



## Comparative study of mental health between sports person and non- sports person

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### Abstract

The purpose of the research work was to find out the “Comparative study of mental health between sports person and non-sports person”. (150 sports person and 150 non-sports person) of Guru Ghasidas University Bilaspur, Chhattisgarh were taken as the subjects of the study. Further it was subdivided into 75 male and 75 female from each category were randomly selected for the study. The age of the subjects were ranged from 18 to 25 years. Sports person students were those who are undergoing B. P. Ed and M. Ped course and non-sports person students were those who are studying in any undergraduate course at Guru Ghasidas University Bilaspur, Chhattisgarh. Standardized questionnaire was used for measuring the Mental Health: “Mental Health Batteries” (MHB) questionnaire by Arun Kumar Singh. The data was analyzed by applying descriptive statistic i.e. mean, standard deviation, standard error and two-way analysis of variance (ANOVA) in order to assess and compare the Mental Health between Sports Person and Non-Sports Person. The level of significance was set at 0.05 level of confidence. The data was analyzed by SPSS version 16.

**Keywords:** mental health, questionnaires, sports

### Introduction

Participation in game and sports provides a service to the individual by preparing him/her to the challenges of competition during later life in the society. This includes the development of mental and physical fitness, good character, discipline, competitiveness and courage and opportunities to experience challenges leading to personal achievement and social recognition.

Researcher in physical education in general and sports psychology in particular have repeatedly suggested and emphasized socio-psychological factor as a major area in terms of research enterprise and the important factor play in the ultimate performance of a sports man (Singer, 1948).

Sports psychology is a branch of sports and exercise science, defined as the scientific study of human behavior in sports. The sports psychology has grown and changed dramatically over the past decade. There is a great need for psychological training in addition to technique, tactical and physical training, not only to make sports man reach his peak performance level and excel at time of competition but also developed a strong personality by making him pursue and strengthen the factors like motive, interest and attitudes.

Mental health is state of personal mental well-being in which individuals feel basically satisfied themselves, their role in life and relationship with other (Mangal. S. K 1984; Kanwar, S. and Bishnoi, R. 2007). Mental health means harmony between values, attitudes and interest with the scope of action of the individuals and consequently realistic planning and purposeful implementation of the life concepts (Divine and Stillian, 1989).

According to Crow and Crow: “Mental health is the science that deals with human welfare and provided all field of human relationship”. Mental health describes a level of psychological well-being or an absence of a mental disorder. In recent years clinical psychologist as well educationists have started giving proper attention to the study of mental health. However, in India, relatively very little work has been conducted (Gahlawat and Gahlawat, 2012; Rani and Thapa, 2012) [2].

Mental health has been used generally in two ways, absence of mental illness and positive mental health. In the medical setup, mentally healthy person is an individual free from mental illness and the positive mental health refers to behaviours. Attitude, the feeling that represent an individual’s level of personal effectiveness, success and satisfaction, it has no direct connection with the mental illness (Jahoda 1958). Mental health, therefore, should not be confused with mental illness; it is a study of pre-illness mental condition of the person (Kumar, 1992). Mental health, as such represent a psychic condition which is characterized by mental peace, harmony and content. It deals with adjustment problems at every stage of life. It helps a person to adjust his/her way of thinking, feeling, behaving and attitudes in accordance with his/her environment and the newer development.

### Objective of the Study

To compare Mental Health between Sports Person and Non- Sports Person (Male and Female).

### Methodology

For the present study 150 sports person and 150 non-sports person were randomly selected to serve as subjects of the study. Further it was subdivided into 75 male and 75 female from each category. the study Age of the

subjects ranged between 20-25 years. In this study developed by Arun Kumar Singh was used to measure mental health battery.

### Statistical Analysis

The data was analyzed by applying descriptive statistic i.e. mean, standard deviation, standard error and two-way analysis of variance (ANOVA) in order to assess and compare the Mental Health between Sports Person and Non-Sports Person. The level of significance was set at 0.05 level of confidence. The data was analyzed by SPSS version 16.

### Result and Finding of the Study

**Table 1:** Descriptive Statistics of Sports Person and Non-Sports Person in relation to Over-all Mental Health

Person	Gender	Mean	Std. Deviation	N
Sports Person	Male	83.9067	6.63360	75
	Female	85.3600	5.92211	75
	Total	84.6333	6.03906	150
Non-Sports Person	Male	82.6800	7.11139	75
	Female	80.0267	8.12732	75
	Total	81.3533	7.72613	150
Total	Male	83.2933	6.88111	150
	Female	82.6933	7.57508	150
	Total	82.9933	7.23055	300

In table -1, it shows that mean and standard score of sports person male and female in over-all mental health are 83.90, 85.36 and 6.63, 5.92 respectively. The mean and standard score of non-sports person male and female in over-all mental health are 82.68, 80.02 and 7.11, 8.12 respectively.

**Table 2:** Two way Analysis of Variance for the Comparison of over-all Mental Health among sports person and non-sports person (person) and male & female (gender) and their Interaction

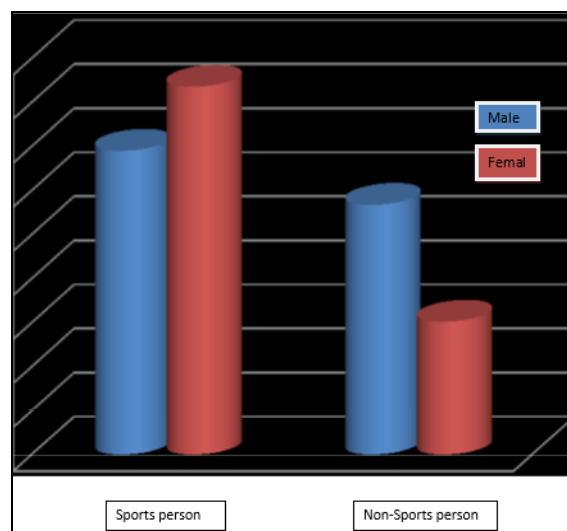
Source	Types III Sum of Square	df	Mean Square	F	Sig.
Person	806.880	1	806.880	16.492*	.000
Gender	27.000	1	27.000	.552	.458
Person*Gender	316.213	1	316.213	6.463*	.012
Error	14481.893	297	48.925		

\* Significant at .05 level

Table-2 reveals that significant difference in the score of over-all mental health between sports person and non-sports person as the obtained f- value 16.492 is greater than the required table value of 3.86 at 1, 297 df.

It also reveals that insignificant difference in the score of over-all mental health between male and female as the obtained f- value .552 is lower than the required table value of 3.86 at 1, 297 df.

Significant interaction was found between gender and participants types, hence person and gender have impact on over-all mental health as the obtained f- value 6.46 is greater than the required value of 3.86 at 1, 297 df.



**Fig 1:** Graphical Representation of Mean and Standard deviation of over-all Mental Health of Sports Person and Non-Sports Person

**Conclusion**

On the basis of the finding of the study, the following conclusions are drawn.

1. Significant difference was found between sports-person and non-sports person in relation to the over-all mental health.
2. Significant difference was found in the interaction between sports-person, non-sports person and male and female in relation to the over-all mental health.

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