tended to unify mind body relationship.

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### I. Introduction :

A Sport is a psycho social activity full to tension anxiety fear strain and stresses in competitive sports term and individual athletes play to win and this spirit of winning the matches and individual events cause many psychological stresses. Terms may win or loss under psychological stress so a coach has to prepare or train a team or an individual athlete in such a way that the members of the team or athletes or to bear all types of stress and overcome the effects of over stress and strain which may deteriorate sports performance the players should undergo such an arduous training that they should be able to have physical load during practice Shadows and can have psychic stress during the period of competition because it is during competition that terms inevitably come under psychological stresses sometimes this stress gradually goes on increasing the coming content even during the periods of prepare preparation for contests there is a stress in sports i.e. stress before competition and stress after the completion of competition Stress has been defined as a stimulus response variable by different authors stress is a preceptor as a stimulus variable a mediator as an intervening variable Forest (1971) says stress is a state in which the natural stresses equilibrium of the body is descriptive stress is caused by any threat to the organisms disease trauma heat cold thirst fatigue can all be causes of stress emotional arousal can also think about just is the process that involves the reception of substantial imbalance between Environmental demand and response capability under conditions where failure to meet demand is perceived as having important consequences and responded to with increased level of anxiety hence Mc Grath (1970) defines stress as occurring when there is an imbalance between the perceived demand and the received response capability of the organism but the consequences must be that fail over to meet the demand with result in adverse consequences

Stress can be defined as the harmful physical and emotional responsible for health and even injury (Sauter et al. 1999) does stress can be considered as silent killer and may exact harmful effect on physical psychological and behavioral well being of the players stress is also considered as the negative consequences or resultant of modern and a fast moving way of living in an age of highly dynamic and competitive World women beings are facing all kinds of stressors or factors of stress that affect their family as well as work life and Hans Selye (1936) first introduced the term stress into life science the term stress is derived from the Latin word stringere which means to be drawn tight stress is a complex dynamic process of interaction between a person and his life the famous behavioral scientist Stephen P Robbins (2006) define it as stress arises from an opportunity demand constraint threat or challenge when the outcomes of the event or important and uncertain

The stress response is a complex a motion that produces physiological changes to prepare a spot fight or flight to defend our slaves from the threat or flee from it was quoted by Walter canon (1932) keeley and Harcourt (2001) India study occupational stress a study of the New Zealand and reserve Bank revealed that stress is caused by heavy work demons in the job itself which the unskilled employee with little control over how the work is done cannot adapt to or modified Kulkarni g k (2006) in an article Burnout published in Indian journal of occupational and environmental medicine 2006 said that rapid change of the modern working life is associated with increasing demands of learning new skills need to adopt to new types of work pressure of higher productivity and quality of of work time pressure and hectic jobs are increasing stress amount the work force further he added that privatization and globalisation has ignited marjas acquisition and precarious has critically affected the demospic industry stress that an employee encounters affects the productivity of organization (Bhattacharjee2009)

### **Statement of the problem**

To study the effects of stress management on the performance of Kabaddi players

### **Objectives of the study**

- The objective of the present study fees to study the effects of stress management on the performance of University Kabaddi players

### **Hypotheses of the study**

- The hypotheses consider for the current research is that there will be significant effect of stress management on the performance of University Kabaddi players

## **II. Review of related literature**

Kamlesh (1994) :

Review of related literature serves as a buckle between the old and new between the known and the unknown and between the already investigated and the to be investigated literature search is a milston leading the researcher on the high road of future Francis bacon perhaps was right when he said read not to contradict and confute nor to talk and find this courses nor to believe and take it for granted but to weigh and consider.

Denny K G and Steiner H.(2009)

Reported that when under conditions of high demand and all static load are happiness and satisfaction in 4 domains family friends academy recreations influenced more by external or internal factors do student athletes who lead exceedingly complicated leaves report happiness as a function of athletic achievement or internal disposition Stanford student athletes (N=140) where studied with a standardised questionnaire which examinded internal factors 1 locus of control 2 mind fullness 3 self-restraint and 4 4 esteem to SIM whether they better account for happiness then external factors playing time scholarship as predicted internal factors were more powerful correlates of happiness when holding content demographics regressions models diferred for different aspects of happiness but the main postulated result of internal versus external was maintained through out this findings have implications for how well athletes cope with adversity which in turn could shield light on the development of traits that may provide a buffer against adversity.

Denny KG and Steiner H(2009)

External and internal factors influencing happiness in the elite collegiate athletes child psychiatry women development 2009 March 40 1 55-72 at risk completed the locus of control scale for children (Nowicki & strickland 1973) the self esteem inventory questionnaire ( Blake 1991) a moderate positive relationship fund between self esteem and parental verbal interaction was consistent with a previous finding of no significant relationship for Blake elementary children AV at significant negative relationship was font between locus of control and parental verbal interaction.

### **Need for stress management**

Stress deteriorates the performs of players which result in law turn over trades of the company stress is the body physical and psychological response to anything that perceived as irresistible.

### **Hypotheses of the study:**

- The hypotheses considered for the current research is that there will be significant effect of stress management on the performance of University Kabaddi players

### **Definitions**

Stress is a state of psychological and or physiological imbalance resulting from the disparity between situational demand and the individual's ability and or motivations to meet those demands.

Stress management. Just management defense stress just management defense stress precisely as a person physiological response to an external stimulus that triggers the fight or flight reaction

### **Research methodology**

Keeping the major objective of study in view the appropriate design will be followed the study will be conducted on the sample of 200 men University Kabaddi players the sample distribution is given as under.

### **Collection of data.**

The selected person should have participated at least at intercollegiate level our inter University level attempts will be made categorize the sample into different equal sub groups for the comparison the factors like motivation technique stress and locus of Berry, J. W., Poortinga. Y. H, Segall M.H. Dasen. PR. (1992), (cross-cultural Psychology Research and Applications. Cambridge (ambridgel niversity Press ISBN 0-521-37761-7

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