

Mental Health Status between Male Sports Person and Non Sports Person: A Comparative Study

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Abstract

The purpose of this study was to compare the level of mental health status between male sports person and non sports person of Rajarshi Shahu College Pathri, Dist. Aurangabad (Maharashtra state) who studying in undergraduate and post graduate level course. For the purpose of this investigation 100 subjects (50 sports person and 50 non sports person) were randomly selected as subjects of the study. Their age were ranged from 18 to 25 years. The standardized Mental Health Inventory (M.H.I.) test prepared by Agashe and Helode (2007) was used to observe the difference of mental health status between sports person and non sportsman. It consists of 36 questions. To compare the mental health status of male sports person and non sports person, the independent t-test was used for data analysis. Result revealed that there was significant difference between sports person and non sports person in regard to mental health status at 0.01 level of confidence.

Key Words: Mental Health, Male, Sports Person, Non Sports Person

Introduction :

Health is perceived as one of the principle requirements for social welfare frameworks. The health and welfare frameworks on the planet raise their objectives from the arrangement of health care to a formation of a healthy community. As indicated by World Health Association, mental health is a condition of prosperity wherein each person's understand their own potential,

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can fight with the typical life stresses, can work beneficially and productively and competent to make a network contribution.

Mental health is depicted as more than the nonattendance of mental handicaps and various elements like social, mental and organic can dangers to mental health. It very well may be likewise portrayed as a sickness that is analyzed and causes significant changes in persons thinking, enthusiastic state and conduct and disarrange the person's capacity to work and support individual relationship.

Lately, numerous individuals are experiencing mental health issues more than anything so they have a lot of consideration about mental and psychotherapy. In excess of 150 million individuals are enduring some type of mental issue particularly in creating nations on the planet. These figures are to some degree included higher populace development, way of life changes, family breakdown, monetary issues and so on. Therapists have distinguished probably the most ideal ways that activity is great treatment for the decrease to mental health.

Review of Literature:

There are numerous comparative investigations has been led with regards to mental health by Kenioua Mouloud and Boumasjed Abd Elkader (2016) led study on Game and mental health level among college understudies and he was expressed that there was elevated level of mental health among college understudies in Ouargla College, and there are noteworthy contrasts between understudies competitors and understudies non competitors. Consequently, sports can be profit and accentuate significance of the mental health of understudies of college through its unification in recreational and aggressive exercises.

Rawte B. R. (2016) concentrated positive mental health among female competitors and non-competitors optional understudies. To lead the investigation, 40 female auxiliary understudy competitors with normal interest in aggressive sports occasions and 40 female optional understudy non-competitors were chosen as test for the examination. He was expressed that interest in aggressive game improve generally speaking mental prosperity of understudies. Quardri S. J. (2012) examined pressure and mental health states of competitor and he was expressed that low pressure competitors have fundamentally great mental health than high

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pressure competitors. A positive relationship has been seen between the pressure and mental health of competitors.

For builds person's bliss and mental health the interest in sports exercises as a logical methodology. The different investigations have demonstrated that sports exercises have mental, passionate and social advantages in extra to physical advantages, similar to that decrease of nervousness and sorrow, the expanding of rest length and better social relationship have been accounted for in various examinations by Nilsson K, Sangster M, Konijnendijk CC (2011); Ahmadi T, Pirhayti S (2012).

Chaplin (1975) has been depicted positive mental health in a logical manner, and after that it is reclassified by Strupp H. H. what's more, Hadley S. W. (1977) through way of thinking of life, self acknowledgment and sense of self quality for assessing of positive mental health. As indicated by Keyes (2002) fundamental components or perception, prosperity considers passionate or feeling and mental health depicted through his article. Right now Tiwari and Agashe (2015) investigations about sports execution are identified with positive mental health. The gainful impact of interest in sports a general mental prosperity has been recorded by specialists like Gahlwat and Gahlwat (2012), Sidhu et al. (2013), Singh et al. (2013), Mittal et al. (2014), Laborde et al. (2016), Naikoo et al. (2016). In this manner the motivation behind the present investigation was to look at the mental health status among sportsman and non sportsman.

Methodology :**Sample -**

For the present study Total 100 male samples (50 sports person and 50 non sports person) age between 18 to 25 years were randomly selected from Rajarshi Shahu College Pathri, Dist. Aurangabad, Maharashtra State, India. Sportsman has participated in Inter Collegiate Competition who has organized by Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra state.

Mental Health Status between Male Sports Person and Non Sports Person**Measuring Tools -**

To assess positive mental health of selected sports person and none sports person, three dimensional positive mental health inventory prepared by Agashe and Helode (2007)^[20] was used. It consists of 36 questions. The reliability co-efficiency of this test was 0.723. Higher the score, superior the mental health is the direction of scoring.

Procedure -

For the purpose of this investigation 50 sports person and 50 non sports person were selected through randomly sampling method. After obtaining written consent for participation in research they were selected as sample. Mental health inventory was administered to all selected subjects as per their handiness and availability. After scoring of the responses according to author's manual, the data was tabulated according to their respective groups. To evaluate mental health of sports person and none sports person t-test was used.

Data Analysis -

The collected data were classified by descriptive statistical methods and were analyzed by independent T-test. The SPSS software (version 21) was used for data analysis ($\alpha \leq 0.01$).

Result and Discussion :

The result in table no. 1 shown that the mean score of sports person and non sports person are 20.42 and 17.52 respectively. And standard Deviation for sports person is 4.883 and non sports person are 4.568. It reveals that 't' value 6.220 is greater than tabulated 't' value, which is significant at 0.01 level. Hence, concluded that there was significant difference found on mental health between male sports person and non sports person.

Table -1: Shows the mean and standard deviation differences between sports and non sports person.

Group	N	Mean	S.D.	DF	't' value
Sports Person	50	20.42	4.88	49	□ 6.220
Non Sports Person	50	17.52	4.56		

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*Significant at 0.01 level of confidence

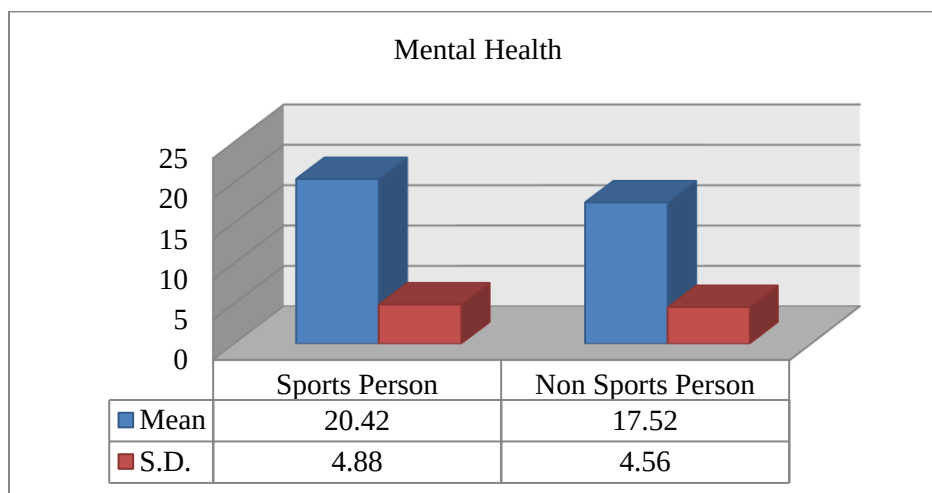


Figure - 1 : Mean and Standard Deviation score of sports person and non sports person.

It has been watched a solid association between positive mental health and sports action. As indicated by hypothesis of Vaillant G. E. (2003), conceptualized positive mental health or positive brain research alongside social, enthusiastic and physical prosperity. These three components are mainstay of any sports field for better outcomes and accomplishments. They are basic piece of positive mental health.

The consequences of the present investigation additionally concur with the discoveries of the exploration led by Rawte B. R. (2016) inspects positive mental health among female competitors and non-competitors auxiliary understudies. He was discovered that positive mental health of female optional understudy competitors is altogether better as thought about than non-competitor female auxiliary understudies. He was reasoned that cooperation in aggressive game is a significant vehicle for improvement of positive mental health among female auxiliary understudies. Bakhshalipour V. et. al., (2018) directed the similar investigation of mental health among competitor and non-competitor educators in schools of training in Gilan Area. He was discovered critical contrast among male and female physical instruction and non-physical training educators in mental health and they were inferred that specialists and specialists focus on the arranging of physical movement and exercise for instructors.

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An investigation on sport and mental health level among college understudies directed by Mouloud and Elkader (2016). The outcomes uncovered that there are noteworthy measurable contrasts between understudies competitors and non-competitors in their reactions by mental health scale for understudies competitors. They were inferred that there were huge contrasts between understudies competitors and understudies non competitors in level of mental health. Likely sports exercises influence the different parts of personality and furthermore build up some life needs of understudies, in this manner impacting on their and personality and conduct.

Amit Verma and Nilkanth Sahu (2018) looks at investigation of mental health between sports person and non sports person. They were watched noteworthy contrast among sportsperson and non sportsperson on constructive mental health. They were presumed that a solid association between positive mental health and physical action.

Pramod Tiwari and Agashe C. D. (2013) concentrated of positive mental health among kho-kho players with fluctuating degree of sports accomplishments. He found that positive mental health of area and state level male kho-kho players were not fundamentally better as analyzed than national level male kho-kho players. There was no huge distinction seen in positive mental health among region and state level male kho-kho players. It was inferred that positive mental health of male kho-kho players were fundamentally contrast based on their sports accomplishments.

Conclusions:

After analyzing the data it was found significant at 0.001 level of significance the 't' ratio stated that there was significant difference on mental health status found between male sports person and non sports person. It was concluded that positive mental health of sports person who involved in some sports and physical activity do significantly higher than non sports person who was not involved in any games and physical activity.

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