



# REVIEW OF RESEARCH

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## COMPARATIVE STUDY ON MENTAL HEALTH AMONG CHESS PLAYERS AND NON CHESS PLAYERS

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### ABSTRACT:

*Mental health is the level of psychological status of an individual, the indoor games are having the positive influence on the mental health of an individual in the society. The research investigator tried to find out the influence of chess playing ability on the mental health among the chess and non chess players of Gulbarga University, the present study going to compare mental health between chess and non chess players, the study objectives – to measure the mental health of the chess players and non chess players and also compare the mental health levels among the sample of the study. The research hypothesis also stated there is significance difference in mental health among chess playing players and non chess players of the study. The 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 chess playing and non chess playing players of the study. The statistical techniques mean, SD, t test were used to prove the research hypothesis of the study.*



**KEYWORDS:** Mental health.

### 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. The purpose of the study to know the influence of indoor and outdoor sports on the mental health among sports players.

The research already shown that the indoor games are more positive influence on the mental health, personality and other important factors of the person, the chess game influence on the logical power, imagination power, situation handling capacity, memory, etc.

## **METHOD**

The study is showing the level of mental health among chess playing and non chess playing players and also compare the groups through the standard tool of mental health. The researcher intended to know the influence of chess game on the mental health among sample of the study.

### **The objectives**

- ❖ Measure the mental health of chess playing and non playing players through the standard scale of mental health
- ❖ To compare the mental health among sample groups of the study
- ❖ To know the influence of chess game on mental health

### **The hypothesis**

- ❖ There would be significant difference in mental health among chess playing and non playing sample
- ❖ There would be influence of chess playing on the mental health among sample groups of the study.

## **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**

Fifty chess players and fifty non chess players were selected for the study sample from Gulbarga University; sample was selected on simple random method, the mental health of the sample groups measured through the scale.

### **Statistical tools**

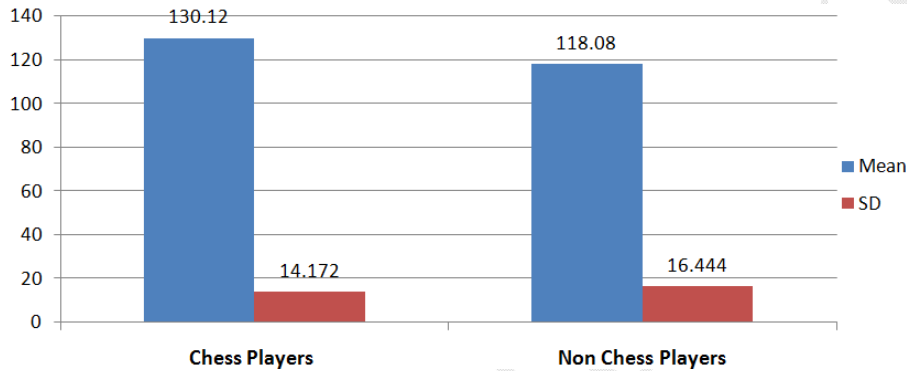
In this study the researcher used mean, SD, t tests to find out the level of mental health among chess players and non chess players

**Data Analysis**

**Table showing the mental health among chess players and non chess players of the study**

Sample	N	Mean	SD	t value
Chess players	50	130.12	14.172	2.431**
Non Chess players	50	118.08	16.444	

Significant at 0.01 \*\*



The table and graph showing that the chess players are better in mental health than the non chess players of the study, the chess players mean score is 130.12, the standard deviation is 14.172, the non chess players mean score is 118.08, the standard deviation is 16.44, the calculated t value is 2.431 significant at 0.01 levels.

**FINDINGS**

- ❖ There is significant difference in mental health between chess players and non chess players.
- ❖ The chess playing players are having better mental health than the non chess players of the study.
- ❖ There is positive influence of chess game on mental health of players.

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