

# A Study on Nature of Stress between Male and Female Basketball Shooters

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**Abstract-** The research was conducted on nature of stress between male and female basketball shooters. The sample consisted of 20 Basketball players(10 male and 10 female) selected randomly from S.D. College Barnala. The main objective of the study was to find out the nature of stress between basketball players. Stress Questionnaire prepared by Dr. Prerna Puri, Prof. Maju Mehta, Dr. Tajinder Kaur was used to measure the stress level of the subjects. It was found that there is no significant difference between scores of male and female shooters basketball players. Level of significance was set at .05 level.

**Keywords:** Stress, Basketball, players, shooters

## I. INTRODUCTION

Physical Education is a method for training through physical exercises which are chosen and continued with full respect to values in human development, improvement, and conduct. It is the aggregate of men's Physical exercises chose as to kind and directed as to results. Physical Education is that instruction which begins with Physical improvement and advances towards ideal advancement of person a definitive outcome being solid body, procurement of sound wellbeing, mental sharpness and social and passionate equalization. For example, individual will have the capacity to translate new circumstances adequately in progressively significant and deliberate way and can be said to be a "Physically instructed individual". Physical Education is a Comprehensive idea and its extension is wide. It isn't restricted to progressively Physical exercises. It incorporates every one of the perspectives

In 21st country, Physical education is no more a physical training only, or simply body building or mass drills, or merely indulging in play activities or pertaining to physical fitness alone. It has emerged as a multi dimensional discipline. The new physical education emphasizes education through the physical as a philosophical basis for sports, fitness, and physical education, a philosophy in which activity is believed to contribute to physical, mental, social and intellectual strength paving way for all round, wholesome and harmonious development of on individual.

The word brain science implies the examination of human direct, and sports brain research implies a sub class of cerebrum science to bargains through conduct of contenders and gatherings involved with forceful recreations. Games brain science is that part of brain science which is at last associated with human conduct on the play field, both under training and aggressive circumstances, with the end goal of realize subjective enhancement in execution and keep up the equal despite in the midst of the stresses of contention. It is the examination of human lead in diversions settings with a highlight on the mental piece of direct.

In 1590 Rudolf Goeckel used the word 'psychology' for the first time as a study of the mind. As the word mind could not be defined clearly, questions arose: what is mind? How can it be studies? And consequently, this view was also rejected. For centuries psychologies tried hard to understand the human actions and thoughts, and to disentangle the body-soul dichotomy. French Philosopher Rene Descartes described the body and mind as two separate structures that strongly influence each other.

## II. STRESS

Stress is characterized as a physical, mental or passionate interest, which will in general irritate the homeostasis of the body. It is a regular piece of life; if there were no burdens, we would likely competitors play out their endeavors with fluctuating sentiments of uneasiness. Used rather unreservedly, the term may related to any kind of weight, be it in light of one's action, schoolwork, marriage, illness or destruction of a companion or relative. The mutual factor in these is change. Loss of acknowledgment breeds this uneasiness with any change being viewed as a "peril". Hans Selye developed a model for the possible effects of chronic stress on the body. His model is the general adaptation syndrome, which occurs in three stages: alarm, resistance, and exhaustion.

Human body reacts to intense worry by freedom of synthetic substances. Our battle or-flight reactions is cured by adrenaline, testosterone and other development hormones, bringing about such physiologic changes as expanded pulse and circulatory strain, quicker breathing, muscle pressure, enlarged understudies, dry mouth and expanded glucose. This makes pressure a condition of expanded excitement essential for us to protect ourselves amid peril circumstances.

### 2.1 Stress and Sports

In sport, stress can best be thought of a process, says Rainer Martens. In other words, a stimulus situation, by itself, may or may not be stressful. Some athletes are not frightened by falling or getting injured; they actually enjoy performing before large crowds. Their perception of the situation often determines whether or not it leads to an anxiety response. Athletes are likely to feel anxious when they apprehend some kind of threat, which is any perception on the part of the athletes indicating that their ability to respond is not fulfilled to meet the need of the condition. Often stress results from a realistic assessment of the threat situation (that a threat actually exists) as well as from threats which are perceived than real. Younger athletes, thought courageous, feel the impact of stress more and try new skills to cope with it than do the experienced ones. Treating stress as a process is helpful in initiating intervention programmed at different stages of stress so as to eliminate it or at least minimize the negative effects which it has on performance.

Despite the basic adapting techniques for successfully overseeing enthusiastic reactions like uneasiness, stretch, strain, animosity and so on., in the athletic setting, here are a couple of basic ways to deal with handling of pressure.

- When stretch comes basically as an upgrade (for example swarm) causing diversion, change of the upgrade itself might be adequate to lessen pressure.
- Stress as the view of risk would require the competitor to figure out how to feel that requests of the circumstance are not troublesome for him/her to meet.
- In circumstances where stretch turns into a strange impression of risk, the mentor must attempt endeavors to change the competitor's reasoning and avert silly feelings of dread.
- In instance of worry as a foreseen negative outcome, the entertainer needs to excessively practice the conduct (schedule) to the point at progress is bound to happen, and desire for disappointment correspondingly to diminish.
- If stretch comes as an essential negative result, the competitor must be made to understand the significance of the expansion (odds of) progress and limit disappointment by supporting his reasoning about the dimension and significance of rivalry.

Where stretch happens as a strain reaction, profound muscle unwinding method or biofeedback goes about as the best procedure.

Not many people are aware of the positive aspects of stress. There are several situations in life and in sport where exposure to stress may be necessary and, in fact, desirable of orienting people to the competitive environment, which is not always conducive. Total isolation from stress (especially the one created by external factors like the crowd, opponents, weather conditions, play fields etc.) even if possible, might be detrimental because total isolation might produce athletes, who are quite vulnerable to stress unless physically and mentally conditioned to fight stress. Just as the body develops antibodies to protect the person from disease, so does an athlete develop coping strategies to handle stress. Total isolation from stress will deprive him of opportunities to learn such valuable lesson (techniques) both for sport and for life in general. This is known as "stress inoculation" approach.

### III. BASKETBALL IN INDIA:

Basketball was introduced into India some forty five years ago by the Y.M.C.A. at Calcutta. Later on when it was established in 1920 at Madras numbering over 4,000 have taken the game to all parts of India and even to some of the neighboring countries. The game is rapidly growing in popularity in schools, colleges, Universities, the Army, Navy and Air Force and Also various social agencies including the Y.M.C.As., Community Recreation Centers, and Public Playgrounds etc.

The National Basketball Federation of India was set up in 1950. It is perhaps the youngest national sports organization in the country. Though very young, it has achieved great success in certain directions. In the space of five years, basketball has spread far and wide and as many as 14 state Associations and the Services are affiliated to the parent body.

Basketball is today a very favorite game in most of our colleges. It is one of the games included in the Inter-University sports competitions. Over 150 Universities take part in the annual Inter-University championship. Since the introduction in the Inter-University competition, the game has gained immense popularity in the colleges and Universities. Inter-collegiate and Inter-schools tournaments are also conducted in many centers.

### IV. SHOOTING IN BASKETBALL

Shooting might be characterized as the demonstration of driving the ball toward the objective in a sort of tossing movement with the utilization of a couple of hands. This general, simplified definition conveys to the reader neither the importance of such a movement nor the extreme difficulty of being able to reach a high level of performance in the execution of the act. As a rule, shooting is the most vital and the most troublesome aptitude to ace in the sport of

ball. In the presentation the term shooting is meant to imply the execution of the action in a game situation, that is, under competitive pressure. Many young men have become extremely adept as good shooters in practice, but exhibit very mediocre shooting performance in competitive game situations.

There are many different shots that have been and are used in the game of basketball. Also, there are many variations in styles of execution used for each shot. It is believed that a good shooter is one who can virtually shoot from any stance with the use of any shooting style if he finds it necessary to do so.

Meric Eraslan<sup>1</sup>, et. al conducted study their plan was to assess pressure adapting systems of incapacitated sportsmen dependent on certain statistic factors. An aggregate of 261 authorized and dynamic sportsmen, 204 male and 57 female, who are experiencing ordinary preparing from various parts of games including amputee football, wheelchair b-ball, swimming and different fields took part in this exploration. "Stress Coping Strategies Scale" which was created by Lazarus and Folkman and adjusted to Turkish by Şahin and Durak was utilized in this examination. Whitney U test and Kruskal Wallis H test was utilized for factual examination of information gathered. Because of this examination, it was comprehended that debilitated sportsmen reasonably utilized certain frame of mind, urgent mentality, compliant demeanor, ask for social help and self assured person disposition. It was likewise comprehended that pressure adapting techniques of disabled sportsmen who partook in the examination have critical contrasts dependent on their age, sexual orientation, part of games and years spent doing sports ( $p < 0.05$ ), subsequently, we may recommend that age, sex, part of games and years spent doing sports are essential factors that influence the pressure adapting procedures of sportsmen.

**4.1 Material and Method:-**

20 (10 male and 10 female) basketball shooter players were selected randomly from SD college Barnal.

**4.2 Measures:-**

Psychological Questionnaire of stress by Dr. Prerna Puri, Prof. Maju Mehta, Dr. Tajinder Kaur status scale questionnaire was administered on Basketball shooter players to get the data.

**4.3 Statistical techniques:-**

A study on stress between male and female basketball shooters was done; t-test was implemented.

**4.4 Results**

In order to understand the nature of Stress among Shooters Male and Female of Basketball players mean scores, standard deviation obtained on stress scale were computed. Means scores and standard deviation along with t-value have been shown in Table 1.

Table 1: t-test of Stress between Shooters Male and Female Players

	Number	Mean	Standard Deviation	S.E.M.	Mean Difference	t-value
Male	10	2.32	.450	.077	.024	0.005 N.S.
Female	10	2.21	.313	.053		

Result is non-significant,  $p < 0.05$

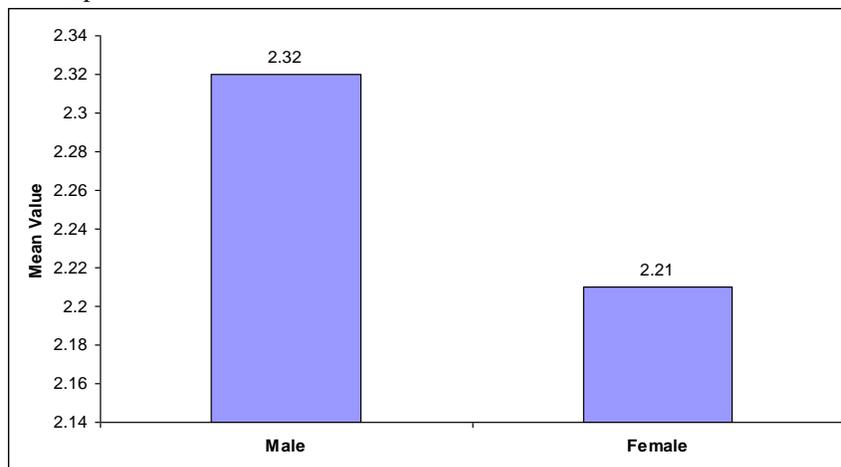


Figure 1 : Comparison of mean values of Stress between Shooters Male and Female Players.

As shown in table 1, out of 20 total shooters, 10 are male shooters and 10 are female shooters. Table 1 has shown the mean scores of stress male shooters (N=10) is 2.32 (S.D.=.450) which is higher as compared to the mean scores of stress female shooters (N=10) i.e. 2.21 (S.D.=.313). The t-value or critical value comes out to be 0.005. Hence, there is no significant difference between scores of male and female shooters. Thus the hypothesis is accepted.

#### V. DISCUSSION OF FINDING

The finding of the stress level does not have any significant difference between basketball shooter male and female players.

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