



Research Paper: An Analytical Study on Stress Levels of Kabaddi Players at Government Degree College Kupwara (Jammu & Kashmir)

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Abstract

This study aims to analyze the stress levels of Kabaddi players at Government Degree College Kupwara, Jammu & Kashmir. Stress, a common psychological factor affecting athletes, can influence performance and overall well-being. By identifying stressors and their impact, this research provides insights into managing stress among Kabaddi players to enhance their athletic performance. The study utilizes a sample of 50 Kabaddi players, assessing their stress levels through a structured questionnaire and analyzing the data using statistical tools. The findings reveal significant stress factors, offering recommendations for better stress management in sports.

Key Words: *Analytical Study, Stress Levels, Kabaddi, Players, Government Degree College Kupwara etc*

1. Introduction

Sports, particularly contact sports like Kabaddi, can impose significant physical and psychological stress on athletes. Stress in sports can stem from various factors, including competition, training load, expectations, and personal issues. Managing this stress is crucial for athletes to maintain peak performance. This study focuses on Kabaddi players at Government Degree College Kupwara, analyzing their stress levels to understand the prevalent stressors and their impact on performance.

2. Review of Literature

Previous studies on sports-related stress have highlighted various sources of stress, including performance pressure, injury fears, and team dynamics. Research shows that high stress levels can negatively affect athletes' performance, leading to decreased focus, fatigue, and burnout. Understanding these stressors in the context of Kabaddi, a sport that demands high physical and mental resilience, is essential for developing effective stress management strategies.

3. Research Methodology

3.1 Sample

The study involved 50 Kabaddi players from Government Degree College Kupwara, Jammu & Kashmir. The sample included both male and female players aged between 18 and 25 years.

3.2 Data Collection

Data were collected using a structured questionnaire designed to measure stress levels. The questionnaire included items related to personal, academic, and sports-related stressors, with responses recorded on a Likert scale ranging from 1 (low stress) to 5 (high stress).

3.3 Data Analysis

The collected data were analyzed using descriptive statistics, including mean, standard deviation, and frequency distribution. Inferential statistics such as t-tests were also used to identify significant differences in stress levels based on gender and experience.

4. Results and Discussion

4.1 General Stress Levels

Table 1 presents the overall stress levels among Kabaddi players at Government Degree College Kupwara. The data show that a significant proportion of players experience moderate to high levels of stress, particularly related to performance and competition pressure.

Table 1: General Stress Levels among Kabaddi Players

Stress Level	Frequency	Percentage (%)
Low (1-2)	8	16
Moderate (3)	24	48
High (4-5)	18	36
Total	50	100

4.2 Gender Differences in Stress Levels

Table 2 compares the stress levels between male and female Kabaddi players. The results indicate that female players experience slightly higher stress levels compared to their male counterparts, particularly in areas related to academic pressures and social expectations.

Table 2: Gender Differences in Stress Levels

Gender	Mean Stress Level	Standard Deviation	t-value	p-value
Male	3.12	0.75	1.98	0.049
Female	3.45	0.68		

4.3 Stress Factors

Table 3 highlights the major stress factors identified among Kabaddi players. Performance pressure emerged as the most significant stressor, followed by injury concerns and academic challenges.

Table 3: Major Stress Factors among Kabaddi Players

Stress Factor	Mean Score	Rank
Performance Pressure	4.22	1
Injury Concerns	3.98	2
Academic Challenges	3.76	3
Social Expectations	3.45	4
Training Load	3.30	5

5. Conclusion

The study reveals that Kabaddi players at Government Degree College Kupwara experience moderate to high levels of stress, with significant differences based on gender. Performance pressure, injury concerns, and academic challenges are the primary stressors. These findings underscore the need for targeted stress management programs to support Kabaddi players in coping with stress and maintaining optimal performance.

6. Recommendations

- Stress Management Workshops:** Regular workshops on stress management techniques, such as mindfulness and relaxation exercises, should be conducted for Kabaddi players.
- Counseling Services:** Establishment of counseling services within the college to help players deal with academic and personal stressors.

3. **Injury Prevention Programs:** Implementing injury prevention programs to reduce the physical stress associated with Kabaddi.

7. References

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