



## RESEARCH PAPER

### A Comparative Study of Stress Vulnerability and Self Concept between Sedentary and Non Sedentary Males

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#### ABSTRACT

*The study was conducted to serve the purpose to compare the stress vulnerability and self concept among sedentary and non sedentary middle age men of district Hathras of Uttar Pradesh. Sixty males (30 sedentary & 30 non sedentary) within the age group of 35-45 years were randomly selected to take part in this survey study. The necessary data on stress vulnerability and self concept were examined by "stress vulnerability scale" developed by Lyle H. Miller & Alma Dell Smith (1989) and self concept questionnaire developed by Dr. Rajkumar Saraswat. In order to compare the stress vulnerability and self concept between selected subjects descriptive statistics and independent 't'-test was employed at 0.05 level of significance. The finding reveals that there is significant difference of stress vulnerability and self concept between sedentary and non sedentary males. The non sedentary males are superior in both variables as compare to sedentary men.*

**Key words:** Stress vulnerability, Self concept, Sedentary

#### INTRODUCTION

Every day experiences suggest that people who have low self concept and are more likely to feel sad, lonely and rejected. We have known that self concept and stress are empirically related. People with low self concept are more prone to stress, both clinically and milder form of depressed affect. Regular physical activity is associated with improvement in self concept and making people less vulnerable to stress. Mental health is positively affected by the physical activity through improving self image, Self concept, stress reduction, moreover it positive influence the intellectual functioning. Physical activity may also alleviate some symptoms of moderate depression or stress. Various studies indicate that mental health can be improved by low or moderate intensity activities were as the risk of depression is significantly high for physically inactive individuals. An inadequate amount of physical activity has become a serious health problem in India. Middle age people are not active enough to achieve health full benefits and cause various physiological as well as psychological problems such as depression, stress and low self esteem.

Increasing physical activity should be the national priority. Parents, teachers, coaches are required to provide the opportunities for every citizen to be physically active. Adults need to remain active to maintain a healthy fitness level and they must adhere of physical activity as a part of their lifestyle. The sedentary lifestyle has negative effect on health and causes an sicknesses and unhealthy behavior as well.

#### OBJECTIVE OF THE STUDY

Objective of the investigator was to compare the stress vulnerability and self concept between sedentary and non sedentary males

#### SUBJECTS

For the purpose of the study sixty males from Hathras were randomly selected to take part in this survey study. Their age ranging from 35-45 years. Out of 60 subjects, 30 subjects belongs to sedentary life style and do not take part in any short of physical activity while other 30 subjects belongs to non sedentary life style and involve in at least 1 hour physical training 5 days a week

.Though coming from different family background, all the subjects were fairly homogenous in all respects.

## METHODOLOGY

From scholars own understanding of the problem and as gleaned through the literature, stress vulnerability scale developed by Lyle H. Miller & Alma Dell Smith (1989) and self concept questionnaire developed by Dr. Rajkumar Saraswat were selected.

### STRESS VULNERABLE RATING SCALE-

0-10 points      Excellent. Excellent resistant to stress

11-30 points    Good, Very little vulnerable to stress

31-50 points    Fair, some vulnerable to stress

51-80 points    Poor, serious vulnerable to stress

## RESULT OF THE STUDY

The objective of the study was to compare the stress vulnerability and self concept among sedentary and non sedentary males. To find out the difference between mean of sedentary and non sedentary males, 't' test was conducted which is presented in Table No. 1 and 2 respectively.

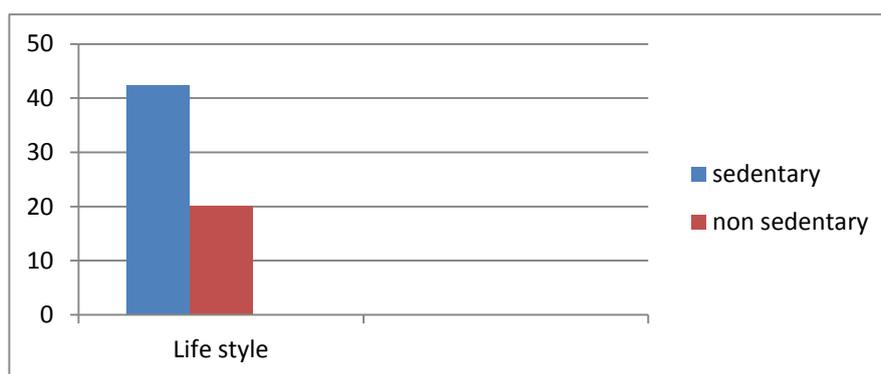
**Table 1:** Independent 't' responses of the stress vulnerability score of sedentary and non sedentary males

| Life style    | Mean   | SD    | DM     | SE    | 't'    |
|---------------|--------|-------|--------|-------|--------|
| Sedentary     | 42.466 | 5.963 | 22.300 | 1.566 | 14.240 |
| Non Sedentary | 20.166 | 6.164 |        |       |        |

\*Significant at 0.05 level significance  $t_{0.05(58)} = 2.000$

The data presented in Table 1 reveals that there was significant difference between sedentary and non sedentary males of middle age in relation to stress vulnerability. Since the obtained value of 't' 14.240 was higher than tabulated value 2.000.

**Graph 1:** Graphical representation of the comparison of means of sedentary and non sedentary males on stress vulnerability



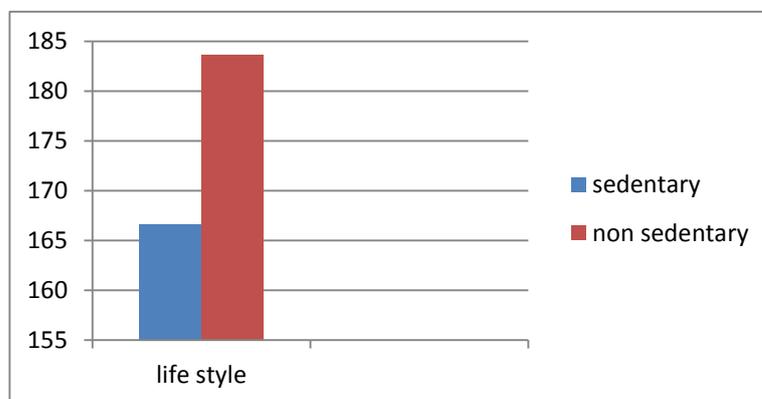
**Table 2:** Independent 't' responses of the self concept scores of sedentary and non sedentary males

| Life style    | Mean   | SD    | DM     | SE   | 't'    |
|---------------|--------|-------|--------|------|--------|
| Sedentary     | 166.66 | 7.910 | 16.966 | 1.68 | 10.074 |
| Non Sedentary | 183.63 | 4.745 |        |      |        |

\*Significant at 0.05 level significance  $t_{0.05(58)} = 2.000$

The data presented in Table 2 reveals that there was significant difference between sedentary and non sedentary males of middle age in relation to self concept. Since the obtained value of 't' 10.074 was higher than tabulated value 2.000.

**Graph 2:** Graphical representation of the comparison of means of sedentary and non sedentary males on self concept



## CONCLUSION

Within the limitation of the study the following conclusions may be drawn-

1. There is a significant difference of stress vulnerability between the sedentary and non sedentary males of Hathras district of Uttar Pradesh.
2. There is a significant difference of self concept between sedentary and non sedentary males of Hathras district of Uttar Pradesh.
3. Mean of stress vulnerability of sedentary males are 42.466 and non sedentary males are 20.166. It means the average stress vulnerability of sedentary males is higher than non sedentary males.
4. Mean of self concept of sedentary males is 166.66 and non sedentary males are 183.63. It means the average self concept score of sedentary males is lower than non sedentary males.

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