

## A COMPARATIVE STUDY OF STRESS AMONG PRI-COMPETITION AND POST COMPETITION TRIATHLON ATHLETES MALE

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**Abstract:**

*Pre-competition stress involves anticipatory anxiety, fear of failure, and nervous energy, impacting focus and performance with physical symptoms like shaking. The main purpose of this study was find out among pre-competition and post competition triathlon athletes male. To obtain the data the investigators selected total 50 (N= 0) subjects of inter college level triathlon athletes male. For this research first, a test was administered before the start of competition (n=50) and then after the competition (n=50) For this study Prof.A.K.Srivastav Psychological stress scale were used for this study; the age group of 18-25 years. The study was admitted to compare between the group of pre-competition and post competitions triathlon athletes male. It was hypothesized that there would be significant differences psychological stress level among pre-competition and post competitions triathlon athletes male. To analyses the collected data t-test was employed. The finding of the study indicated that there was significant differences among the group as  $t(0.05,98) = 2.44$*

**Key words-** Triathlon, athlete, psychological stress, competition

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**Introduction:**

**Stress-** Stress is your body's natural, non-specific response to any demand or challenge, which can be a physical, emotional, or mental strain. It's a state of tension that can be both a helpful response to avoid danger (like the "fight-or-flight" reaction) or harmful when it becomes excessive and chronic. When we perceive demands exceeding our resources, we experience stress, which can lead to a variety of physical and psychological symptoms and affect our overall well-being.

**How Stress Works:**

- **Body's Reaction:**

When you encounter a stressful event, your body releases hormones like adrenaline and cortisol.

- **Fight-or-Flight:**

These hormones trigger a "fight-or-flight"

response, increasing your heart rate, blood pressure, and breathing to prepare you to deal with the threat.

- **Internal and External Factors:**

Stress can be caused by external events like a difficult situation or internal thoughts and feelings of pressure or frustration.

**Types of Stress:**

- **Distress:**

This is the negative kind of stress that causes discomfort and harm, often leading to feelings of overwhelm and burnout.

- **Eustress:**

This is a positive form of stress that can improve performance, motivation, and focus, such as the stress before a job interview.

**Impact on Well-being:**

- **Occasional Stress:**

Can be a normal and useful coping mechanism, helping you to act quickly or meet deadlines.

- **Chronic Stress:**

Long-term or excessive stress can lead to physical and mental health problems, including headaches, sleep disorders, digestive issues, depression, and anxiety.

- **Individual Response:**

How you respond to stress makes a big difference in your overall physical and mental health.

**Objective:**

1. To study the Psychological stress level among pre-competition and post competition triathlon athletes male.
2. To compare the Psychological stress level among pre-competition and post competition triathlon athletes male.

**Hypothesis:**

1. There will be significant differences the Psychological stress level among pre-competition and post competition triathlon athletes male.

**Variables:**

- 1) **Independent variables-**

Pre-competition athletes male.

Post competition triathlon athletes male.

- II) **Dependant variable** - Psychological stress.

**SAMPLE:**

This test have administered on single groups of athletes. Subjects ;(N=50) pre-competition inter college level triathlon athlete and (N=50) subjects post-competition male from Pune University affiliated various colleges of in Nashik district .The age group of 18-25 years.

**TOOL:**

Prof.A.K.Srivastav Psychological stress scales were used for this study.

**Data Analysis:**

‘t’ on the basis of data collection the results were analyzed by calculating mean values, SD and ‘t’ ratio.

**Result table-** table ‘t’ showing the significance of deference between Pre-competition triathlon athlete and Post-competition triathlon athletes male in terms of their psychological stress.

No.	Class	N	Mean	SD	‘t’	Level of sig.
1	Pre-competition triathlon athlete	50	62.96	13.29	2.44	0.01
2	Pre-competition triathlon athlete	50	54.76	11.02		

**Df= 98**

In the above table Pre-competition triathlon athlete mean is 62.96 (SD=13.29) and Post-competition triathlon athlete male mean is 54.76 (SD= 11.02). The obtained ‘t’ value is 2.44 which is significance (0.01). This means that there are significant differences among Pre-competition triathlon athlete triathlon athlete and P0st-competition triathlon athlete male in terms of their psychological stress level. Result indicates that athlete’s significant stress before competition from performance pressure, fear of failure, and unmet expectations.

**Conclusion-**

Result shows that there are significant differences among Pre-competition triathlon athlete and Post-competition triathlon athletes male in terms of their psychological stress. Pre-competition triathlon athlete has found more high level of stress before competition than post competition.

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