EFFECT OF PHYSICAL ACTIVITIES ON ACADEMIC AND SOCIAL STRESS IN RELATION TO THEIR ACADEMIC ACHIEVEMENT OF COLLEGE STUDENTS

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ABSTRACT

For the study Random sampling method was used. Sample was selected from the Shaheed Udham Singh P. G. College, Rudrapur of Uttarakhand. The age categories of the students were 19 to 25 years. The samples were further divided in two groups by using purposive sampling.60 students were selected as a sample. The sample was further sub divided into two groups with 30 students in each group which were categorized as sports person and non-sports person. For collection of data Scale of academic stress (SAS) Scale of social academic stress (SAS) from Bisht Battery of scale, developed by Abha Rani Bisht (1987) and Scale of social stress (SSS) Scale of social stress (SSS) from Bisht Battery of scale, developed by Abha Rani Bisht (1987)tool has been used by investigator to collect data. Inventory was distributed to the subjects and they were guided to mark the relevant response which suits them. "t-test" and correlation was used to find the significant difference of academic achievement between sports persons and non-sports person.

All the hypotheses formulated were rejected because there does not exists any significant difference between the social stress and academic stress of sports person and non-sports person, while comparing the different groups After the application of correlation the obtained data was analysed and found that the correlation of social stress with academic achievement of non-sports persons was significant.

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So it can be summed that the social stress was higher in sports persons as compared to non-sports person, and academic stress was also found higher in sports persons as compared to non-sports person. Further after calculation of r value it was observed that social stress of non-sports person and academic stress of sports person was directly related with the academic achievement of the students.

Results of the study also shows that sports person have a higher level of academic stress and it was directly related with their academic achievement.

KEYWORDS*:* physical activity, Academic stress, Social stress, academic achievement etc.

METHOD AND PROCEDURE

The present chapter deals with the design of the study under investigation. After the selection of problem and promotion of hypothesis, there is need to give a practical Shape to the research. For that purpose of any researcher needs proper planning and preparation of appropriate research design. Research design is the blue print of what is to be done and how it is to be done. It is the path, which is followed by the researcher to reach the target, in simple language; a research design is stated as plain of action plan for collecting and analysing data in an efficient and relevant manner. The ultimate success if a research projector greatly depends upon the design of the study. Is avoid aim less wondering saves times and economics the efforts of researchers. It includes sampling search strategy tools and techniques for collecting the evidence, statistical and procedure employed to gather data. In the present research the researcher followed the following design.

Sampling Frame

A sample should be truly representative of population characterized without any bias, so that it may result in valid and reliable conclusion. For conducting the present study a sample of 60 students were selected. Sample was selected from Shaheed Udham Singh P. G. College, Rudrapur. The sample was further sub divided into two groups with 30 students in each group which were categorized as sports person and non-sports person.

60 students

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         30 boy's non-              30 boy's sports
         sports  person            person
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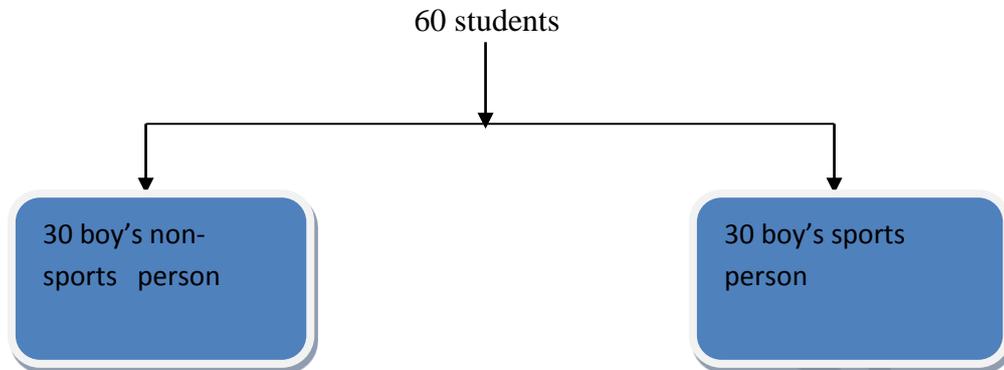
Sampling Size

The study was conducted on 60 students, which were divided into sorts and non-sports person

Sampling Area

It may be a geographical one such that state, district, village, etc or it may be a social unit such as a house, flat etc, The study was conducted on 60 school students of Shaheed Udham Singh P. G. College, Rudrapur (Uttarakhand).

Sampling Technique

Sampling refers to the methods used to select a given number of people or things from a population. The strategy of selection a sample influences the quality of data and the inferences that can be drawn from it. Random sampling method was used. These samples were further divided in two groups by using purposive sampling. As the main purpose of the present study was to access the level of academic and social stress of college boys by keeping in mind their academic achievement.

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Tools

A research tool plays a major role in any research as it is the sole factor which determines the collection of sound data and helps in arriving on accurate conclusions. The following tool has been used by investigator to collect data.

1. Scale of academic stress (SAS) Scale of social academic stress (SAS) from Bisht Battery of scale, developed by Abha Rani Bisht (1987)

2. Scale of social stress (SSS) Scale of social stress (SSS) from Bisht Battery of scale, developed by Abha Rani Bisht (1987)

ADMINISTRATION / PROCEDURE

The researcher after deep consideration has chooses the tools which are most appropriate for the research project undertaken. The description of the scale is given as under.

Procedure- Inventory was distributed to the subjects and they were guided to mark the relevant response which suits them.

Reliability:

Reliability of the scales of the battery was calculated in three ways for knowing (1) dependability i.e. short-term test- retest correlations, (2) satiability i.e. retest after a longer interval and (3) internal consistency i.e. split-half correlations between total scores and scores on each of the components.

Validity:

The scales appear to be having content validity and item validity. The methods of selecting items support this supposition.

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Scoring

The scoring is as follows for positive statements

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Always	frequently	sometimes	rarely	never		
………………………………………………………………………..					Total	Grand total
Too much	Much	Average	less	Not at all		
4	3	2	1	0		
4	3	2	1	0		

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STATISTICAL TECHNIQUE

"t-test" and correlation was used to find the significant difference of academic achievement between sports persons and non-sports person.

RESULT, DISCUSSION, INTERPRETATION AND RECOMMENDATIONS

Once the data have been collected, the next step is to reduce them into statistical analysis because the data as such have no Meaning unless it is analysed and interpreted by sophisticated Statistical techniques in order to arrive at certain reliable and valid Conclusions. Analysis of data thus involves the breaking of the complex Factors into simple parts and putting them in new arrangements for the purpose of interpreting .The analysis and interpreting of data, finding and discussion of finding have been described as follows.

Table 3.1

Comparison of social stress of sports person and non-sportsperson

Test	Groups	Mean	S.D	Difference of Mean	't' value
Social Stress	Sports persons	172.5	33.60	110.75	0.005
	Non-Sports persons	61.75	6.25		

 It has been observed in the table that mean of social stress of sports persons was 172.5 which was higher than the mean value 61.75 of social stress of non-sports person, where as the 't' value of social stress was found 0.005, Which was less than the table value. Hence it was not significant at 0.05 level of significance.
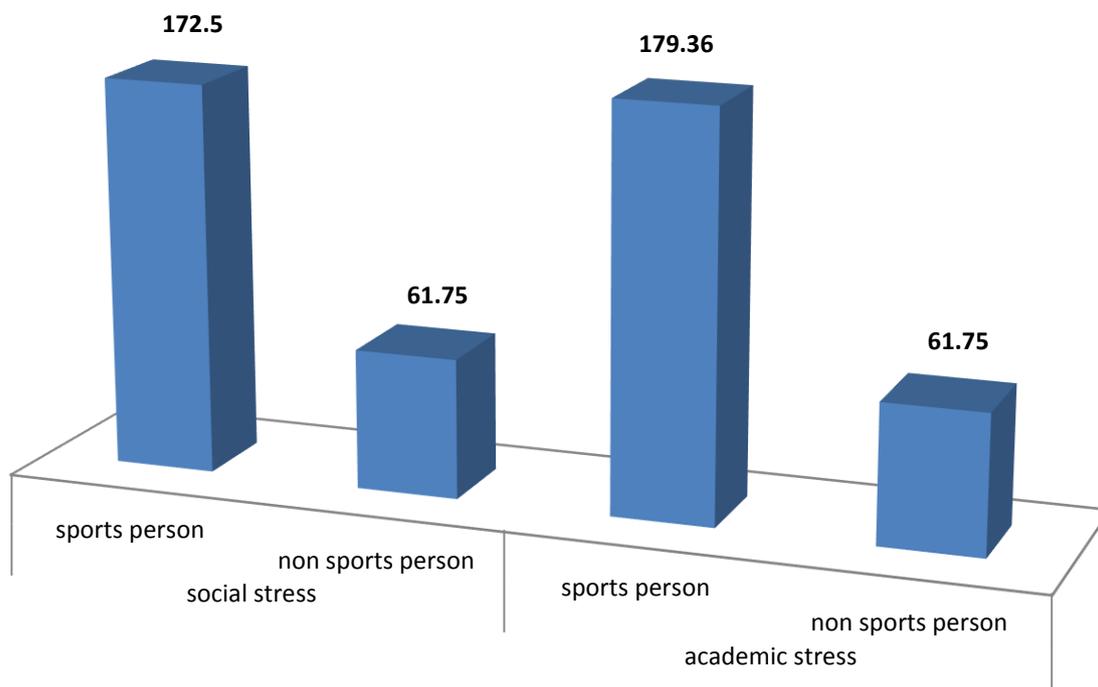
Table 3.2

Comparison of Academic stress of sports person and non-sportsperson

Test	Groups	Mean	S.D	Difference of Mean	't value
Academic stress	Sports persons	179.36	31.57	117.61	0.24
	Non-sports persons	61.75	6.25		

It has been observed in the table that mean of academic stress of sports persons was 179.36 which was higher than the mean value 61.75 of academic stress of non-sports person, whereas the 't' value of academic stress was found 0.24, which was less than the table value. Hence it was not significant at 0.05 level of significance.

Mean value of Social and Academic stress of Sports and Non Sports Person

Table- 3.2

Correlation of Social Stress with the Academic Achievement of school children

S.No.	Variable	Coefficient correlation
1	Social stress on sports person	0.31
2	Social stress on non-sports person	0.47*

*Significant at 0.05 level.

Required value of 'r' at 28 degree of freedom was 0.361

As shown in table no 3.2 that the obtained value of correlation of sports persons and non-sports person on social stress was 0.31 and 0.47, hence it was found that social stress of non-sports person was greater than the required value of 0.361 at 0.05 level of significance. So it depicts that social stress of non-sports person have significant relationship with the academic achievement.

Table- 3.3

Correlation of Academic stress with the Academic Achievement of school children

| S.No.	Variable	Coefficient correlation
1	Academic stress on sports person	0.41*
2	Academic stress on non-sports person	0.11

*Significant at 0.05 level.

Required value of 'r' at 28 degree of freedom was 0.361

As shown in table no 3.3 that the obtained value of correlation of sports persons and non-sports person on academic stress was 0.41 and 0.11, hence it was found that academic stress of sports person was greater than the required value of 0.361 at 0.05 level of significance. So it depicts that social stress of sports person have significant relationship with the academic achievement.

Relationship of Sports Person and Non - Sportsperson of Social Stress and Academic Stress with their Academic Achievement
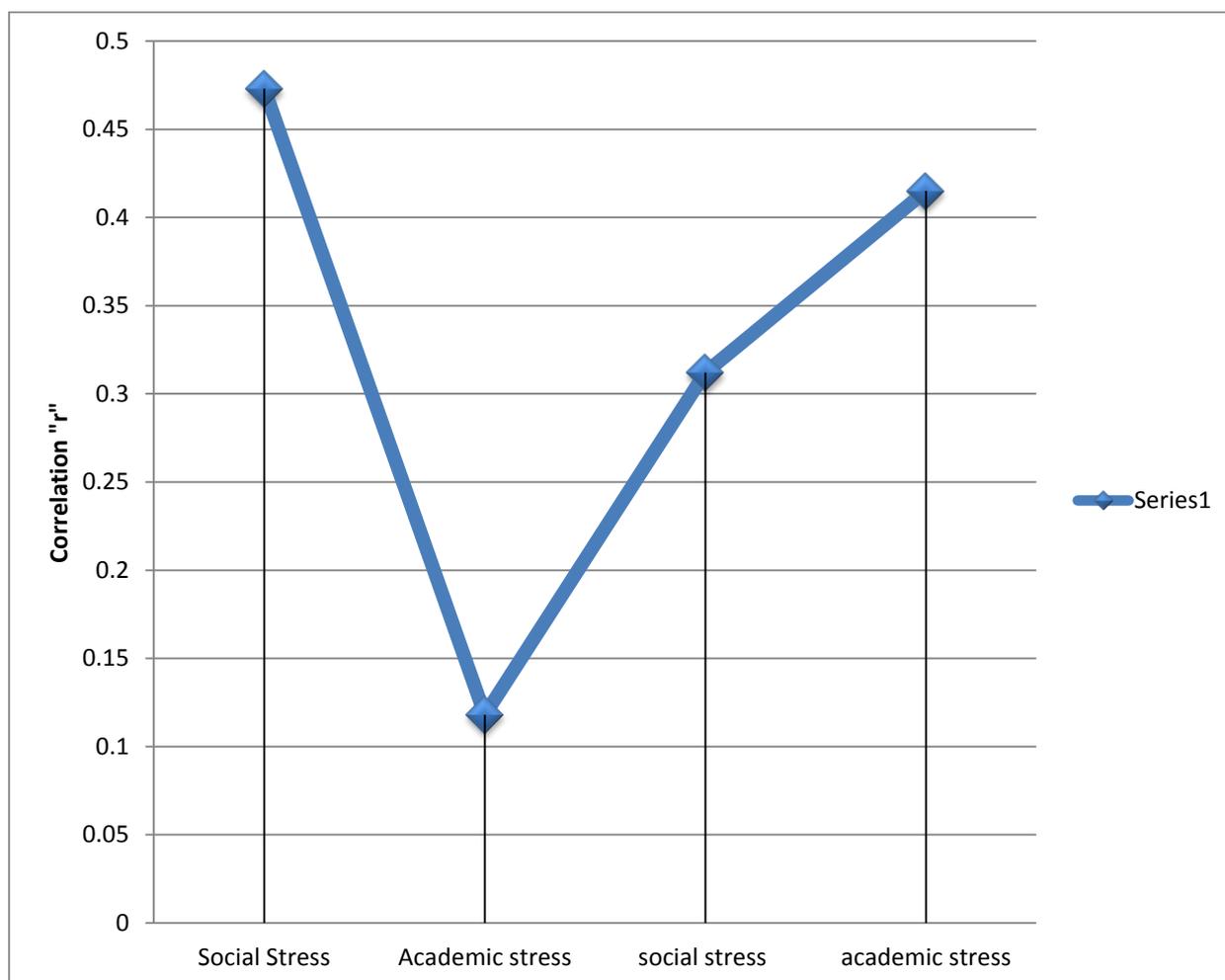
CONCLUSION

In the view of analysis of data of the present study it was concluded that all the hypotheses formulated were rejected because there does not exists any significant difference between the social stress and academic stress of sports person and non-sports person while comparing the different groups. The social stress mean of sports person was 172.5 and mean value of non-sports person was 61.75 whereas the mean of academic stress of sports persons was 179.36

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and non-sports persons was 61.75. On comparing the values of social and academic stress it was found statistically insignificant at 0.05 level of significance.

After the application of correlation the obtained data was analysed and found that the correlation of social stress with academic achievement of non-sports persons was significant at 0.05 level with r value 0.47. Similarly correlation of academic stress with academic achievement of sports persons was found significant at 0.05 level with r value of 0.41.

So it can be summed that the social stress was higher in sports persons as compared to non-sports person, and academic stress was also found higher in sports persons as compared to non-sports person. Further after calculation of r value it was observed that social stress of non-sports person and academic stress of sports person was directly related with the academic achievement of the students.

As sports person have to devote their time towards sports and give performance in the game that's why their main attention was towards sports. Due to this reason they were unable to pursue their studies in a smooth manner. Results of the study also shows that sports person have a higher level of academic stress and it was directly related with their academic achievement. And at the same time because of physical exertion they are less susceptible to social stress results also indicate it with the r value of 172.5.

In contrary to that non-sports person have plenty of time after their school is over. They also participate in games but in an un-organized way and that too in their leisure time. So it is expected from them to perform well in studies which leads to social stress, the result of the study also confirms about the relationship of social stress with academic achievement r value 0.47 of the non-sports person.

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RECOMMENDATIONS

(i) Similar study can be conducted at different levels like inter-collegiate and Inter-University.

(ii) This study may be useful for different institution for finding out academic error which is as a barrier of progress of an institution.

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