



A STUDY OF MENTAL HEALTH ON THE PERFORMANCE OF FOOT BALL PLAYERS

Dr. Sakpal Hoovanna
Asst. Professor in Physical Education , AWU
Vijayapur.

ABSTRACT

The word 'mental health' conjures up the image of mentally ill persons in the public mind. The WHO (1978), has stated quite clearly that mental health is not a state of absence from diseases but a state of well being encompassing our physical, social and emotional lives. This concept also implies that a healthy person must actualize all the potentialities of growth and development without being unduly tense or unhappy. The Mental health covers an elusive and diffuse field and the term itself encompasses a multiplicity of meaning. It is a valuable rubric to head a chapter and an area of research than as a concept. The mental health reflect some of these influences but contemporary thought on mental health initiate the phase for departure from the traditional frame of reference providing significant additions to the conceptual network that constitute the core as well extra relevance to the very psychological construct.

The study makes an attempt to assess the influence of mental health the psychological factors-- on sports performance of Foot ball players selected form the Gulbaraga district of Karnataka.

The study was conducted on a sample of 26 players of Foot ball selected from Gulbaraga district, Karnataka. Mental health Inventory was developed by Jagdish and Srivistav (1988) The scale consists of 56 items and has four response categories. As per the manual of the scale, the one who scores high is regarded as having higher mental health. The reliability and validity of the scale is fairly high. The aim of this study was to know the effect of mental health on the performance of Foot ball players. The players were administered the mental health scale and grouped into high and low categories of mental health. Thus the sample was grouped equally in to two groups. The t-test was applied to compare the sample on mental health.

KEYWORDS : players of Foot ball , of mental health.

INTRODUCTION:

The word 'mental health' conjures up the image of mentally ill persons in the public mind. The WHO (1978), has stated quite clearly that mental health is not a state of absence from diseases but a state of well being encompassing our physical, social and emotional lives. This concept also implies that a healthy person must actualize all the potentialities of growth and development without being unduly tense or unhappy. This concept needs some reiteration, as overburdened medical professionals, who are solely preoccupied with relief of immediate human suffering, have dominated this field too long. It is only in recent years that a consciousness is dawning on workers in this field, that almost every form of community activity has a direct bearing on the state of health of its citizens. Hence, the

politicians, law makers, economists, people engaged in trade, commerce, industry, educationalists, food and nutrition specialists, ecology experts including doctors, nurses and social workers, are all involved, either overtly or covertly, in prompting or harming the mental health of citizens and / or in allowing them to actualize their growth potential.

MENTAL HEALTH:

Mental health covers an elusive and diffuse field and the term itself encompasses a multiplicity of meaning. It is a valuable rubric to head a chapter and an area of research than as a concept. The concept is difficult, challenging, and complies, full of unknowns and half-truth and no doubt some fad and fancy as well". The mental health reflect some of these influences but contemporary thought on mental health initiate the phase for departure from the traditional frame of reference providing significant additions to the conceptual network that constitute the core as well extra relevance to the very psychological construct.

Mental health defies its being pressed between words, and definitions are less popular. World health organization defined mental health "as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity". It is conceived as "a condition and level of social functioning which is socially acceptable and personally satisfying. Mental health is an adjustment of human beings to the world and to each other with the maximum of effectiveness and happiness English (1958) conveyed more of the concept of denoting mental health as "a relatively enduring state wherein the person is well adjusted, has a zest for living, and is attaining self actualization or self realization. It is positive state and not mere absence of mental disorder

SIGNIFICANCE OF STUDY:

The study makes an attempt to assess the influence of mental health the psychological factors on sports performance of Foot ball players selected form the Gulbaraga district of Karnataka. It is well understood that these factors are highly inter-related to sports activities. Knowing the significant influence of factors, a sports psychologist or sports educationist can manipulate these psychological factors to improve the performance of Foot ball players.

STATEMENT OF THE PROBLEM:

To study of mental health on the performance of Foot ball players

OBJECTIVES:

To assess the effect of mental health on the performance of Foot ball players.

HYPOTHESES:

There is a significant impact of mental health on the performance of Foot ball players.

The Sample: The study was conducted on a sample of 26 players of Foot ball selected from Kalaburagi district, Karnataka. The selection was done based on level of mental health . The respondents were administered mental health scale. the sample was divided in to high and low mental health.

Tools. Mental health Inventory.

This inventory is developed by Jagdish and Srivistav (1988) .The scale consists of 56 items and has four response categories. As per the manual of the scale, the one who scores high is regarded as having higher mental health. The reliability and validity of the scale is fairly high.

Statistical Analysis.

To meet the objectives of the study and to verify the formulated hypotheses the data were analyzed, using the statistical technique of t-test.

The aim of this study.

The study to know the effect of mental health on the performance of Foot ball players. The players were selected from Gulbaraga district. The players were administered the mental health scale and grouped into high and low categories of mental health. Thus the sample was grouped equally in to two groups. The t-test was applied to compare the sample on mental health. The data were organized and presented in the tables.

Table: Shows the Mean's and t-values of Sports Performance of Cricket Players in Two categories of Mental Health (N=26)

Category	Mean scores	SD	t-alue
High mental health	49.58	3.68	8.13
Low mental health	41.36	2.87	

Significant at 0.05 level

Table shows The sample of the players was divided in to two levels of mental health-high and low mental health. The means scores of high mental health players are 49.58 and the mean scores of low mental health players is 41.36. This shows that the performance of the high mental health players is more than the players with low mental health. The anxiety, tension and stress make the players more disturbed and as a result they loose concentration in the given task. The players who are not much disturbed by such factors will have higher mental health and concentrate in the given task. Therefore the players with high mental health have higher mean scores than the low mental health players. The t-value of 8.13 is significant at 0.05 level. This suggests that there are significant differences in the performance of Foot ball players. Thus higher mental health always is facilitating factor of performance in the sample of sports persons.

CONCLUSIONS:

The study deals the effect of mental health on the performance of Foot ball players. The study shows mentally health players have significantly higher sports performance than those of low mental health.

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