



A Comparative Study of Player and Non-Player Students in Relation to their Mental Health

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Abstract:

A comparative study of player and non-player students in relation to their mental health examined in this study. The present study was conducted on player and non-player from various colleges of existing students. The sample size comprised of 120 students. In that, there were 60 male (30 players and 30 non-player) students and 60 female (30 players and 30 non-player) students from various colleges of Kolhapur city. Purposive sampling method was applied for this study. The data was collected by the using a standardized tool of Mithila Mental Health Inventory (MMHSI) prepared by Anand Kumar and Giridhar Thakur. A statistical tools of mean, SD and t value were adopted for analyze the obtained data. The result reveals that there is significant difference found in the mental health of male player and male non-player students. But, there is no significance difference found in the mental health of female player and female non-player students, male player and female player students and male non-player and female non-player students respectively. It states that sports can enhances our mental health.

Keywords: Mental Health, Male Player and Non-Player Students, Female Player and Non-Player Students

Introduction:

We always use good thought “A sound mind in sound body.” Health is important factor for development of a person as well as country. Especially mental health is an inseparable part of health. Recent research concluded that above 450 million people suffering from mental illness.

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According to WHO, depression will be the second largest disease in 2020. Every person gives importance to physical health. But, mental health is also important jointly to physical health. They both associate and impact each other. Dr. Brock Chisholm stated that “There is no physical health without mental health” Mental health also concerns with social problems like unemployment, poverty, addiction, increase in crime and family disturbance. Recent studies showed that mental illness is mostly responsible for physical illness such as diabetes, cancer and increase in heart diseases.

Physical fitness helps stay strong body to us; mental fitness helps to achieve and sustain a good mental health to us. Mentally fit person can enjoy life and environment. It can also help become creative, try to innovative things, able to cope with difficulties in personal life. It is effective tool for great loss in relationship and jobs. A new research conducted by the Mental Health Foundation of United Kingdom suggested that poor diet decrease mental health and creates a variety of mental problems. Mental health determines by various biological, socio-economic and environmental factors. WHO always support to government for promoting mental health. WHO (2013) approved “A Comprehensive Mental Health Action Plan” for 2013-2020. The main aim of that plan was to promote mental well-being, prevent mental disorders, produce a lot of care and enhance standard of recovery. Mental health is a state of well-being where a person clears his or her own abilities. He makes able to cope with stress, build relationship, fight to challenges, work effectively and uniform with community. Our mental health influences on nature of thought, feelings and behavior in daily life. Emotionally and mentally mature person free from depression, anxiety or any other psychological issues.

If we suffering from headache, stomach pain, chest pain, etc. physical problems, then we are quickly visits to hospital. Sometimes we are ready on one leg to check BP, high cholesterol and diabetes. But we are not enthusiastic to get proper treatment for mental issues. There is lack of awareness about mental health in India. People are not interested to tell mental issues and take help from expertise psychologist or counselor. They think it is very dangerous and they afraid to tell others. So, they hide their issues. But, they don't know the consequences in future. Mental health is one of the most neglected area in India in comparison of southern country. According to recent “National Mental Health Survey”, approximately 150 million people must be needing care for mental health in India. WHO introduced that India has highest number of suicide in stage of

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adolescence in India. It also noted that one-third of population of India lives below the poverty line and the prime cause of these issues are decrease in mental health.

Characteristics of mentally healthy person:

1. A sense of contentment
2. Always happy and cheerful
3. Ability to laugh and fun
4. Ability to deal with stress
5. Flexibility and adaptability
6. Ability to build and maintain relationship
7. A lot of self-confidence and self-esteem

Reviews of Literature:

Gahlawat, O. P. & Gahlawat, P. (2012) conducted a comparative study of player and non-player students in relation to mental health. A total sample consisted of 100 subjects (50 boy and 50 girl students) from different colleges of Chandigarh, India. The age range was 17 to 21 years. The researchers administered the mental health inventory developed by Jagdish and Srivastava (1983) for the collection of data. A standardized statistical tool of mean, SD, 't' test were used for analyzing data. The result indicates that male player students found good mental health than male non-player students. The result also indicates that female player students found good mental health than female non-player students. It seems that there is significant difference between male player and male non-player students and female player and female non-player students too.

BR Rawte (2016) explored a study of positive mental health among female athletes and non-athletes secondary students. The sample size comprised of 40 female secondary athletes students and 40 female secondary non-athletes students from various secondary schools of Bislapur. The data was collected by the using of junior positive mental health inventory developed by Agashe and Helode (2013) in this study. The researchers found that there is significant difference between female athletes and non-athletes secondary students. It stated that sports should enhance positive mental health.

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Dr. Pramod Kumar Tiwari & C. D. Agashe (2015) conducted a comparative study of positive mental health among Kho-Kho players with varying level of sports achievement. The study conducted in three levels of sports. There were 40 national, 40 state and 40 district level of male Kho-Kho players were selected as a sample. A convenience sampling method was applied for this study. Three dimensional positive mental health inventory developed by Agashe and Helode (2007) administered on selected sample. The result reveals that national male Kho-Kho players shows high level of positive mental health than state male Kho-Kho and district male kho-Kho players. It seems that high degree of positive mental health enhance by Kho-Kho game.

Daily Loksatta, dated 15th November (2019), Mental Health Organization introduced that the negative impact of global warming happening on mental health in America and they also informed that approximately 47173 people applied suicide by deteriorate in America in 2017. The San Leis Obispo stated that there is positive relationship between Climate and mental health. Another study proposed that there is significant relationship between nature of sleep and mental health.

Need and Importance of the Study:

Today, health is major issue for human being in world level. Health is concerned with physical, mental, emotional as well as social health. Especially mental health is most important in human life. Mental health is a serious issue in world level. Most of researchers conducted their valuable researches on mental health. WHO (2017) indicated that more than 300 million people of the world suffering from depression, 60 million people of the world fighting to bipolar disorder and 21 million people have Schizophrenia. These mental illnesses are caused by decrease in level of mental health. The negative mental health impacted on academic performance, decrease in productivity, self-confidence, social relationship, increase in crime and addiction.

Present adolescent students participating in large amount in various types of sports. Externally, they are fit physically but internally they finds mentally unhealthy. They looking mentally disturb and it's prime cause on decline in performance. So, it is an attempt to understand and improve the mental health of male and female player students as well as non-player students.

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Statement of the Problem:

A comparative study of player and non-player students in relation to their mental health

Objectives of the Study:

The following objectives were presents research study.

1. To Study the mental health of male player students.
2. To study the mental health of male non-player students.
3. To study the mental health of female player students.
4. To study the mental health of female non-player students.

Hypotheses:

The following hypotheses were presents research study.

1. There is significant difference between male player students and male non-player students in relation to their mental health.
2. There is significant difference between female player students and female non-player students in relation to their mental health.
3. There is significant difference between male player students and female player students in relation to their mental health.
4. There is significant difference between male non-player students and female non-player students in relation to their mental health.

Methodology:**Sample:**

The sample of the study was collected from various colleges of Kolhapur city. A total 120 participants (players and non-players existing college students) were selected for the present study. There were 60 male (30 players and 30 non-player) students and 60 female (30 players and 30 non-player) students from various colleges of Kolhapur city. Purposive sampling method was applied for this study. The selection of sample has given in details as below.

Player and Non-Player Students in Relation to their Mental Health**Selection of Sample**

Area	Male (N)	Female (N)	Total (N)
Player	30	30	60
Non-player	30	30	60
Total	60	60	120

Variables:

Independent Variables – 1. Gender
 2. Types of students
 Dependent Variable - Level of mental health

Tools:

The following standardized psychological test used to collect the data.

i) Mithila Mental Health Inventory (MMHSI):

This inventory is developed by Anand Kumar and Giridhar Thakur. It has five subscales such as egocentrism, alienation, expression, emotional instability and social non-conformity. MMHSI consists of 50 items. Each item has five alternatives. Reliability co-efficient of the MMHSI scale found from .74 to .88 and test-retest reliability found from .73 to .89.

Statistical Analysis:

The standardized statistical tool of mean, SD and 't' test were applied for the analysis of collected data.

Result and Discussion:**Table No. 1**

Showing Mean, SD and t value of male player and non-player students

Type of Student	N	Mean	SD	df	't' value
Male players	30	108.83	11.42	58	5.2**
Male non- players	30	128.46	23.16		

*significant at 0.01 level, ** significant at 0.05 level, *** not significant

The table no. 1 shows that the mean score of male player students 108.83 (SD= 11.42) is less than mean score of male non-player students 128.46 (SD= 23.16). The obtained t value is 5.2 which is statistically significant at 0.05 level. The first hypothesis of this study is accepted. It means that there is significant difference between male players and non-player students.

Player and Non-Player Students in Relation to their Mental Health**Table No. 2****Showing Mean, SD and t value of female player and non-player students**

Type of Student	N	Mean	SD	df	't' value
Female players	30	114.56	16.10	58	0.03***
Female non-players	30	124.96	26.12		

*significant at 0.01 level, ** significant at 0.05 level, *** not significant

The table no. 2 shows that the mean score of female player students 114.56 (SD= 16.10) is less than mean score of female non-player students 124.96 (SD= 26.12). The obtained t value is 0.03 which is statistically not significant at 0.05 level. The second hypothesis of this study is rejected. It means that there is no difference in the mental health of female player and non-player students.

Table No. 3**Showing Mean, SD and t value of male and female player students**

Type of Student	N	Mean	SD	df	't' value
Male players	30	108.83	11.42	58	0.05***
Female players	30	114.56	16.10		

*significant at 0.01 level, ** significant at 0.05 level, *** not significant

The table no. 3 shows that the mean score of male player students 108.83 (SD= 11.42) is less than mean score of female player students 114.56 (SD= 16.10). The obtained t value is 0.05 which is statistically not significant at 0.05 level. The third hypothesis of this study is rejected. It means that there is no difference in the mental health of male player and female player students.

Table No. 4**Showing Mean, SD and t value of male and female non-player students**

Type of Student	N	Mean	SD	df	't' value
Male non-players	30	128.46	23.16	58	0.29***
Female non-players	30	124.96	26.12		

*significant at 0.01 level, ** significant at 0.05 level, *** not significant

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The table no. 4 shows that the mean score of male non-player students 128.46 (SD= 23.16) is more than mean score of female non-player students 124.96 (SD= 26.12). The obtained t value is 0.29 which is statistically not significant at 0.05 level. The forth hypothesis of this study is rejected. It means that there is no difference in the mental health of male non-player and female non-player students.

Conclusion:

1. Reference to table no. 1 there is significant difference between male player students and non-player students in relation to their mental health.
2. Reference to table no. 2 there is no significant difference between female player students and non-player students in relation to their mental health.
3. Reference to table no. 3 there is no significant difference between male player students and female player students in relation to their mental health.
4. Reference to table no. 4 that there is no difference male non-player and female non-player students in relation to their mental health.

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