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Examination of Perceived Stress Levels of Individuals Who Attending University Education and Participate in University Team

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Abstract

Aim: This study is to determine how the perceived stress levels of individuals who play individual and team sports in university teams are shaped. Method: Scanning method was used in this study. This study has a descriptive and inferential nature. The study was carried out with 159 individuals in the school teams of Kyrgyzstan-Turkey Manas University in the 2021-2022 academic year. The study was shaped on the basis of voluntary participation criteria. In this study, demographic information form prepared by the researcher and Perceived Stress Scale were used to collect data. The obtained data were transferred to computer environment and evaluated with SPSS 25.0 statistical program. By using parametric tests on the data, t-test was used for pairwise group comparisons, ANOVA test was applied for comparing more than two groups, and Post Hoc Turkey multiple comparison test was applied to determine the difference between groups. Findings: In shaping the perceived stress levels of university students; according to the gender variable, women have a higher average than men, according to the age variable, there is a difference in favor of the older ones, according to the type of sport variable in favor of the team sports, according to the competition success variable in favor of the international participants and according to the income level variable, there is a difference in favor of the weak ones but it was concluded that there was no significant difference according to the sports year variable. Conclusion: It was concluded that gender is of great importance in the perceived stress levels of individuals studying at university and participating in school teams.

Keywords: Individual sport, Team sport, Perceived stress

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Özet

Üniversite öğrenimi gören ve okul takımlarında yer alan bireylerin algılanan stres düzeylerinin incelenmesi

Amaç: Bu çalışma üniversite okul takımlarında yer alan bireysel ve takım sporu yapan bireylerin algılanan stres düzeylerinin nasıl şekillendiğini belirlemektir. Yöntem: Bu çalışmada tarama yöntemi kullanılmıştır. Bu çalışma betimsel ve çıkarımsal bir niteliğe sahiptir. Çalışma Kırgızistan-Türkiye Manas Üniversitesinde 2021-2022 eğitim öğretim yılında okul takımlarında yer alan 159 birey ile gerçekleştirilmiştir. Çalışma gönüllü katılım kriteri esasına göre şekillendirilmiştir. Bu çalışmada verilerin toplanması için araştırmacı tarafından hazırlanan demografik bilgi formu ve Algılanan Stres Ölçeği kullanılmıştır. Elde edilen veriler bilgisayar ortamına aktarılarak SPSS 25.0 istatistik programı ile değerlendirildi. Verilerde parametrik testler kullanılarak ikili grup karşılaştırmalarında t testi, ikiden fazla grupların karşılaştırılmasında ANOVA testi uygulanmış ve gruplar arası farklılığın tespiti için Post Hoc Tukey çoklu karşılaştırma testi uygulanmıştır. Bulgular: Üniversite öğrencilerinin algılanan stres düzeylerinin şekillenmesinde; cinsiyet değişkenine göre kadınların erkeklerden yüksek ortalamaya sahip oldukları, yaş değişkenine göre yaşı büyük olanlar lehine, spor türü değişkenine göre takım sporu yapanlar lehine, yarışma başarısı değişkenine göre uluslararası katılımcılar lehine ve gelir düzeyi değişkenine göre zayıf olanlar lehine fark olduğu, spor yılı değişkenine göre anlamlı farklılık olmadığı tespit edilmiştir. Sonuç: Üniversite öğrenimi gören ve okul takımlarında yer alan bireylerin algılanan stres düzeylerinde, cinsiyetin büyük önem arz ettiği sonucuna ulaşılmıştır.

Anahtar Kelimeler: Algılanan stres, Bireysel spor, Takım sporu.

INTRODUCTION

Today, in many countries, sports activities are among the most preferred physical activities by individuals. The reason why people attach great importance to sports activities is that it is as old as human history and has a very important place in human life for many years. At the same time, people and sports have become inseparable from each other in social life (6). While the concepts of sports and psychology affect each other, the type of sports branch and the concept of sports; Variables such as being a team, motivation, and individuality are among the reasons for different emotional states in individuals (23).

The phenomenon of stress is a problem frequently encountered in school life, daily life or business life. In this respect, although the phenomenon of stress is a situation that people commonly encounter in their daily lives, when considered conceptually, the concept of stress is defined as "the state of pressure or tension perceived by the individual". Every change movement that people experience in their normal life flows causes stress, sometimes positively and sometimes negatively (7).

The phenomenon of stress causes motivated emotional states to become more active than normal. In case of stress, people have to perceive a threat because a certain threat is present. Factors that cause stress are defined as "stressors". Some stressors can be meaningful or important to people. Whether the stressors are meaningful or positive depends on the individual's family life and the environment in which he lives. Factors causing stress are listed as stimuli originating from the internal and external environment that change the adaptive capacity of the individual. In addition, stressors consist of demands from the individual or his environment (2). Stress is an important health problem that negatively affects the living standards of individuals, limits their abilities in business life mentally, affects the emotional control of the person for a long time, and causes healthy individuals to encounter various problems in their lives (8).

The phenomenon of stress, which affects people from all walks of life in daily life, is also extremely important in the daily lives of individuals in higher education. In some cases, when stress can be dealt with correctly, it empowers students to be successful, puts the individual into action and creates positive conditions (6).

The phenomenon of stress occurs in university students due to many factors (18, 26) and negatively affects students' lives in many ways (15). At this point, knowing the factors that cause stress in university

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students will contribute to minimizing the stress levels of the students and being more successful in their university education.

There is various information in the literature that the optimal level of stress affects the performance of individuals positively, but if it exceeds the optimal level, it will cause anxiety, worry and uncontrollability. Comparing the perceived stress levels of university students engaged in active sports with various demographic variables is expected to yield valuable findings. These results will contribute to the existing literature by shedding light on the sources of stress and identifying areas where stress may be absent. Consequently, the main objective of this study is to investigate the perceived stress levels of individuals involved in both individual and team sports within university school teams.

METHOD

Research model

This study is characterized as descriptive research, as it aims to examine the perceived stress levels of individuals involved in both individual and team sports within university school teams. The primary objective is to provide a comprehensive description of the stress levels experienced by these individuals in the context of their sports participation.

The research study utilized the "screening model" as the basis for developing its research model. Screening models are designed to faithfully represent a past or present situation as it actually exists. The objective of the research is to accurately depict the subject under investigation, be it an event, individual, or object, within its original context and without any intention to alter or exert influence on these circumstances (17).

Participants

The research study involved a sample of 159 participants, consisting of 103 men and 56 women. These individuals were members of the Kyrgyzstan Turkey Manas University school teams and actively participated in both individual and team sports throughout the 2021-2022 academic year.

Data collection and tools used

The data was gathered through the utilization of Google Forms. The study employed two distinct data collection instruments.

*Diagnostic information form:

The researcher utilized a "Personal Information Form" to collect data regarding the demographic characteristics of the university students involved in the study. This form included variables such as gender, age, field of study, years of involvement in sports, competition success, and monthly income level.

*Perceived stress scale

In order to determine the perceived stress levels of the participants; The perceived stress scale developed by Cohen, Kamarck and Mermelstein (4) and adapted into Turkish by Eskin et al. in (10) was used. There are 14 statements to determine perceived stress levels. The scale consisting of 14 statements to determine the perceived stress of the participants, according to Cohen et al., the stress scale was determined as the perception of insufficient self-efficacy, the perception of stress-discomfort, and the total stress perception in the sum of the two. In our research, it will be considered as total stress in accordance with the purpose. Eskin et al.'s total stress scale has been used in many studies with high validity and reliability. In the study, participants were asked to evaluate each item using a 5-point Likert-type scale. The scale ranged from "Never (0)" to "Very often (4)" to indicate the frequency or intensity of their responses. The scale consists of two sub-dimensions, the perception of stress/discomfort and the perception of insufficient self-efficacy. The items "1, 2, 3, 7, 11, 12, 14" in the scale are the items measuring the perception of stress/discomfort, and the items "4, 5, 6, 7, 9, 10, 13" are the items measuring the perception of insufficient self-efficacy, and they are scored in reverse with positive expressions. has the feature. While the perceived stress scale scores range from 0 to 56, a high score indicates the excess of the person's perception of stress.

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Analysis of data

The IBM SPSS Statistics 25 program was employed for data analysis. Demographic variables of the participants, such as gender, age, branch, sports age, competition success, and income level, were examined in terms of percentage and frequency values. As seen in Table 1, it was concluded that the data showed a normal distribution as a result of the (skewness-kurtosis) test. According to George and Mallery (11), if the skewness and kurtosis values fall within the range of +2 and -2, the distribution can be considered as approximately normal. By using parametric tests in the data, t-test was used for pairwise group comparisons, ANOVA test was applied for comparing more than two groups, and To determine the differences between groups, a Post Hoc Tukey multiple comparison test was applied in the study. This test is commonly used to compare all possible pairs of groups and identify significant differences among them.

Table 1. Test of normality

Scale	Skewness	Kurtosis
Perception of stress/discomfort	-.065	.961
Perception of insufficient/self-efficacy	-.583	1.827
Perceıved stress general	-.346	1.975

FINDINGS

Table 2. Frequency distribution of socio-demographic characteristics

	Demographic Changes		Frequency	Percentage(%)
Age	17-19 years		67	42.1
	20-21 years		50	31.4
	22-23 years		21	13.2
	24 years and over		21	13.3
		Total	159	100
Gender	Female		56	35.2
	Male		103	64.8
		Total	159	100
Income rate	Good		41	25.8
	Medium		88	55.3
	Poor		30	18.9
		Total	159	100
Competition success	School Sport		65	40.9
	Club Sport		55	34.6
	National Level		21	13.2
	International Level		18	11.3
		Total	159	100
Type/Branch of sport	Team Sport	Basketball	24	15.1
		Football	34	21.4
		Volleyball	29	18.2
		Total	87	54.7
	Individual Sport	Athleticism	28	17.6
		Wrestling	17	10.7
		Boxing	27	17
		Total	72	45.3
Sport year	1-2 years		49	30.8
	3-4 years		31	19.5
	5-6 years		47	29.6
	7 years and over		32	20.1
		Total	159	100

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When the demographic values are examined in Table 2, 35.2% of the research consists of 56 students with female, 64.8% with 103 people and a total of 159 students. According to the age variable; 42.1% were 17-19 years old, 31.4% were 20-22 years old, 13.2% were 23-24 years old and 13.3% were 24 years old and over; According to income level: 25.8% had a good income level with 41 people, 55.3% had a medium income level with 88 people and 18.9% had a low income level with 30 people; according to the success of the competition: 40.9% of them achieved success in school sports with 65 people, 34.6% in club sports with 55 people, 13.2% at the national level with 21 people and 11.3% at the international level with 18 people; 30.8% of them have 1-2 years with 49 people, 19.5% of them have 3-4 years with 31 people, 29.6% have 5-6 years with 47 people and 20.1% have 7 years or more with 32 people. have been determined. According to the type of sport; It was observed that 54.7% of them chose team sports with 87 people, and 21.4% of the general percentage values of their branches were for Football, 14.1% for Basketball and 18.2% for Volleyball. 45.3% of the participants prefer individual sports, which is another type of sports, with 72 people, for the individual sports in question; 17.6% of them chose Athletics, 10.7% Wrestling and 17% Boxing branches.

Table 3. T-test results of perceived stress scores by gender

General and sub-dimensions of the scale	Gender	N	$\bar{x}$	sd	t	df	p
Perception of stress/discomfort	Female	56	15.86	2.99	3.130	157	.001**
	Male	103	13.81	4.38			
Perception of inadequacy/self-insufficiency	Female	56	15.09	3.50	1.959	157	.052
	Male	103	13.82	4.12			
Perceived stress general	Female	56	30.95	5.98	2.759	157	.003**
	Male	103	27.62	7.86			
**p<0.01							

Upon examining Table 3, it was determined that there was no statistically significant difference in the inadequacy/self-efficacy sub-dimension scores of perceived stress levels among the participants based on the gender variable (p>0.05). A significant difference was found in the perceived general stress level and stress/discomfort perception sub-dimension scores of the participants in terms of gender (p<0.05). When the arithmetic values in terms of gender are examined; stress/discomfort sub-dimension ($\bar{x}$=15.86) average and general perceived stress level ($\bar{x}$=30.95) mean women had higher mean values than men.

Table 4. T-test results of perceived stress scores by sport type

General and sub-dimensions of the scale	Type of Sport	N	$\bar{x}$	sd	T	df	p
Perception of stress/discomfort	Individual Sport	72	14	3.97	-1.500	157	.136
	Team Sport	87	14.97	4.10			
Perception of inadequacy/self-insufficiency	Individual Sport	72	14.06	3.67	-.604	157	.546
	Team Sport	87	14.44	4.19			
Perceived stress general	Individual Sport	72	28.06	6.85	-1.142	157	.249
	Team Sport	87	29.40	7.83			

When Table 4 is examined, no significant difference was found in the general and sub-dimension scores of the participants' perceived stress level in terms of the sport type variable (p>0.05). In terms of the perceived general level, the arithmetic mean values were higher in team sports ($\bar{x}$=29.4) compared to individual sports, based on the average of the sports type.

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Table 5. ANOVA results of perceived stress scores by age variable

	Age	N	$\bar{x}$	sd	F	p
Perception of stress/discomfort	17-19 Years	67	14.07	4.29	.909	.438
	20-21 Years	50	14.76	3.55		
	22-23 Years	21	15.67	4.62		
	24 Years and over	21	14.29	3.85		
	Total	159	14.53	4.06		
Perception of inadequacy/self-insufficiency	17-19 Years	67	14.10	4.25	1.257	.291
	20-21 Years	50	14.12	3.45		
	22-23 Years	21	15.76	4.12		
	24 Years and over	21	13.62	3.84		
	Total	159	14.26	3.95		
Perceived stress general	17-19 Years	21	31.43	8.29	1.145	.333
	20-21 Years	21	27.90	7.11		
	22-23 Years	159	28.79	7.41		
	24 Years and over	67	14.07	4.29		
	Total	50	14.76	3.55		

When Table 5 is examined, no significant difference was found in the perceived stress levels in the general and sub-dimensions in terms of the age variable of the participants (p>0.05). When the average values of the general perceived stress level are examined; It is observed that the highest value ($\bar{x}$=31.43) is between the 17-19 age group with an average, and the lowest value ($\bar{x}$=10.18) is between the 24 and above age group with an average.

Table 6. ANOVA results of perceived stress scores by year of sport

	Sport Year	N	$\bar{x}$	sd	F	p
Perception of stress/discomfort	1-2 Years	49	14.43	3.83	1.126	.306
	3-4 Years	31	14.48	3.54		
	5-6 Years	47	15.32	4.25		
	7 Years and over	32	13.56	4.50		
	Total	159	14.53	4.06		
Perception of inadequacy/self-insufficiency	1-2 Years	49	13.61	4.04	1.229	.301
	3-4 Years	31	14.65	3.37		
	5-6 Years	47	15.00	3.41		
	7 Years and over	32	13.81	4.92		
	Total	159	14.26	3.95		
Perceived stress general	1-2 Years	49	28.04	7.23	1.251	.293
	3-4 Years	31	29.13	6.41		
	5-6 Years	47	30.32	7.10		
	7 Years and over	32	27.38	8.82		
	Total	159	28.79	7.41		

When Table 6 is examined, no significant difference was found in the perceived stress levels in the general and sub-dimensions of the participants in terms of the sports year variable (p>0.05). When the average values of the general perceived stress level are examined; It is observed that the highest value ($\bar{x}$=30.32) is between the average and 5-6 years group, and the lowest value ($\bar{x}$=27.38) is between the 7 years and above group with an average.

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Table 7. ANOVA results of perceived stress scores according to competition success

	Competititon Success	N	$\bar{x}$	sd	F	p
Perception of stress/discomfort	School Sport	65	14.58	4.23	.019	.996
	Club sport	55	14.51	3.98		
	National level	21	14.57	3.76		
	International level	18	14.33	4.30		
	Total	159	14.53	4.06		
Perception of inadequacy/self-insufficiency	School Sport	65	14.28	4.65	.193	.901
	Club sport	55	14.07	3.81		
	National level	21	14.19	1.75		
	International level	18	14.89	3.66		
	Total	159	14.26	3.95		
Perceived stress general	School Sport	65	28.86	8.47	.036	.991
	Club sport	55	28.58	7.32		
	National level	21	28.76	4.57		
	International level	18	29.22	6.68		
	Total	159	28.79	7.41		

Upon reviewing Table 7, it was observed that there was no statistically significant difference in the perceived stress levels, both in the general scale and its sub-dimensions, among the participants concerning the variable of competition success (p>0.05). When the average values of the general perceived stress level are examined; It was determined that the highest value ($\bar{x}$=29.22) was at the international level with an average, and the lowest value ($\bar{x}$=28.58) was at the club sports level with an average.

Table 8. ANOVA results of perceived stress scores by income level

	Competititon Success	N	$\bar{x}$	sd	F	p
Perception of stress/discomfort	Good	41	14.32	4.30	.122	.886
	Intermediate	88	14.53	4.14		
	Weak	30	14.80	3.54		
	Total	159	14.53	4.06		
Perception of inadequacy/self-insufficiency	Good	41	13.49	4.98	1,090	.339
	Intermediate	88	14.49	3.66		
	Weak	30	14.67	3.08		
	Total	159	14.26	3.95		
Perceived stress general	Good	41	27.80	8.71	.528	.591
	Intermediate	88	29.02	7.25		
	Weak	30	29.47	5.91		
	Total	159	28.79	7.41		

When Table 8 is examined, no significant difference was found in the perceived stress levels in the general and sub-dimensions according to the income level of the participants (p>0.05). When the average values of the general perceived stress level are examined; It was observed that the highest value ($\bar{x}$=29.47) was people with low income level, and the lowest value ($\bar{x}$=27.80) was people with good income level on average.

DISCUSSION AND CONCLUSION

The findings of the research indicated that there was no statistically significant difference in the perceived stress levels among the participants when considering the gender variable in relation to the insufficient/self-efficacy sub-dimension score. When the arithmetic values in terms of gender are examined; It was concluded that the stress/discomfort sub-dimension was average and the overall perceived stress level was average, with women having a higher mean value than men. As a matter of fact, Curun (5), who examined the perceived stress levels of university-educated athletes according to the gender variable, found that the

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values of female athletes were significantly higher than the values of male athletes in both sub-dimensions of perception of insufficient self-efficacy and perception of stress/discomfort.

The sub-dimension of perception of insufficient self-efficacy expresses the individual's difficulties in coping with stress in daily life, and the sub-dimension of perception of stress /discomfort expresses the individual's feeling of stress and tension (22). The fact that female athletes reflect their stress more openly than male athletes may have caused female athletes to perceive more stress. In addition, this may be related to gender differences in coping with stress (16) and internally focused negative emotions (3).

Hamad et al. (14), it was found that perceived stress scores differed significantly in favor of women. Özgan et al. (21) with university students, it was reported that female students' perceived stress scores were higher than male students' perceived stress scores. Similarly, in another study conducted with university students, it was concluded that the perceived stress level of female students was higher than that of male students (24). Similarly, in the study conducted by Hancıoğlu (15), it was concluded that the perceived stress scores differed in favor of female students.

The data analysis conducted in the study revealed that there was no statistically significant difference in the perceived stress levels, including both the general scale and its sub-dimensions, among the individuals who participated in the study when considering the age variable. When the average values of the general perceived stress level are examined; It was concluded that the highest value was between the age group of 17-19 with an average, and the lowest value was between the age group of 24 and above with an average. Arnett (1), defined adolescence as a period in which individuals are more likely to experience "stress and storm" compared to other ages, due to both biological and social changes. In our study, it can be interpreted that the interval in which the average value was high coincided with the adolescence period. In a study conducted by Özgan et al. (21), it was determined that there was no significant difference between age and stress symptoms. Similarly, According to Yurtsever (28), it was reported that there was no statistically significant difference between stress symptoms and the age factor. Görgün et al. (12) found that there was no significant difference between the age of the referees and the perceived stress levels in a study they conducted with football referees.

There was no significant difference in the general and sub-dimension scores of the perceived stress level in terms of the sport type variable of the participants. It has been concluded that the arithmetic mean values of the perceived general level are higher than the average of team sports and individual sports according to the type of sport. As a matter of fact, Salar et al. (23) In a study they conducted; It was concluded that there was a statistically significant difference in the athletes' total perceived stress scores and insufficient self-efficacy perception subscale scores in favor of team athletes. This situation supports our study.

The analysis of the data indicated that there was no statistically significant difference in the perceived stress levels, both in the general scale and its sub-dimensions, among the individuals participating in the study based on the variable of sports year. When the average values of the general perceived stress level are examined; It was concluded that the highest value was between the average and 5-6 years group, and the lowest value was between the average of 7 years and above group. In a study conducted with football referees by Güllü and Yıldız (13), it was reported that lower performance and more stress were seen in referees who had less time to play football before. Kaufman (19) found in his study with runners that being a runner for longer years predicted stress negatively. In the study conducted with the athletes participating in the Turkish Universities Kick Boxing Championship, it was determined that there was a statistically significant difference in the perceived stress levels according to their sports experiences (9).

The analysis of the data revealed that there was no statistically significant difference in the perceived stress levels, both in the general scale and its sub-dimensions, among the individuals participating in the study in relation to the variable of competition success. When the average values of the general perceived stress level are examined; It was determined that the highest value was at the international level with the average, and the lowest value was at the club sports level with the average.

According to the income level of the individuals participating in the research, no significant difference was found in the perceived stress levels in the general and sub-dimensions. When the average values of the general perceived stress level are examined; It has been concluded that the highest value is people with low income level on average, and the lowest value is people with good income level on average. Yıldız (27) and

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Sözen, Doğan, Erdoğan, (25) in their study in 2012, concluded that stress levels are not affected by income status.

This situation supports our study. However; Malkoç (20), in his study examining the relationship between the level of rational emotive self-determination, perceived stress and job satisfaction in teachers, stated that the study identified a significant difference in the sub-dimensions of insufficient self-efficacy based on monthly income levels. He said that teachers whose income is below 5000 TL have a higher stress score than those whose income is over 5001 TL.

In shaping the perceived stress levels of university students; According to the gender variable, women have a higher average than men, according to the age variable, there is a difference in favor of the older ones, according to the sport type variable, in favor of the team sports, according to the competition success variable in favor of the international participants and according to the income level variable, there is a significant difference in favor of the weak ones. It was concluded that there was no difference

Suggestions;

It is a fact that women are exposed to more stress throughout their lives while coping with physiological changes such as menstrual period, birth, postpartum and menopause. Therefore, it is important to consciously understand and accept chemical and hormonal changes as part of this natural life cycle. Increasing this level of awareness can help women better cope with the physical and emotional challenges they may face during these periods. It is also important for the society in general to be more aware of these issues, to support women in these life periods, and to take care of their emotional needs and physical health. This can contribute to women living a healthier and happier life and raise social awareness.

In team sports, it is important to strengthen friendships and improve the ability of athletes to work together. Team spirit and collaboration are a critical factor for a team's success. For this purpose, organizing various strengthening events (such as Team Picnics or Meals, Team Camp, Social Activities, Morale Meetings) can increase solidarity, trust and motivation among athletes. It can help team members get to know each other better and positively impact their performance on the field.

Multifaceted studies (Personalized Consultancy and Guidance, Stress Management Training, Financial Support and Scholarships, Social Activities and Events) in order to reduce the perceived stress level of university students with field experts such as pedagogues and psychologists in accordance with their developmental periods such as age, sports year, competition success and income status. (Emotional Support Network) can be done. This type of multifaceted approach can help college students and school team members reduce their stress levels and improve their overall psychological and physical health. It also provides the opportunity to offer personalized support, taking into account the different needs of students.

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