



Mental health and sport

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Abstract

Present research to study of mental health among sportsman and non-sportsman college students. By employing a sample of 100 subject in which 50 subject were from playing at least college, university and district level various games. And 50 were selected from those students who were not playing games. All subjects included in the study from Aurangabad district from various college and various sports groups. Standardized tool was Mental Health Inventory developed by Dr. Jagdish and Srivastava. Results indicate that is significant difference of Mental Health among college students of sportsman and non-sportsman. A summary of two way ANOVA shows that main effect college students is significant ($F= 5.56$, $df 1$ and 96 , $p<. 05$). There is no significant difference of mental health between male and female college students. A summary of two way ANOVA shows that main effect gender is not significant ($F=2. 61$, $df 1$ and 96).

Keywords: mental health, sportsman, playing games

Introduction

Team sports are those in which a person does not play alone, but plays as a team. Though many people consider that team sports are better because the whole team has to play and win games as a unit, the other thought is that the individual sports are better. This is mainly because of the fact that the individual sports are those in which the person can play alone and the talent of one person is known to the whole world. On the other hand, in case of a team game, the whole team has to perform well for a positive result. Mental health describes either a level of cognitive or emotional well-being or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is an expression of emotions and signifies a successful adaptation to a range of demands.

The World Health Organization defines mental health as "a state of well-being in which the Individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". It was previously stated that there was no one "official" definition of mental health. Cultural differences, Most recently, the field of Global Mental Health has emerged, which has been defined as 'the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide'. The concept of mental health originated early in the present century. The meaning of term mental health can be expressed in a dictionary of psychology, "A state of good adjustment with a subjective state of well-being, zest for living and the feeling that one is exercising his talents and abilities". The terms mental health refers to those behaviors, perceptions and feelings that determine a person

overall Level of personal effectiveness, success, happiness and excellence of functioning as a person. Sports have emerged in modern society as an institution with patterned relationship that disseminate and transmit social values.

Objective of the study

1. To study Mental Health among sportsman and non-sportsman college students.
2. To study Mental Health among male and female college students.

Hypothesis

1. There will be significant difference of mental health between sportsman and non-sportsman college students.
2. There will be significant difference of aggression between male and female college students.

Methodology

Variable

- I) Independent variable: a) College students: i) Sportsman ii) Non-sportsman
- II) Dependent variable: a) Mental Health.

Design

2 X 2 balance factorial design was used.

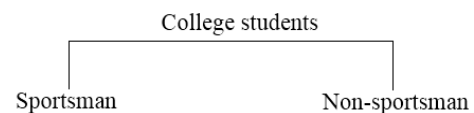


Table 1: Gender

Male	25	25
Female	25	25

Sample

According to the purpose of present study 100 samples has selected. Total sample selected random sampling method. There are 50 girls and 50 boys included. All sample selected from various college in Aurangabad District. All players playing at list College University and District levels games. The subjects were from age range 18 to 24.

Tools

Mental Health Inventory

This inventory developed by Dr. Jagdish and A.K. Srivastava. The reliability of the inventory was determined by spilt half method using add even procedure the reliability coefficients was. 73 found. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire.

Results and Discussion

Table 2: Shows the Two-way ANOVA of Mental Health on College Students.

Source	SS	df	Ms	F
College students	130.33	1	130.33	5.56
Gender	61.22	1	61.22	2.61
A X B	32.31	1	32.31	1.38

The table above shows that is not significant difference in Mental Health among college students of sportsman and non-sportsman. Result of the ‘F’ test comparisons of groups formed on the basis of college students and sex present in the table no.2 when college students of sportsman and non-sportsman are compared on Mental Health ‘F’ ration of 4.13 where obtained. There was first hypothesis ‘There will be significant difference of mental health between sportsman and nonsportsman college students.’ Accepted.

Second variable of this study gender shows that F ratio 1.98 not is significant both the level there was second hypothesis;’ There will be significant difference of Mental health between male and female college students was rejected. In the summary of ANOVA table no. 2 shows that the interaction effect A × B (F= 1.08, df 1, 96) was not significant.

Aggression is behavior intended to cause physical or psychological harm to another person. One important practical aspects of many research into sporting aggression has concerned whether participating in and watching sports has an effect on levels of aggression

Optimism is crucial to psychological well-being and has been shown to be influential in achievement behavior, self-mastery and enhanced motivation. A recent investigation by Kavussanu and McAuley (1995) demonstrated the relationship between high physical activity and optimism. Their findings also revealed an "inverse relationship between regular exercise and trait anxiety levels" (p. 254), suggesting that those who exercise have lower anxiety. In an earlier study, Buffone (1984) discussed the potential of exercise as a psychological enhancer and stated that "current research in counseling, psychology and medicine points to physical exercise's positive effect on mental health. Running and other

forms of exercise or sport participation seem to build confidence, alleviate moderate anxiety and reactive depression, increase body awareness and image, reduce weight, promote habit control and improve sleep".

Conclusion

1. There is significant difference of mental health between sportsman and non-sportsman college students.
2. There is no significant difference of mental health between male and female college students.

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