

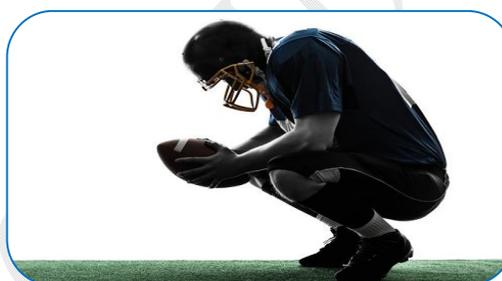


A COMPARATIVE STUDY ON MENTAL HEALTH AMONG SPORTSMAN AND NON SPORTSMAN

Mr. Sidharam Bijapur

ABSTRACT :

The researchers had tried to find out the influence of sports participation on the mental health among sportsman and non sportsman of the Kalaburagi district, Karnataka. The wanted to find out the influence of sports activities on the mental health, the major objective of the study to find out the difference in mental health among sportsman and non sportsman of Kalaburagi district, Karnataka. The study hypothesis stated that – there would be significance difference in mental health among sportsman and non sportsman. In the present study the researcher selected total sixty students of SBR school students of Kalaburagi district, Karnataka. The sample was selected on simple random method of sample selection method. Thirty sports participated and thirty non sports participated students selected for the study. Research tool used in the study- standardized by Dr. Jagadish, Dept. of Psychology. R.B.S. College, Agra, & Dr. A.K. Srivastava Department of Psychology, Banaras Hindu University, Varanasi to measure the mental health among sportsman and non sportsman.. The statistical techniques mean, SD, t test were used to prove the research hypothesis of the study.



KEYWORDS : Mental health, sports participation.

INTRODUCTION:

Mental health means ability to balance in one's daily living. In other words it is the ability to face and balance the reality of life (Bhatia, 1982). Mental health is a complex phenomenon depends on a set of familiarly personal, psychological and social variables. Mental health is as n important feature as the physical health of a person to make him complex with balance mental disposition of the children to cope with life more effectively and productively. Good mental health depends on the good state of both mind and body. Each exerts a direct influence on the other, but owing to the power of matter, good mental health is of supreme importance according to Hadfield (1952) mental health is the harmonious functioning of the whole personality.

Effects of nature games on Mental Health: Seiler R, Birrer D. The role of mental health is increasingly recognized in the discussion about health. In this article, health is considered to be a dynamic balance between resources and potential risk factors. Sport and physical activity may represent resources that do not only contribute to an increased well-being, but also to an improved self concept as a cognitive representation of one's health-status. To study the most important aspect of sport- a means of promoting

interpersonal, national and international understanding. It would provide clue whether sports are truly fulfilling this much-publicized purpose or the differences in their mental health status are defeating the fundamental purpose of sports promotion.

Method

The study showing the level of mental health among sports participated and non sports participated of SBR school Kalaburagi district, the researcher wanted to reveal the influence of sports participation on mental health.

The objectives

- ❖ To measure the mental health of sports participated students
- ❖ To measure the mental health of non sports participated students
- ❖ To compare the mental health among sample groups of the study to find out the influence of sports participation on their mental health.

The hypothesis

- ❖ There would be significant difference in mental health among sports participated and non sports participated students.
- ❖ There would be influence of sports participation on the mental health among sample groups.

Tool

Mental Health Inventory (MHI):

This scale was developed and standardized by Dr. Jagadish, Dept. of Psychology, R.B.S. College, Agra, & Dr. A.K. Srivastava Department of Psychology, Banaras Hindu University, Varanasi. The inventory consists of 56 statements. The investigator after consulting the research director decided to have 44 statements with regard to mental health inventory. For this the investigator selected 44 statements from the original mental health inventory. Senior most teacher educators working in colleges of education and university departments of education were consulted for the finalization of tool. The statements which were agreed upon by eighty percent of the experts were taken into consideration and rest was discarded. The scale consists of 44 items in which 16 are positive and 28 are negative statements. Copy of the mental health inventory was presented in Appendix-B.

Sample

In the present study the researcher selected total sixty (9th standard) students of SBR school students of kalaburagi district, Karnataka. The sample was selected on simple random method of sample selection method. Thirty sports participated and thirty non sports participated students selected for the study.

Statistical tools

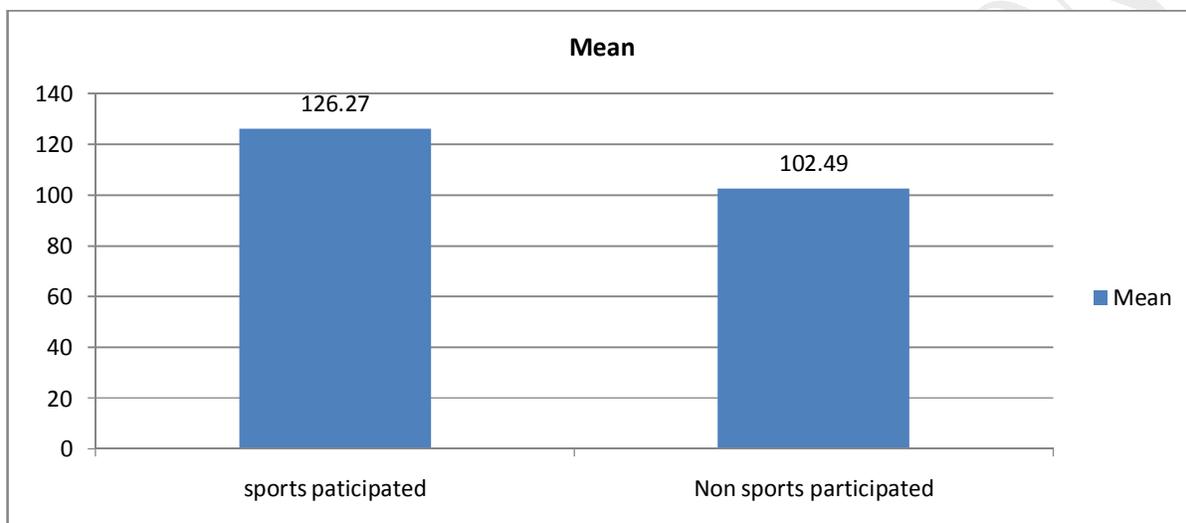
In this study the researcher used mean, SD, t tests to find out the level of mental health among sports participated and non sports participated students.

Data Analysis

Table showing the mental health among sports participated and non sports participated students.

Sample	N	Mean	SD	t value
Sports participated	30	126.27	9.08	2.331**
Non Sports participated	30	102.49	11.75	

Significant at 0.01 **



The table and graphs showing that the sports participated students having the higher mental health than the non sports participated students due influence of sports participation. T value is significant at 0.01 levels which reveal that significant difference in mental health test among sample of the study.

FINDINGS

- ❖ There is significant difference in mental health among sports participated and non sports participated sample of study.
- ❖ The sports participation has the positive influence on the mental health.
- ❖ The present study revealed that the sports participation has the positive influence on the high school students to maintain the mental health and also showing the importance of sports participation in the society.

REFERENCES.

- ❖ Cohen, S., Tyrell, D.A.J., & Smith, A.P. (1991). Psychological stress and susceptibility to the common cold. *New England Journal of Medicine*, 325, 606–612.
- ❖ Alderman, R.B. (1974): *Psychological Behavior in Sports*. W.B. Saunders, Philadelphia.
- ❖ American Alliance for Health, Physical Education and Recreation (1960): *Skills Test Manual-*
- ❖ *Sports Psychology encyclopedia*,
- ❖ *Sports journals*