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STRESS MANAGEMENT IN SPORTS SCIENCE STUDENTS SUAN SUNANDHA RAJABHAT UNIVERSITY

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ABSTRACT

The purpose of this research were to investigate the prevalence of perceived stress level and source of stress management in Sports Science Students at Faculty of Science and Technology, Suan Sunandha Rajabhat University. The population consisted of 349 person' undergraduate student of the Sports Science Students at Faculty of Science and Technology, Suan Sunandha Rajabhat University, who were selected by simple random. The four instrument used in the study were the Demograhics Characteristic Questionnaire, the Perceive Stress Questionnaire (SPST-20, and source of stress management Questionnaire. The data were analyzed by using descriptive ststistics.

The results revealed that most of the subjects had perceived stress moderate level 38.11% and 36.96% had perceived stress at low and high level, respectively. The overall source of stress of participant was at a moderate level including financial and Health status was low level source of stress.

The finding indicated that perceived stress level and source of stress in Sports Science Student is an important mental health problem that instructors and institutes should be aware of the continuing monitor and follow up on Sports Science Student perceive stress level will have very useful for early detection and apply to prepare the readiness of Sports Science student study.

Keyword: Stress, Stress management

INTRODUCTION

Stress is the body is reaction to harmful situations whether they're real or perceive. When you feel threatened, a chemical reaction occurs in your body that allows you to act in a way to prevent injury. This reaction is known as "fight-or-flight" or the stress response. During stress response, your heart rate increases, breathing quickens, muscles tighten, and blood pressure rises. Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health. No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary. Symptoms can be vague and may be the same as those caused by medical conditions. So it is important to discuss them with your doctor. You may experience any of the following symptoms of stress.

Problems will not be easy, but there are measures that can be taken. Governments and the media could play their part by ensuring that instead of persistently bombarding us with such negative images and information about the world in which we live, we are given more positive stories too. However, given this is unlikely to happen, we need to develop our own strategies to distract us from these influences. Of course exercising regularly is one thing we should do as this has been shown to increase endorphin levels and lead to feelings of happiness. Sleeping enough helps us to recuperate and restore our body. Finally, eating properly can improve our health and result in less worry about potential diseases.

There are many ways to stress management. Some methods are appropriate. But some methods may cause stress to abate for a moment, but result in long-term damage to the user the choice of using inappropriate methods is more punishable than helpful. For Sports Science Students Suan Sunandha Rajabhat University that students need to find part-time job to earn extra money to send themselves to graduate Which is one reason that causes stress. The researcher is interested in studying how to manage stress at Sports Science Students Suan Sunandha Rajabhat University. Has been used for maximum benefit To help students find to manage their stress appropriately.

OBJECTIVES

1. To study stress moderate level Sports Science Students at Faculty of Science and Technology Suan Sunandha Rajabhat University.
2. To study stress management in Sports Science Students at Faculty of Science and Technology Suan Sunandha Rajabhat University.

METHODS

Population: 346 of Sports Science Students Faculty of Science and Technology, Suan Sunandha Rajabhat University.

Tool: Demographics Characteristic Questionnaire, the Perceive Stress Questionnaire (SPST-20), and source of stress management on Sports science Student Faculty of Science and Technology, Suan Sunandha Rajabhat University.

DATA ANALYSIS

The questionnaires were analyzed statistically using computer statistical software packages to calculate the statistics. Descriptive statistics were used

RESULTS

The results of stress moderate level Sports Science Students Faculty of Science and Technology, Suan Sunandha Rajabhat University are as follow:

Table 1
Stress levels of Sports Science Students Faculty of Science and Technology classified by personal factors (n = 349)

Stress levels	(n = 349)	%
Low	54	15.47
Moderate	133	38.11
High	129	36.96
Highest	33	9.46

Table 1 the percentage of Stress levels of Sports Science Students Faculty of Science and Technology classified by personal factors (n = 349) Most of them had moderate and high levels of stress at 38.11 and 36.96 percent respectively.

Table 2
Stress levels classified by stress levels of Sports Science Students Faculty of Science and Technology Suan Sunandha Rajabhat University (n = 349)

Situation	N (%)					
	No Situation	Not stressed	less	Moderate	High	Highest
1. You are afraid of making mistakes	0 (0.0)	50 (14.3)	109 (31.2)	152 (43.6)	38 (10.9)	0 (0.0)
2. You do not reach the goal.	2 (0.6)	27 (7.7)	51 (14.6)	101 (28.9)	159 (45.6)	9 (2.6)
3. Family dispute over money or in-house applications	10 (2.9)	53 (15.2)	103 (29.5)	144 (41.26)	28 (8.0)	11 (3.2)
4. You worried about toxins or pollutants in air, water, noise and soil	0 (0.0)	53 (15.2)	159 (45.6)	119 (34.1)	18 (5.6)	0 (0.0)
5. Feel the need to compete or compare.	0 (0.0)	56 (16.0)	153 (43.8)	99 (28.4)	39 (11.2)	2 (0.6)
6. Not enough money to pay	0 (0.0)	21 (6.0)	109 (31.2)	152 (43.6)	38 (10.9)	29 (8.3)
7. Muscle Pain	0 (0.0)	137 (39.3)	88 (25.2)	100 (28.7)	24 (6.9)	0 (0.0)

Situation	N (%)					
	No Situation	Not stressed	less	Moderate	High	Highest
8. Muscle Pain From Stress	4 (1.2)	56 (16.0)	159 (45.6)	99 (28.4)	27 (7.7)	4 (1.2)
9. Back Pain	0 (0.0)	143 (41.0)	104 (29.8)	55 (15.8)	33 (9.5)	4 (1.2)
10. Appetite Changed	0 (0.0)	69 (19.8)	158 (45.3)	114 (32.7)	9 (2.6)	1 (0.3)
11. One side headache	0 (0.0)	89 (25.5)	139 (39.8)	88 (25.2)	29 (8.3)	4 (1.2)
12. Worried	0 (0.0)	102 (29.2)	143 (41.0)	76 (21.8)	22 (6.3)	6 (1.7)
13. Feeling frustrated	3 (0.9)	59 (16.9)	145 (41.5)	92 (26.4)	47 (13.5)	3 (0.9)
14. Feeling Angry	0 (0.0)	59 (16.9)	155 (44.4)	119 (34.1)	13 (3.7)	3 (0.9)
15. Sad	0 (0.0)	156 (44.7)	121 (34.7)	49 (14.0)	17 (4.9)	6 (1.7)
16. Forgetful	0 (0.0)	60 (17.2)	66 (18.9)	181 (51.9)	30 (8.6)	12 (3.4)
17. Confused	4 (1.2)	59 (16.9)	164 (47.0)	109 (31.2)	10 (2.9)	3 (0.9)
18. Not concentrate	0 (0.0)	199 (57.0)	54 (15.5)	33 (9.5)	21 (6.0)	1 (0.3)
19 .Feeling tired	55 (15.8)	185 (53.0)	56 (16.0)	21 (6.0)	31 (8.9)	1 (0.3)
20. Frequent colds	199 (57.0)	69 (19.8)	63 (18.0)	14 (4.0)	4 (1.2)	0 (0.0)

Table 2 shows Stress levels classified by stress levels of Sports Science Students Faculty of Science and Technology Suan Sunandha Rajabhat University (n = 349), Highest during the past 6 months, had many stressful events and the most Is not enough money to pay Accounted for 8.3 percent, followed by one-sided headache, 2.6 percent.

Table 3
The frequency and percentage of stress management, Sports Science Students
Suan Sunandha Rajabhat University (n = 349)

Stress management	frequency	percentage
Exercise	266	76.2
Sleep	243	69.6
Watch movie listen to music	180	51.6
Job	175	50.1
Outside consultants / family friend	160	45.8
Consultants in family	155	44.4
Merit praying to the temple / church / mosque	50	14.3
Consult the supervisor / teacher / teacher	33	9.5
Alcoholic drinks such as beer, liquor, etc.	30	8.6
Calls for others	20	5.7

Table 3, The frequency and percentage of stress management, Sports Science Students Suan Sunandha Rajabhat University (n = 349).

CONCLUSION

The results research, it was found that most students had moderate stress levels. 38.11%, followed by high level 36.96 percent, which is due to the field of sports and health science Learn about science and focus on health science. Which must be very diligent and understandable Students who do not intend to grade, do not reach the criteria set by the university, will be released from the university. And found that students had the highest level of stress on money, not enough to pay As a result of relatively expensive fees and most students have to rent dormitories in Bangkok which are expensive. Cost of studying Including the position of the house, not having money Causing students to stress in this matter mostly

The study of stress management methods Found that when stress occurs Students choose the most frequently practiced, ie exercise. Which is a good practice Delivering good results both physically and mentally Make it healthy Causing the mind to not think about things that will cause stress And will feel better eventually.

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