

EFFECTS OF STRESS OF LOOSER & WINNER SWIMMER ON THEIR PERFORMANCE

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Abstract: *Psychology is the study of behavior, it being both covert and overt. It is relatively easy to investigate overt behaviors accurately and reliably and to employ independent verification of phenomena, but when it comes to covert behaviors, such as thoughts and emotional interpretations, the ability to verify phenomena independently is usually thwarted. While it remains possible to manipulate external events and observe behavioral outcomes, functional relationships between environmental psychological factors and performances can be described. It is not scientifically appropriate to attribute outcomes to intermediary events such as thoughts and perceptions when they have not been directly observed. A position on that restriction has been described elsewhere (Rushall, 1992). While talk is of thoughts and covert activities, it is the external stimulating events that influence them which are really the causal factors in the research works discussed.*

Key words: *“Effects of Stress of Looser & Winner Swimmer on their Performance”*

The concept of cultural difference is not new to sport psychology. In 1987, Yessis wrote to the North American audience, and spoke of the secret practices of sport scientists including sport psychologists from the now former Soviet Union. His reflections reiterated Russian techniques that predominated in twentieth century sport, and have recently come to light again with the translation of Puni’s research-driven practice (see Ryba, Stambulova, & Wrisberg, 2005). Yessis’ acknowledgement of sport systems and sport practices reflecting diverse nationalities was known to sport literature during the 1980’s (see Weinberg & Gould, 2003).

The first author of this paper, at that time an under-graduate student and aspiring elite athlete, read his book with interest, all the while wondering whether practices that are successful in one country [and with one population] would be successful with another. Would sport psychology practices employed with eastern Europeans, for instance, suit a North American audience? Adding to the discussions indirectly, Cox, Qui, and Liu (1993) noted later that sport psychology, as a domain, extends to Asia, Western Europe, Oceania, and North America. Since, there have also been written contributions from South America. Is it possible that this diversity in locations and people affect applied techniques, delivery of service, and methods of inquiry?

The international flavour of sport psychology speaks to more than the broad array of

international research representing diverse locations. The voices within our domain also reflect unique cultural perspectives, and likely, unique needs. Though sport psychology praxis to the present has been confined to generic techniques, as noted by Ryba and Wright (2005), new discussions are bringing to light reflexive possibilities for research and practice at the levels of societies, and within each one, numerous communities. Some are beginning to find that motivational techniques must be meaningful at the socio-cultural level in order to be inspirational to their intended audience. Each region and race can potentially benefit from some techniques that span region and population, some cultural twists to pre-existing protocols, and potentially some population specific sport psychology techniques. It is being advocated throughout this entire instalment that the emergence of culturally sensitive techniques will extend the scope of applied practice and research in a way that universalism leaves untouched, and therefore, unspoken.

Statement of the Problem:

Keeping in mind that the Stress of is an important antecedent to good performance, the present study was undertaken to find out the Stress between the Looser and Winner order to achieve this aim the problem is stated as **“Effects of Stress of Looser & Winner Swimmer on their Performance”** The chief purpose of the study was to find out the Effects of Stress of Looser & Winner Swimmer on their Performance the allied objectives of the study are as follows:

Purpose of the Study

1. To find out the Effects of Stress of Looser & Winner Swimmer.

Significance of the Study:

The significance of the study is argued on the basis of the following grounds:

- The finding of the study will help the physical education teachers, coaches and trainers to understand the relationship of psychological variables of the loser & winner swimmers.
- The result of the study will be of great significance to Indian sports men to important it is too confident or to have assertive approach prior to competition to be a champion of that competition.
- The finding of the study will also possible a new area to sports psychologists, trainers, physical education teacher and coaches to work on methods of developing Stress in spite of their better technical, tactical levels.
- The results of the study may help the coaches and physical education teachers to coach their players considering the psychological factors responsible for performance at different locality of their schools and colleges.

Hypothesis:

“It was hypothesized that there would be significance difference in the effects of Stress of Looser & Winner Swimmers on their performance”

Delimitation of the Study:

- The study will be delimited 200 looser swimmers and 200 winner swimmers.
- The study will be delimited to followings four Universities.
 - Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.
 - Punjabi University, Patiala.
 - Punjab University, Chandigarh.
 - Kurukshetra University, Kurukshetra.
- The study will be delimited to 18 to 25 years.
- The study will be delimited to 50 looser and 50 winner swimmer of each University.
- The study will be delimited to assessment of Stress level by using Stress Inventory Scale Questionnaire of Sinha's

Limitation of the Study:

The present study had the following limitations in it:

- No Motivation technique will be used by the researcher.
- The data will be collected through questionnaire Method and researcher will be depending on the responses and result given by swimmers.

Definitions And Explanations :

Sports Psychology:

“Sports psychology takes the help of psychology at every step while giving training to the players to show then right type of behaviour”

Stress:

“Stress is an uneasiness and feeling of fore boding often found when a person is about to embark on hazardous venture, it is often accompanied by strong desire to excel.”

“Stress is a state of emotional and physical disturbance induced in a present by real or imagined threat. In psychiatry, the term refers to disturbance caused by traits that are only apparent to the individuals and cause him to behave in a way that is not relevant to the true situations”

Looser “Those who did not got 1st, 2nd and 3rd position in Inter university competitions”
“Those who only participate in Inter university competition”

Winner “Those who got 1st, 2nd and 3rd position in their inter university competitions”

Review Of Related Literature:

A summary of the writings of recognized authorities and of previous research provides evidence that the researcher is familiar with what is already known and what is still unknown and untested. Since effective research is based upon past knowledge, this helps to eliminate the duplication of what has been done, and provides useful hypotheses and helpful suggestions for significant investigation. The research scholar made an attempt to go through

the related literatures in libraries of RTM Nagpur University, Nagpur, Punjabi University, Patiala, Panjab University, Chandigarh, Kurukshetra University, Kurukshetra and library at Laxmibai National Institute of Physical Education, Gwalior. In all reviews were made including Stress. Not even a single study was found which was directly related to the present study.

Hence it was concluded that the present study was a new one having better scope to work covering both groups. Necessary data for the present study were collected from the concerned universities. The sample consisted of the 200 looser and 200 winner and 50 looser and 50 winner from each university. The socio-psychological variables selected for the present study were Stress keeping in view the availability and suitability of tests, the following tests were used for the collection of data:

Method Of Study :

The criterion measure chosen to test the hypothesis was:

1. The study will be delimited to assessment of Stress level by using Stress Inventory Scale Questionnaire of Sinha's

For the collection of data from the concerned universities in the researcher had to seek co-operation from many quarters. He had to approach the Director of Physical Education and lecturers of physical education, coaches, trainer and academic lectures in various schools to ask for cooperation for collection of the data. They assured the maximum help in this regard the timing for the data collection from the looser and winner. The investigator had tried to stick to the same timing for test administration, which was from 7 AM to 10 AM for all the subjects.

The test instructions were read out to the subjects. In almost all the test, the subjects were told to list their first response without any delay to meet the demand of the test. If any subject lagged behind, he was allowed to complete the task as soon as he could. Each subject was asked to hand over responses sheet immediately after it was dually filled.

The data obtained was complete and tabulated variables wise. The statistical analysis of the data was performed on a computer. The raw scores were converted into percentile scores as given by the original test developers. At the first stage mean, standard deviation and standard error were calculated for all variables. In the first stage the comparison was made university wise and in the second stage the comparison was made with group. At the third stage 't' Ratio was used for comparison of socio-psychological variables of looser and winner. The level of significance was set at 0.05, which was considered appropriate keeping in view the level of both the students and research scholar. The results of the statistical analysis are given in the following tables and the means of the comparison in different games, groups are also shown in Bar Graphs. They are given in the next pages.

Table 1.1

Mean Value and Standard Deviation Value, Standard Error and 't' ratio of Winner and Looser of the study on Stress

Group	Mean	Standard Deviation	Standard Error	't' ratio	Required 't' ratio
Winner	76.55	13.496	13.517	2.194	1.65
Looser	81.35	7.245			

There is Significant Difference at 0.05 level

An examination of table no. 1.1 reveals that the mean value of Winner is 76.55 and Looser is 81.35 in Stress level. The table reveals that there is significant difference in the mean value of Winners and Losers. As 't' ratio is 2.194 is more than the required ratio value of 1.65.

It was hypothesized that:

There would be significant difference in the effects of Stress of Looser & Winner Swimmers on their performance.

Summary, Conclusion And Recommendation:

According to the result of this study there are Significant differences in Stress in RTM Nagpur University, Nagpur. Panjab University Chandigarh, Panjabi University, Patiala and Kurukshetra University, Kurukshetra,

In the Final between the group there are significant difference found. So that hypothesis is accepted.

On the basis of the results following recommendations are made for further necessary and follow up action:

- The coaches and physical education teachers should consider the Socio-psychological factors while coaching their player coming from different group.
- The result of the study should be considered while selecting the players too.
- The same type of study may be undertaken by selecting other team and individual games.
- The same type of study may be undertaken by selecting other rural and urban sports persons of different level i.e. national/ international level.

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