

The effect of stress on the performance of crickets player at Government College Peshawar

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Abstract: *Stress is a persuasive psychological state that can significantly influence cricket performance. This study aims to know the effect of stress on the performance of cricket players in Government College Peshawar. The research employed a quantitative method to assess the relationship between stress levels and cricket performance among Government College Peshawar cricket players. Stress and pressure during gameplay can alter performance. It also explores how players' ability to manage stress through techniques like relaxation, mental conditioning, and cognitive strategies has been buffering its negative effects. The research underlines the significance of psychological resilience in maintaining high-performance levels and enhancing players' capacity to handle competitive challenges. The importance of stress management techniques, such as the negative effects of stress on performance. The implications of this research are far-reaching, with potential application in the development of evidence-based stress management programs for cricket players, as well as other high-pressure sports. In this regard, a sample of n=16 has been taken as population. The data has been collected through an adopted questionnaire of 5 points LIKERT scale frequency percentage mean standard deviation as descriptive statistics has applied through SPSS version-26 for analysis of the collected data. The finding has been highlighted stress significantly decreases the performance of cricket players. The results of the study highlight that stress negatively affects cricket players' performance in multiple ways. Factors such as pre-match anxiety, fear of making errors, pressure from coaches, and the perceived strength of opponents significantly contribute to stress.*

Keywords: Pakistan,

Introduction

Sports psychology believes that extraordinary levels of inexpensive state nervousness and trait stress before and after competition are risky badly affecting performance and even prominent to an explosion from the event.

Stress is powerful in nature associated it ends up in the character's want towards an operative role in his performance the researchers have stressed time and once more to hold the development of conversely anxiety distresses before and through match.

This a harmful emotion of the jock which can be apparent as nervousness, tension, and worry related with activation or reassurance within the study, whereas activation refers to the psychological feature, mental, and psychological groundwork for critical events.

Research questions

Research on stress in cricket players has largely focused on elite or professional athletes. However, there is a growing interest in understanding how stress affects players at the collegiate level. Studies by Nicholls et al and Fletcher have explored the stressors experienced by collegiate athletes and their impact on performance.

These studies reveal that collegiate players often experience stress due to time management issues, pressure to maintain both academic and athletic performance, and fear of failure.

Hypothesis

It is supposed for the scholars of sports science and education, sportsmen, sports psychologists, and coaches to possess a higher understanding of psychological science and sports and also the relevance of this learning so as to appreciate their full potential. The finding of this explicit study can facilitate the sportspersons to relation their performance with their goals and depression they'll additionally study the way pleasure goals are achieved over the Accomplishment of definite order goals.

Review of Literature

Cricket, a sport severe each mental perception and physical adeptness, is notably inclined by stress, particularly among student-athletes. At Government College Peshawar, cricket players encounter varied stressors, like tutorial demands, competitive challenges, and expectations from the upper class and coaches. This literature review examines the results of stress on the performance of cricket players and how players face the stress among the overall, action psychological, physiological, and performance-related outcomes.

Methodology

Our methodology applied the quantitative approach of the research to find out clearly how the “Effects of stress on the performance of cricket players at Government College Peshawar”. The data has been collected from the Government College Peshawar from departments of cricket players with the support of a questionnaire. Our collected data from players has been analyzed to identify and instrument the study's goals.

The resulting research occupations a quantitative approach to examine the effects of stress on the performance of cricket players at Government College Peshawar. This methodology summarizes the organized process assumed to collect, and analyze, and we have collected data from cricket players through a self-structured questionnaire. The aim is to classify the stress of the superior sport on the performance of players and progress health consequences through management, mentorship, coaches, and psychologists that have expertized experienced facilities in Government College Peshawar.

Finding

- I. 62.5% of the respondents agree and 12.5% of the respondents disagree and 6.3% of the respondents are undecided about the statement that Weak performance creates stress also affects confidence. (Table 4.1)
- II. 37.5% of the defendants disagree 31.3% of the defendants agree and 12.5% of the defendants are undecided about the statement, I feel stress before a cricket competition match. (table4.2)

- III. 50.0% of the defendants agree 18.8% of the defendants disagree 18.8% of the respondents are strongly disagree with the statement, My stress level during a cricket friendly match (Table 4.3)
- IV. 31.3% of the defendants disagree 25.0% of the defendants are agree and 18.8% of the defendants are strongly agree with the statement that the opponent's strength makes them stressed (Table 4.4)
- V. 31.3% of the defendants agree 31.3% of the defendants are undecided and 18.8% of the defendants disagree with a statement that, Fear of failure is one of the main cause of stress (Table 4.5)
- V. 31.3% of the defendants agree 25.0% of the defendants disagree and 25% of the defendants are undecided on the statements, there is a significant effect of pressure from coaches. (Table 4.6)
- VI. 50% of the defendants agree 18.8% of the defendants disagree and 12.5% of the defendants are undecided about the statements of, Poor performance of the team also creates stress. (Table 4.7)
- VII. 31.3% of the defendants agree 31.3% of the defendants disagree and 18.8% of the defendants are undecided on the statement that, Illegal shouting from opponent players also creates stress. (Table 4.8)
- VIII. 37.5% of the defendants agree 18.8% of the defendants are undecided and 12.5% of the defendants disagree with the statements of, My stress always decreased the concentration level. (Table 4.9)
- IX. 43.8% of defendants strongly agree 18.8% of the respondents are undecided and 6.3% of the defendants disagree with the statements that, the chances of error always increase during stress. (Table 4.10)
- X. 43.8% of the respondents strongly agree 18.8% of the defendants disagree and 12.5% of defendants are undecided about the statements of, My confidence always decreased due to high level of stress. (Table 4.11)
- XI. 43.8% of the defendants agree 31.3% of the respondents strongly agree and 25% of the defendants are undecided about the statement, Breathing exercises are the best for me in coping pre-match stress. (Table 4.12)
- XII. 50% of the defendants are undecided 31.3% of the defendants agree and 6.3% of the defendants disagree with the statement, Sometimes I use the techniques of visualization in coping with stress. (Table 4.13)
- XIII. 50% of the defendants strongly agree and 18.8% of the respondents disagree and 12.5% of the defendants are undecided about the statements that Physical warm-up can also play a significant role in pre-match (Table 4.14)
- XIV. 43.8% of the respondents agree 12.5% of the respondents disagree and 6.3 of the respondents are undecided about the statement, Fear of injury during matches stresses me out (Table 4.15)
- XV. 37.5% of the respondents are undecided and 31.3% of the respondents are agreeing and 6.3% of the respondents strongly disagree with the statements, My stress always affects my decision-making (Table 4.16)

- XVI. 50% of the respondents are agreeing and 6.3% of the respondents disagree and 6.3% of the respondents are undecided about the statement, Partial umpiring makes me stressed during the match (Table 4.18)
- XVII. 43.8% of the respondents agree 12.5% of the respondents strongly disagree and 6.3% of the respondents disagree with the statements that, The availability of the DRS system is also creating stress (Table 4.19)
- XVIII. 37.5.8% of the respondents agree 18.8% of the respondents are undecided and 6.3% of the respondents disagree with the statement, I am unwell on my task during the match (Table 4.20)
- XIX. 7% of the respondents disagreed 6% of the respondents were undecided and 2% of the respondents strongly agreed with the statement, I feel irritated while competing (Table 4.21)
- XX. 25% of the respondents agree and 31.3% of the respondents disagree and 18.8% of the respondents are undecided about the statements that The availability of the DRS system is also creating stress (Table 4.22)

Analysis:

Analysis is the supreme important study in the methodology of this thesis without analyzing our research approach cannot reach the findings, conclusion, and recommendation in this thesis we used SPSS V26 for analysis. We analyzed 25 questions on SPPSS and then each question was adapted for recommendations. And we also have knowledge about the stress level on the performance of crickets among the players. The level of stress on the performance to arrange for the summarize data have been used. The relationship between performance and stress have been used to observe the inferential statistics.

Table 4.1 Weak performance creates stress and also, affects confidence.

Frequency	Percent	Valid Percent	Cumulative Percent		
Valid	Agree	10	62.5	62.5	62.5
Strong agree	3	18.8	18.8	81.3	
Un decided	1	6.3	6.3	87.5	
Disagree	2	12.5	12.5	100.0	
Total	16	100.0	100.0		

In the above table, 62.5% of the respondents agree and 12.5% of the respondents disagree and 6.3% of the respondents are undecided on the statement that, Weak performance creates stress also affects confidence.

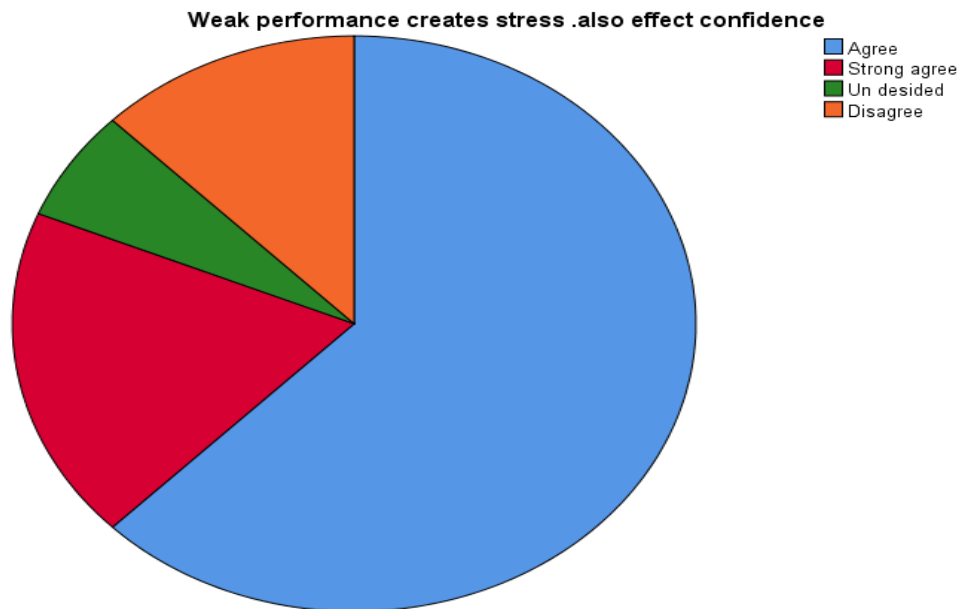
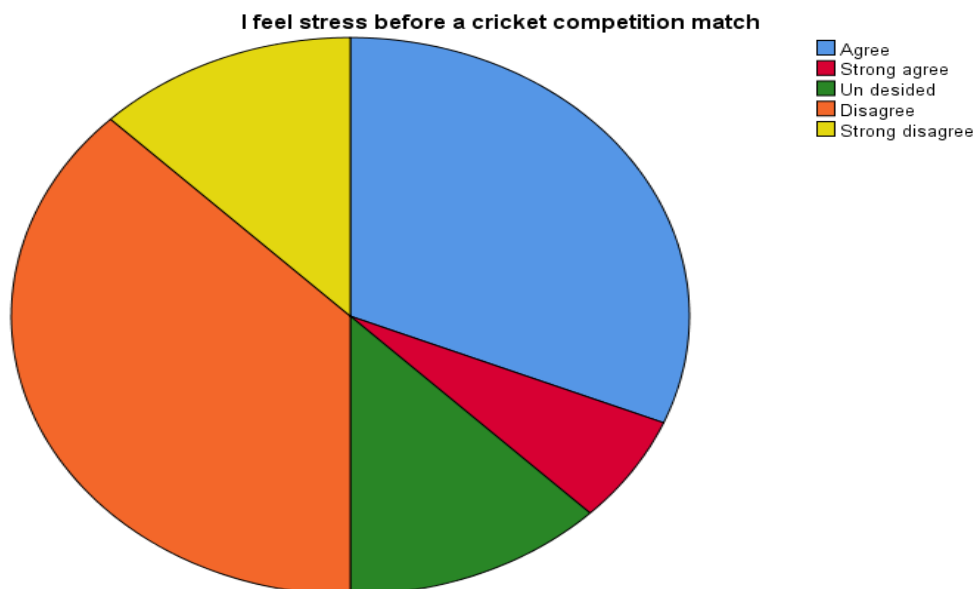


Table 4.2 I feel stressed before a cricket competition match.



Valid	Agree	5	31.3	31.3	31.3
	Strong agree	1	6.3	6.3	37.5
	Un decided	2	12.5	12.5	50.0
	Disagree	6	37.5	37.5	87.5
	Strong disagree	2	12.5	12.5	100.0
	Total	16	100.0	100.0	

In the above table, 37.5% of the defendants disagree 31.3% of the defendants agree and 12.5% of the respondents are undecided about the statement, I feel stress before a cricket competition match.

Table 4.3 My stress level during a cricket-friendly match



	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	Agree	8	50.0	50.0	50.0
	Strong agree	2	12.5	12.5	62.5
	Disagree	3	18.8	18.8	81.3
	Strong disagree	3	18.8	18.8	100.0
	Total	16	100.0	100.0	

In the above table, 50.0.% of the respondents agree 18.8% of the respondents disagree 18.8% of the respondents strongly disagree with the statement, My stress level during a cricket friendly match.

Conclusion

Conclusions are hereby made based on findings, most Cricket players have great concern about playing weak performance, and feel low level before a cricket match. Some players are not sure of their response to their stress level during a cricket match. Some players have great concern about the opponent's strength makes them stressed the cricket players have neutral responses to, fear of failure one of the main causes of stress and there are significant effects of pressure from coaches. Based on the findings have great concern about, poor performance and illegal shouting from the opponent players also creating stress. And some players decreased their concentration levels. The statement of players have bad concerns about the chance of errors and their confidence always decreases due to high levels of stress. Some players about breathing exercises are the best for a player to cope with pre-match stress. Sometimes using the techniques of visualization in coping with stress and physical warm-up can also play a significant role in pre-match. The stress on cricket players always affects their decision-making, partial umpiring, and no availability of DRS and unwell on my task. Most of the cricket players have

great concern in playing feeling irritation while in competition. And stress causing my feedback to be inaccurate. On the basis of the findings, most cricket players play in playing large crowds. And some feel criticism from coaches.

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