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## **COMPARISON OF STRESS LEVEL AMONG PHYSICAL EDUCATION AND YOGA STUDENTS**

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## Abstract

The present study shows the comparison of stress level among male Physical Education and yoga students. The total sample of 60 student's divided into two group i.e. 30 Physical Education and 30 yoga students from Gurukul Kangri University Haridwar (Uttarakhand). In the present study Random sampling technique was employed to select the sample. A psychological stress scale (Kaul and Bedi 2001) was used to assess the stress level. The Result was found that male Physical Education students have less stress as compare to yoga students. So finding of the study indicate that yoga students were more prone to stress as compare to Physical Education students.

## Introduction

two Stress is viewed as present day society's sickness with the aid of gurus from specific sectors. Stress has consequences on people's behaviors, communications and efficiency. Stress is no longer solely a aspect in working places; it is additionally frequent element in instructional environments skilled by way of students. Stress is first described through Hans Selye (1978) whilst looking for lady hormones. Before Selye, the time period "stress" used to be used to describe a intellectual pressure or unwelcome happening. Selye proven that stress weakened rats' immunity. Stress has come to be a prevalent clarification for human conduct in industrial societies (Viner, 1979). Walter Cannon described stress as "an exterior aspect affecting bodily homeostasis". Cannon, introducing the time period "homeostasis" and "fight or flight" response to stress is believed to do the first researches about stress (Sahin, 1982; Viner, 1980). Although the time period stress has first proven up in physiology today, there are many definitions of stress in many areas. According to Robbins, "stress is a dynamic circumstance in which an man or woman is confronted with an opportunity, constraint or demand associated to what he or she needs and for which the effect is perceived to be each unsure and important" (Robbins, 1986). Stress is a bad emotional experience, accompanied via predictable physiological, cognitive and behavioral adjustments that are directed both towards altering traumatic instances or accommodating to its effects.

## Significance of the problem

The existing learn about to discover out the distinction of stress degree between bodily training and yoga college students of Gurukul Kangri University. It might also be beneficial in enhancing the stage of overall performance in video games and sports. In this aggressive world, to live to tell the tale and exists upkeep of



fitness at Physical and intellectual degree is very important. The reason of deterioration is day to day growing disturbing occasions which are very generally located amongst teenagers that are extensively influenced through peer pressure. The reason of their stress should be recognized at the earliest to keep away from behavioral troubles. Study itself is probably very annoying with many extraordinary and now and again conflicting pressures – analyzing complicated technical or theoretical material, writing assignments for deadlines, working phase time, having a ‘successful’ social life, household needs possibly peaking close to the checks which themselves explicitly check your overall performance below stress by way of placing strict time stipulations and doing away with viable assets such as books, colleagues, notes etc. Study can additionally mission your thoughts of who possibly seem to be like they have the whole lot underneath manage no longer continually the case through any means. Any alternate or transition, even a welcome one is traumatic and find out about entails a lot of transitions in addition to different existence events.

## Method and Procedure

To achieve the purpose of the study total of sixty (n=60) male Physical Education and Yoga Students were selected as subjects divided into two groups, thirty (n=30) physical education students and, thirty (n=30) yoga students of Gurukul Kangri University Haridwar was Purposive sampling technique was employed to select the sample. The age group ranged from 18-25 years. The Researcher has used a psychological stress scale (Kaul and Bedi 2001) to measure stress level. The procedure investigator was used Perceived stress scale on Stress among Students with 20 items for the collection of data. The investigator was collecting the data by distributing the scale among male Students of Gurukul Kangri University Haridwar Uttarakhand. Sixty subjects were dividing into two groups there selected by used random sampling technique. Age varied by as per matriculation certificate. All instructions were given to subjects items of scale and the purposes of research were explained to the subjects. The doubts of the subjects were cleared. They were given enough time to think and respond. The respondents were assured that their responses was kept confidential and used for research purpose only.

## Tools

Perceived stress scale which has been prepared by Dr. Renna Kaul and Bedi 2001 was used to access cognitive and somatic indicators of stress. There are 20 items in this stress scale in the form of questionnaire & Reliability coefficient 0.90

## Statistical Technique

To find out, in order to find out the Comparison of stress level among Physical Education and yoga students 't' test was used at a 0.05 level of significance. Result Pertaining to Stress level

**Table 1- Show the Stress Level of Male Physical Education and Yoga Students**

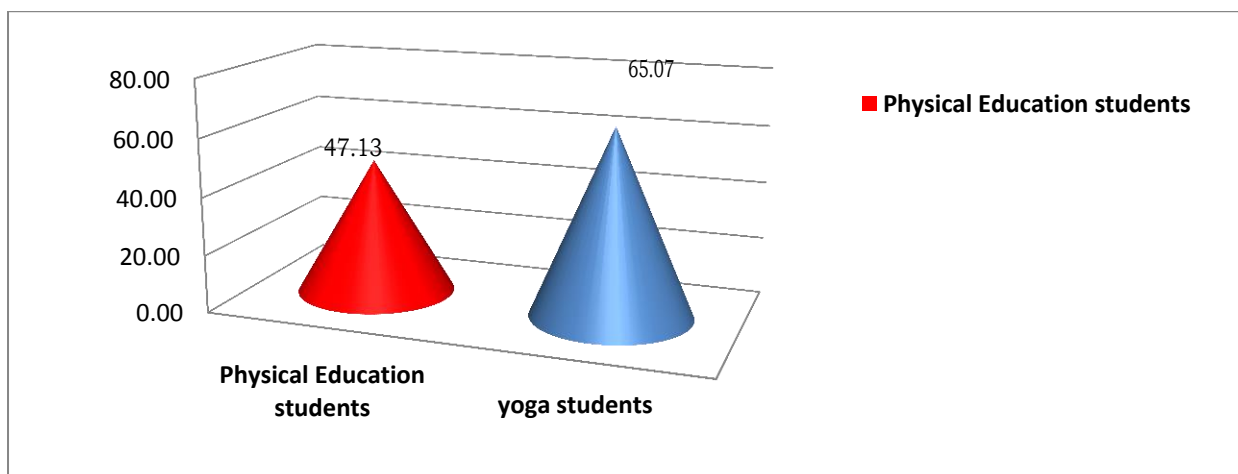
Groups	N	Mean score	S.D	df	t-value
Physical Education students	30	47.13	7.46	58	5.23**
Yoga students	30	65.07	12.61		

\*Table value-2.01 at 0.05 level

\* \*significant at 0.01

\*Table value-2.68 at 0.01

**Figure 1- Histogram Showing the Mean Score of Stress Level of Male Physical. Education and Yoga Students.**



## Result and Discussion

Table and Figure 1.1 show the comparison of Stress Level Male Physical Education and Yoga Students. The mean values of Physical Education and yoga students were found 47.13 and 65.07, respectively. The S.D values of Physical Education and yoga students were found to be 7.46 and 12.61, respectively. The t. value



was found 5.23. The statistically result was found significant at .01 level  $t= 5.23$  (table value 2.68). Result was found Physical Education students have less stress as compare to yoga students this may be due to heavy training and full exercise of the body. Physical Education students are involved in competitive sports. So, participation in sports reduces the stress level due to pass from critical situation of the matches. This may be reducing the stress level as compare to yoga students.

### Testing of hypothesis

The proposed hypothesis that “there was no significant difference among Physical Education and yoga students as related to their stress level” The Results were found significant comparison between physical education and yoga students as related to stress, so hypothesis was rejected.

### Conclusion

As the mean scores revealed that there was more examination stress in case of physical education compared to yoga students. So, findings indicate that yoga students were more prone to examination stress as compare to Physical education students. There exists significance difference among Physical Education and yoga students as related to their stress level. So that hypothesis was rejected.

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