

## **A Study of the Stress and the Reaction to the Stress of the Collegiate First-Division Table-Tennis Players**

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### **Abstract**

The purpose of this study was to understand the stress and the reaction to the stress of the collegiate first division table-tennis players. The subjects of this study were the table tennis players who attended college sports meet in 2005. The research instruments were the Stress Intensity and Reaction Questionnaire. Descriptive statistics and independent sample *t*- test were utilized for statistical analysis. The conclusions of this research were:

1. Different genders had a significant difference in the stress and the reaction to the stress.
2. Different training experiences made no significant difference.
3. Different hours of training per week made no significant difference.

**Key words:** collegiate first-division table tennis players, stress, reaction to the stress

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