INTRODUCTION:
Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. So when players enter in the environment of competition they think about their performance, expectation of coach and social demands. If we don't control stress on time it converts into depression with time. Research finds many techniques to manage the stress during, after and before competition. Stress not effects not only effects the player performance it is bad for their mental health as well. Psychologically if player is not fit, it effects their performance and the stress disturbs their personal life. Meditation and music is very helpful for stress management and with some other technique they handle stress very gracefully. It is not only important for their performance but also important for their health.

KEYWORDS: Stress, Stress Management, Competition, Stressor.

SYMPTOMS OF STRESS:
Stress affects us all. You may notice symptoms of stress when disciplining your kids, during busy times at work, when managing your finances, or when coping with a challenging relationship. Stress is everywhere. And while a little stress is OK, some stress is actually beneficial; too much stress can wear you down and it might cause another athlete to experience a positive arousal. This is why some skilled athletes succeed during stress, while others fail (Arunjot, 2001).

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. So when players enter in the environment of competition they think about their performance, expectation of coach and social demands. If we don't control stress on time it converts into depression with time. Research finds many techniques to manage the stress during, after and before competition. Stress not effects not only effects the player performance it is bad for their mental health as well. Psychologically if player is not fit, it effects their performance and the stress disturbs their personal life. Meditation and music is very helpful for stress management and with some other technique they handle stress very gracefully. It is not only important for their performance but also important for their health.

Effect of stress:
In stress condition the performance of the player decreases and become unstable. In stress, a player does not play their game because they feel down in mentally and it also effects their health. In stress a player cannot sleep properly, their sleeping pattern is disturbed by stress which leads to fall in their performance. They think about the competition and their result. In this their heart rate is increased and their body shivering. All these changes effects the performance of an athlete negatively.

TECHNIQUE FOR REDUCING STRESS:
There are number of techniques which we can follow for reducing our stress. The following few techniques could help us in releasing the stress from our mind:

- Breathe Deeply: Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.
- Keep a positive attitude: Keeping the positive attitude keeps the moral of the player high and increases his self-confidence. Positive attitude always results in better performance and increased confidence.
- Accept that there are events that you cannot control: Accepting that there are events that you cannot control. Keeps your mind calm and a calm mind always results in better focus and performance. It's simple. Sit up straight with

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STRESS MANAGEMENT TECHNIQUES FOR PLAYERS DURING COMPETITION

Abstract
Competition may be a stimulating challenge for athletes, effecting the physical and cognitive emotions. In normal life if we talk about stress, then almost every second person suffering from stress. But in the environment of competition it reaches the peak level. In sports we learn about how we manage the condition of stress, but when players face any competition they also suffered from it. Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. So when players enter in the environment of competition they think about their performance, expectation of coach and social demands. If we don't control stress on time it converts into depression with time. Research finds many techniques to manage the stress during, after and before competition. Stress not effects not only effects the player performance it is bad for their mental health as well. Psychologically if player is not fit, it effects their performance and the stress disturbs their personal life. Meditation and music is very helpful for stress management and with some other technique they handle stress very gracefully. It is not only important for their performance but also important for their health.
both feet on the floor. Close your eyes. Focus your attention on reciting - out loud or silently - a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

- **Yoga**: A healthy mind resides in a healthy body. Doing yoga regularly keeps are body and mind fit which results in increased performance in the field.

- **Listen music**: Listening to music is a very effective way of controlling your stress. It makes your mind calm, free from any external disturbances and hence the results in a healthy body and mind.

- **Eat healthy**: Nutrition is the ultimate path to a healthy body and healthy mind. Healthy eating habits give your body the nutrition it requires and makes the body capable of fighting stress.

- **Take proper sleep**: A proper 6 to 8 hours sleep is required by our body foe the healthy functioning of the mind. Proper sleep is as important as nutrition.

- **Seek out social support**: Spend enough time with those you love and share your problems with them. It results in bursting your stress.

- **Imagination**: One must imagine the positive outcomes of one's action and must visualize the positive things happening around us. A mind full of positive thoughts will always be stress free.

- **Self-talk and introspection**: is very effective ways of realizing are mistakes and chart out positive actions for our future.

- **Diversion**: We should always keep our mind on the positive aspects of our life and divert ourselves from the negative environment. Diversion from negative thoughts keeps our mind positive.

- **Tune In to Your Body**: Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. “Simply be aware of places you feel tight or loose without trying to change anything,” For 1 to 2 minutes, imagines each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

**CONCLUSION:**

If stress is not controlled at right time than it is very dangerous for players performance, also harmful for their health and personal life. It is the duty of the coach and physical education teacher to manage their stress on starting point so that it does not converts in depression. In recent time in physical education and sports there are many techniques to manage the stress in initial stage. It is the responsibility of coach to manage their stress. If they teach about the stress management with game skill, then the player can not suffer from this. For this coach should be polite with players so they can share everything with him. Win and loss in games makes a player emotionally strong and hence results in a positive mind set. If stress is not control in initial stages it can prove fatal for a player carrier. We must follow the tips for reducing stress effectively and keep our mind in high spirits.

**REFERENCES:**