

EFFECT OF FOUR WEEKS SUMMER SPORTS COACHING CAMP ON SELECTED PSYCHOLOGICAL FACTORS AMONG STUDENTS

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Abstract

The study was conducted to determine the effect of four weeks summer sports coaching camp on selected psychological factors viz level of stress and physical self-concept among students in Govt. Sarvodaya Bal Vidhyalaya, Patudi House, Daryaganj, Delhi. For the purpose of the study forty five students were selected who were attending the summer sports coaching camp and were in the age group of 12- 14 years. NSAD stress questionnaire by International Stress Management Association, UK and PSDQ-S by Marsh, H. W., Martin, A. J. & Jackson, S. (2010) were used to measure level of stress in common life and physical self-concept respectively. The findings of the study showed 30.17% and 9.75% improvement in the level of stress and physical self-concept among students respectively. The level of stress had decreased down from 14.42 ± 2.39 (Pre Test) to 10.07 ± 1.97 (Post Test) while the physical self-concept had increased from 185.76 ± 4.90 (Pre Test) to 203.87 ± 4.60 (Post Test). The decrease in the level of stress and increase in the physical self-concept were found significant as the 't' values obtained were 17.245 and 36.999 at $p \leq 0.001$. It is concluded that summer sports coaching camp are essential for holistic development of a child. These camps are best way to provide a platform to every child to do physical activity and joyful play.

Key Words: Stress, Physical Self Concept.

Introduction

In this modern world, almost every individual is being psychologically disturbed. Life has been much simpler in the past but now it seems that every day you need to work non-stop and live a life full of stress. The stress among the students comes from various aspects; it may be due to specific demands of academia, work demands or any other developmental or social changes. All these aspects may tip off the balance and results in psychological disequilibrium leading to a disturbed state of self-concept and stressed life. Self-concept may be defined as the totality of perceptions that each person has of themselves, and this self-identity plays an important role in the psychological functioning of everyone. While Stress, is considered as a negative change in a child's life which may affect the way a child thinks, acts and feels.

Physical exercises in any sorts of activities may it sports, games or yoga activities plays major role in the life of a child for their holistic development. This can be done by joyful play way method and also through different activities so that a child is able to do physical activity. This fact has also been proven by the literature which has shown that people who participate in physical activities have better mental health and more resilient to challenges of modern living. Activities like physical training or other socially supported physical activities have shown significant effect on mental well being.

World Health Organization says children ages 5 to 17 should participate in at least 60 minutes of moderate-vigorous physical activity daily. Children who participate in sports camps are guaranteed to

meet this requirement during their time at camp, and many sports camps even make it a point to teach children the importance of physical activity and living a healthy lifestyle. Sports camps inspire children to enjoy physical activity and to adapt healthy lifestyle habits that will last them a lifetime. These activities also prepare them mentally and emotionally to act and think positively to the changes.

The Directorate of Education, Govt. of National Capital Territory of Delhi issued an order vide letter no. DE.41/Sports/2019-20/852-901 dated 8th May 2019 and instructed all the government schools to conduct summer sports coaching camp during summer vacations mandatorily in their respective schools during the summer vacations to benefits the students of government schools. This step by the government had motivated the researcher to utilize this opportunity in undertaking this research.

Methodology

For the purpose of the study, forty five students who were attending the summer sports coaching camp in Govt. Sarvodaya Bal Vidhyalaya, Patudi House, Daryaganj, Delhi were randomly selected. The students selected were in the age group of 12- 14 years. The selected students attended the four weeks summer sports coaching camp in their respective schools. The selected students attended the sports coaching camp for four weeks. NSAD stress questionnaire by International Stress Management Association, UK and PSDQ-S by Marsh, H. W., Martin, A. J. & Jackson, S. (2010) were used to measure level of stress in common life and physical self concept respectively. The results obtained from the questionnaire were quantified as per the manual of the questionnaire and further t test was employed to measure the significance in the effect of the summer coaching camp on level of stress and physical self concept among students.

Analysis of the Data and Findings

Table – I: Effect of Four weeks Summer Sports Coaching Camp on Level of Stress and Physical Self Concept among Students

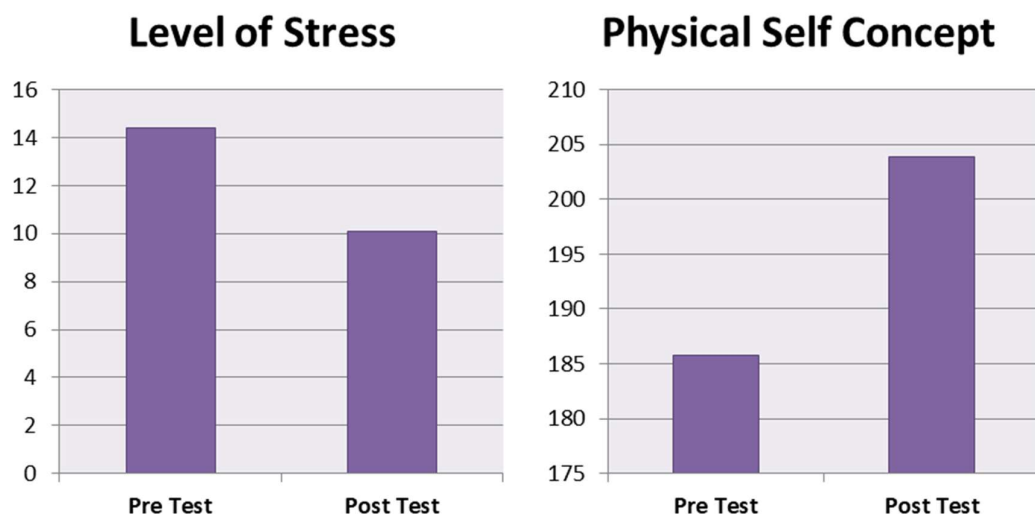
Variable		N	Mean	Percentage Change	't'	Sig. (2-tailed)
Level of Stress	Pre test	45	14.42± 2.39	30.17%	17.245 **	0.001
	Post test	45	10.07± 1.97			
Physical Self Concept	Pre test	45	185.76± 4.90	9.75%	36.999 **	0.001
	Post test	45	203.87± 4.60			

**Significant at 0.001 level

Table- I shows that the level of stress of the selected students who attended the four weeks summer sports coaching camp down by 30.17% as the level of stress before and after the camp were found as 14.42± 2.39 and 10.07± 1.97. This decrease in the level of stress was found significant as the 't' values obtained was 17.245 at $p \leq 0.001$.

Similarly the physical self concept of the selected students who underwent four weeks summer sports coaching camp had improved by 9.75% as the physical self concept before and after the camp was found as 185.76± 4.90 and 203.87± 4.60. This increase in the physical self concept was found significant

as the 't' values obtained was 36.999 at $p \leq 0.001$.



Discussion and Conclusions

Physical activities have shown positive effects on physical as well as mental wellbeing of the individuals (Norris *et. al.* 2000, Stephen *et. al.* 2005). During physical exercise the body releases chemical substance (endorphin) that is similar in nature to opiates. Physical exercise has been shown to be as effective as anti-depressant medication in relieving the symptoms of stress and improving self concept. In the present study, four weeks summer sports coaching camp had resulted in 30.17% and 9.75% improvement in the level of stress and physical self-concept among students respectively. The Directorate of Education, Govt. of National Capital Territory of Delhi mandatory order to all the government schools to administer summer sports coaching camp in their respective schools was found to be fruitful in inculcating the regularity of physical activity in school children and improving their physical fitness as well as mental wellbeing among students. Above all it had provided a platform to learn a lot of many things like team work, discipline, values and prohibition of child abuse. Hence it is concluded that these sorts of sports coaching camps must be included as a mandatory activity in all future course of actions to benefits student especially at grass root level for the physical and mental wellbeing.

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