

A Comparative Study on Sleep Quality Among Team, Combative and Individual Sports of University Players

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Abstract

The objective of the study was to investigate the comparative study of Sleep Quality among Team, Combative and Individual sports of University Players. Ninety university players of team, combative and individual sports from different universities of Punjab between the age group of 19 to 25 years old were selected as the sample of the present study and they were selected through simple random sampling technique from Punjabi University, Lovely Professional University and The Maharaja Bhupinder Singh Punjab Sports University Patiala. There were three independent groups, Group 1: Team Sports, Group 2: Combative Sports and Group3: Individual Sports. Each group have thirty subjects (N=15 girls and N=15 boys). All independent groups were compared on Sleep Quality which was measured by standardized Questionnaire on Pittsburgh Sleep Quality Index (PSQI). Analysis of variance (one-way ANOVA) was conducted as the statistical technique at 0.95 level of confidence on SPSS version 22.0 to find out the results. The results of the investigation concluded that there was no significant difference found in Sleep Quality among Team, Combative and Individual Sports of University Players.

Keywords: Sleep Quality, Team Sports, Combative Sports, Individual Sports and University Players

INTRODUCTION

Healthy lifestyle is the key to success, being free from all the restrictions and boundaries related to psychological and physiological aspects of health. Balanced health is the combination of eating good amount of nutritious food as per the requirement of an individual's prerequisite, physically active, proper recovery, management of time, agendas of workload etc. It is the balance among workload and health measures, which helps to maintain and balance the lifestyle of an individual. Poor sleep quality and sleep disturbances are frequent and linked to a wide range of physical and mental health issues. According to Wang et. al., (2025) The term "quality of sleep" describes how satisfied a person is with his/her sleep, including how he/she initiates his/her sleep, how much he/she sleeps and how refreshed they feels when they wakes up. Engaging in a physical activity is a fantastic way to improve the quality of one's sleep. Besides altering biology and biochemistry, physical activity enhances mental wellbeing and sleep quality. According to McCarter et. al., (2022) various elements affect the connection between sleep

quality and performance, such as circadian variability, sleep inertia and the discrepancy between the sleep stages examined and the selected outcome measures. According to Bandura's self-efficacy theory, engaging in lifestyle sports on a daily basis can help people feel better psychologically, and increase their self-efficacy to lift their spirits when they're feeling down (Chen, N. et. al., 2023). The ability to manage and adapt to stress ultimately helps improve athletic performance, but when stress becomes too much for the athlete, it can result in maladaptation such as sleep. According to Leeder et. al., (2012) Various elements, including gender and the specific sport or exercise undertaken, can significantly impact an athlete's sleep patterns. Some studies indicate that females tend to experience markedly better sleep quality compared to their male counterparts within the same age group. Sleep quality is fundamentally complex, encompassing both subjective elements (such as the perception of restfulness or contentment) and objective factors (like performance outcomes). Sleep Quality has four key attributes: sleep efficiency, sleep latency, sleep duration and waking after sleep onset. There's a solid connection between sleep and how well athletes perform, including their skills in sports, strength and short bursts of power. To avoid the neurobehavioral impairments linked to sleep deprivation, athletes should aim for about 8 hours of sleep every night.

Objectives of the Study

The objective of the study was to measures the difference on sleep quality among team, combative and individual sports of university players.

Method of the Study

The study aims to measure the difference on Sleep Quality among team, combative and individual sports of university players. Total ninety university players of team, combative and individual sports from different universities of Punjab between the age group of 19 to 25 years old were selected as the sample of the present study and they were selected through simple random sampling technique from Punjabi University, Lovely Professional University and The Maharaja Bhupinder Singh Punjab Sports University Patiala. There were three independent groups, Group 1: Team Sports, Group 2: Combative Sports and Group3: Individual Sports. Each group have thirty subjects (N=15 girls and N= 15 boys). Investigator collects the data through standardized Questionnaire “Pittsburgh Sleep Quality Index” (PSQI, 1989).

Results and Discussion of the Study

Table No.1 Descriptive Analysis on Sleep Quality among Team, Combative and Individual Sports

Measure: Sleep Quality			
Testing Groups	N	Mean	SD
Team Sports	30	12.66	4.61
Combative Sports	30	11.63	5.02
Individual Sports	30	11.60	6.11

Table No.1 evidently point out the values of mean and standard deviation for Sleep Quality on Team, Combative and Individual Sports of Punjab Universities. The observed mean and SD values are: Team

Sports: Mean- 12.66, SD- 4.61, Combative Sports: Mean- 11.63, SD- 5.02 and Individual Games: Mean- 11.60, SD- 6.11, were respectively.

Graphical Presentation on Mean and SD of Team, Combative and Individual Sports of Punjab Universities.

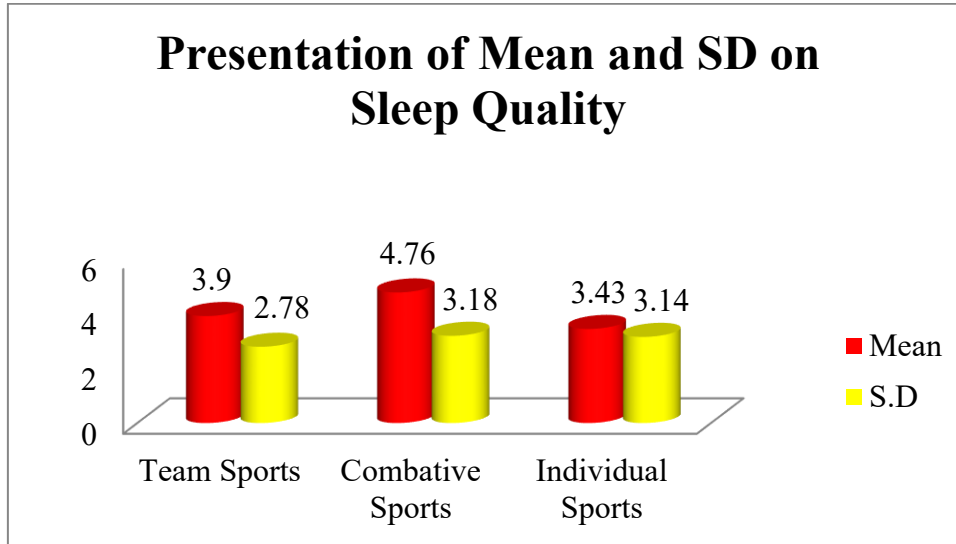


Figure No.1

Table No.2 Analysis of Variance (One Way ANOVA) for the Sleep Quality among Team, Combative and Individual Sports of Punjab Universities.

Sleep Quality	Sum of Squares	df	Mean Square	F	(p-value) Sig.
Between Groups	22.0	2	11.0	.39	.67
Within Groups	2436.8	87	28.0		

Table No.2 shows the F-value for comparing the means in three groups: Team, Combative and Individual Sports on Sleep Quality. The p-value for the F-statistics is .68, which is greater than 0.05 levels of significance, which means “there exists no significant difference on sleep quality among team, combative and individual sports of university players”.

Conclusion of the Study

The investigation concluded that there was no significant difference found on sleep quality among team, combative and individual sports of university players.

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