



IMPACT OF STRESS ON MENTAL HEALTH AMONG SPORTS PERSONS

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Abstract

The purpose of the study was to know the impact of stress on Sports Persons. This study involves descriptive survey design of Sports Persons in a non-experimental, descriptive survey design. This explores and measures the perceptions of participants' psychological characteristics within the clinical environment. Total 100 Sports Persons selected for the present study from Bilaspur Chhattisgarh and their age ranged from 18 to 26 years. Questionnaires were used to gather data in this study. Co-relation was used to find out the impact of Stress on Mental health of Sports Persons. The study that there was negative impact of stress on Mental Health.

Keywords: Mental health, stress, Sports persons.

1. Introduction

University is a stressful time for many students as they go through the process of adapting to new educational and social environments. University may be even more stressful for international students who have the added strain of learning different cultural values and language in addition to preparation (Essandoh, 1995; Mori, 2000). As stressors accumulate, an individual's ability to cope or readjust can be overtaxed, depleting their physical or psychological resources. In turn, there is an increased probability that physical illness or psychological distress will follow. There has been a dearth of studies on international students. Both Indian and international students share common stressors such as family-related pressures, scholarship requirements, financial burdens, competition in class, and course-related stress. However, perceptions of stress and coping strategies might differ across cultures. Hence, "Indian and international students may differ in their perceptions"

Stress: “Stress may be defined as "a state of psychological and / or physiological imbalance resulting from the disparity between situational demand and the individual's ability and / or motivation to meet those demands.”

Mental Health: “Mental health was defined as an individual’s state of well-being, when he or she realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community.

1.1 Objectives of the Study:

The Objective of the Present study is to find out the stress of Sports Persons on mental health.

2. Methodology:

2.1 Selection of Subjects:

Total 100 Sports Persons selected for present study from Bilaspur Chhattisgarh & their age ranged from 18 to 26 years.

2.2 Tools of the Study:

Stress questionnaires of Sheldon’s were given to 10 subjects. The instructions were given to the subjects before filling these questionnaires by the researcher.

Scoring:

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the positively.

2.3 Statistical Analysis:

To analyse the data mean, S.D., & t-ratio will be utilized the level of significant set up at 0.5 level of confidence. For the analysis of data mean, standard deviation and t- ratio were used Formula for mean, standard deviation and t- ratio are as below. $M = \sum X/N$ S.D = $\sqrt{X^2/N}$ T- Ratio = $M1 - M2/$ Critical ratio.

3. Result of the Study:

Table 1: Mean score standard deviation and Co-Relation of stress on mental health of Sports Persons

Target Population	Variables	N	Co-relation
Sports Persons	Stress	100	-2.33
	Mental Health	100	

Table- 1 Shows the impact of Stress on Mental Health among Sports Persons.

4. Discussions and findings

It had been hypothesis that there would be no significant impact of stress on mental health in Sports Persons Table-1 reveals that there was negative impact of stress on Mental Health. That means stress negatively effects on mental health among Sports Persons. Thus the hypothesis of the study was rejected.

5. Conclusion

There was negative impact of stress on Mental Health. Stress negatively effects on mental health among Sports Persons.

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