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Psychological Problem Of Student Athletes: A Comparative Study Between Male And Female Athletes

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Abstract

The purpose of the study was to examine the psychological Problem of male and female athletes .The Universe of the study was the student athletes who has been minimum participating in intercollegiate tournament and sampling frame divided into two parts such as male and female with their age and level of participation . The method of sample was purposive –A non-random method of sampling design for student athletes with a specific purpose. Total 250 male and 250 female student athletes was taken from Marathwada region of Maharashtra.A pilot study was conducted immediately after the approval of this research, prior to the commencement of the main study. The purposeof the pilot study is to test the feasibility and logistical aspects of the proposed study. The research design of the study is to non-experimental, descriptive survey design. The groups are male and Female students Athletes. The result of the study reveals that there were significant difference were found in psychological problem ($t=P<.05$) between male and female Athletes.

Introduction

Depression, stress, and anxiety are psychological problems in students. Participation in athletics can be stress. Athletic participation itself can become an additional stressor that traditional college students do not experience (Kimball & Freysinger, 2003). Athletes experience unique stressors related to their athletic status such as extensive time demands; a loss of the 'star status' that many had experienced as high school athletes; injuries; the possibility of being benched/red-shirted their freshman year and conflicts with their coaches, among other factors (Papanikolaou et al., 2003). In addition to these stresses, freshmen athletes must also meet the increased academic demands at the college level. The interaction of these multiple stressors presents a unique problem for the college student athlete, and evidence suggests that the combination of these stressors has a negative affect on their well-being. For

example, a recent investigation found that almost half of the male athletes and slightly more than half of the female athletes interviewed indicated that stresses associated with sport participation, such as pressure to win, excessive anxiety, frustration conflict, irritation and fear significantly affected their mental or emotional health (Humphrey et al., 2000). Moreover, studies have suggested that college athletes who experience high levels of stress are more likely to practice bad health habits (Hudd et al., 2000) and to experience psychological problems (Shirka, 1997), including low self-esteem (Hudd et al., 2000; Papanikolaou et al., 2003).

Methods

The Universe of the study was the student athletes who has been minimum participating in intercollegiate tournament and sampling frame divided into two parts such as male and female with their age and level of participation . The method of sample was purposive –A non-random method of sampling design for student athletes with a specific purpose. Total 250 male and 250 female student athletes was taken from Marathwada region of Maharashtra.A pilot study was conducted immediately after the approval of this research, prior to the commencement of the main study. The purpose of the pilot study is to test the feasibility and logistical aspects of the proposed study. The research design of the study is to non-experimental, descriptive survey design. The groups are male and Female students Athletes. In assessing the psychological problems the Depression Anxiety Stress Scale (DASS) was used to measure depression, anxiety ,and stress. The DASS is designed to assess aspects of depression, anxiety and stress using a multidimensional approach in adolescents and adults (Lovibond&Lovibond, 1995). It is a 42-item self-report measure. Items fall into three scales; Depression (D), Anxiety (A), and Stress (S) with 14 items per scale. Each item is scored from 0 (“did not apply to me at all”) to 3 (“applied to me very much, or most of the time”) in terms of how much the item applied within the past week. Mean, Standard deviation, and t test was used to compare the categorical variables among the groups.

Results Of The Study

The results concerning this are presented in the form of tables wherever necessary. For the sake of convenience and methodical presentation of the results, following order has been adopted.

Table – 1**Mean Scores and Standard Deviations of selected
Components of the Male Athletes**

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	25.67	8.87
2.	Weight (Kg)	69.23	12.34
3.	Height (cm)	168.30	25.20

Table-1, shows that the mean scores and standard deviations of the selected components of the Male and Female Athletes.

Mean Score (S.Ds.) age of Male Athletes was 25.67 (8.87) years, mean score (S.Ds.) weight was 69.23 (12.34) Kg., mean score (S.Ds.) height was 168.30 (25.20) cm.

Table – 2**Mean Scores and Standard Deviations of selected
Components of the Female Athletes**

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.60	7.87
2.	Weight (Kg)	60.21	10.23
3.	Height (cm)	130.31	18.97

Table-2, shows that the mean scores and standard deviations of the selected components of the Female Athletes.

Mean Score (S.Ds.) age of female Athletes was 22.60 (7.87) years, mean score (S.Ds.) weight was 60.21 (10.23) Kg., mean score (S.Ds.) height was 130.31 (18.97) cm.

Table – 3

Statistical comparison of Psychological problem between male and female Athletes

Components	Athletes	No.	Means	SDs	t-ratio
Psychological problem	Male Athletes	250	12.66	3.66	*
	Female Athletes	250	14.67	4.66	

* Significant at .05 level

Table- shows the statistical comparison of psychological problem between male and female Athletes.

With regards to *Psychological problem* between male and female students they have obtained mean values (SDs) were 12.66(3.66) and 14.67 (4.66) respectively, the result of the study reveals that there were significant difference were found in psychological problem ($t = P < .05$) between male and female Athletes. Female student athletes were more suffer from their psychological problem.

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