

COMPARATIVE STUDY ON MENTAL HEALTH AMONG SPORTS PLAYERS

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ABSTRACT

The investigator noticed that different games having different situations which effecting on the mental health of players, he tried to find out the level of mental health among Indoor & outdoor players, investigation pertaining to “A Comparative Study on Mental Health among indoor & outdoor sports Players” researcher Keeping the objectives in view, the objective of the study to measure the mental health of indoor and outdoor sports players, to compare the mental health among the indoor and outdoor sports players. The Hypothesis of the study, There would be significance difference among indoor and outdoor sports players in their mental health level, there would be influence of playing sports like indoor and outdoor sports on the mental health among sports players. The appropriate research design was adopted. Sample of the study: 50 indoor sports players & 50 outdoor sports players of vijayapur District was taken as sample groups for research study. Research tool: Mental Health scale developed by Dr. Jagadish and Dr. A. K. Srivastava was used in the present study. The inventory contains 54 questions. The responses are scored with the help of manual. Statistically t-test was used to find out the significant difference among sample groups of the research study.

Key words – Mental health, sports players.

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.

In the present era of globalization, privatization and liberalization, the entire scenario of the whole world is turned into a global village but the social attitudes, value patterns, conduct, and behavior of people have been radically changed in the inverse direction. Today people live in a money worshipping society which is full of competition with values of consumerism, individualism, materialism, hedonism, sadism and masochism have significantly increased and sensitivity towards others suffering has considerably decreased. Feelings of envy and jealousy toward others are spreading in each society with impersonal relationship, alienation, non consciousness and un-mindfulness which have damaged the person himself. All kinds of insecurities – physical, mental, social etc., have engulfed the psyche of the people who are crazy for more and more materialistic possessions in order to live luxuriously and also to leave the same for generations to come. Today's men are unnecessarily running from early morning till late at night for minting money and amassing wealth with their never ending lust. Resulting lack of emotional-social support to fellow being has created anxiety, frustration, stress, tension, maladjustment with so many personal and social problems and have disturbed health of the individual to a great extent.

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.

OBJECTIVES OF THE STUDY

- To measure the mental health of indoor and outdoor sports players of vijayapur district.
- To find out the influence of nature of games on mental health of sample groups.

HYPOTHESIS OF THE STUDY

- There would be significance difference among indoor and outdoor sports players in their mental health level,
- There would be influence of playing sports like indoor and outdoor sports on the mental health among sports players.

VARIABLES:

Independent: nature of the sports (indoor and outdoor sports)

Dependent: Level of Mental Health,

TOOL

Mental Health scale developed by Dr. Jagadish and Dr. A. K. Srivastava was used in the present study. The inventory contains 54 questions. The responses are scored with the help of manual.

COLLECTION OF DATA

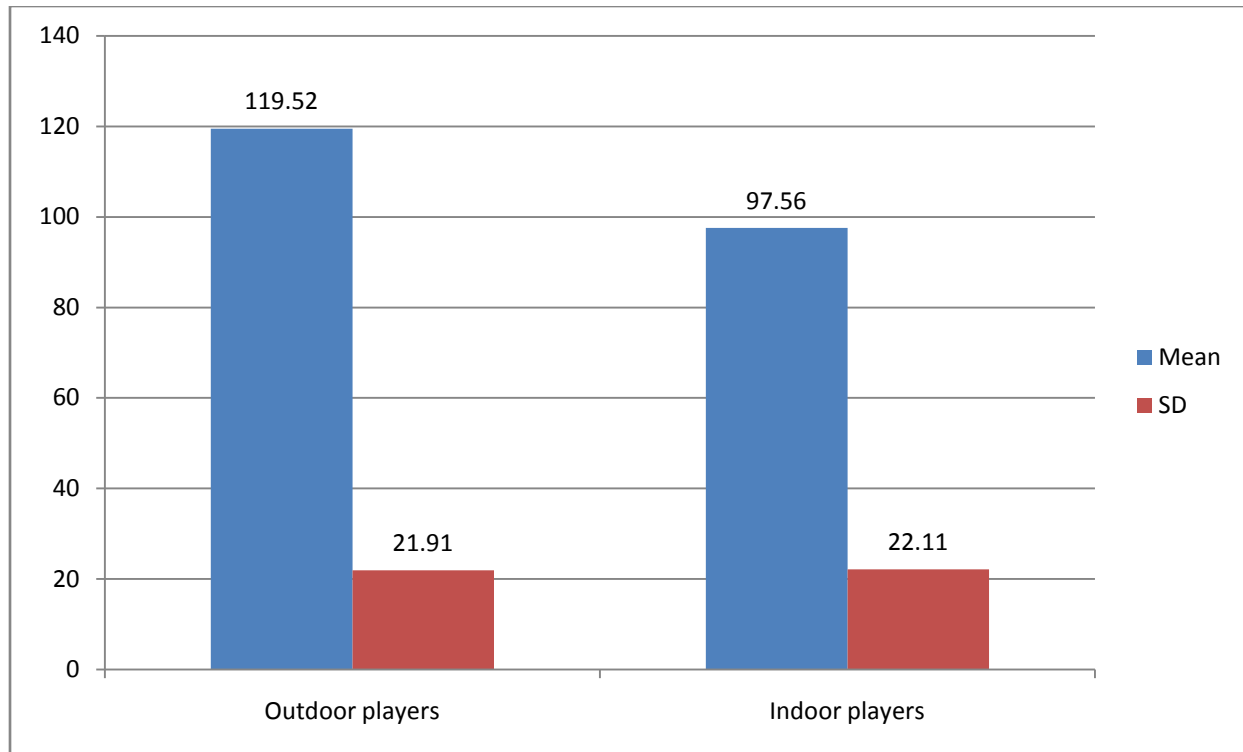
The data was collected from the indoor sports players and outdoor players of Vijayapur District .who were administered the Mental Health scale during the games competitions. The data was collected during players were engaged in their respective games. The investigator personally visited the indoor and outdoor players while they were in rest after the game to collect the reliable data, according to the scale manual high score means low mental health, Low score means High mental Health.

DATA ANALYSIS

Table -1 Mental Health levels of outdoor and indoor sports players

Sample	Mean	N	Std. Deviation	t-value
Outdoor Players	119.52	50	21.91	3.292**
Indoor Players	97.56	50	22.11	

Significant level at 0.01 *



This table & graph were shown score of mental health of the outdoor & Indoor sports players of Vijayapur district. The outdoor games sports players were score higher in the mental health test than the indoor games sports players of the sample of the study, its showing that the outdoor games playing sports players are having the more mental health than the indoor games playing sports players.

CONCLUSION

The study shows the difference of mental health in sports/game players according to the nature of game like indoor and outdoor sports, the outdoor games playing sports players are having the more mental health than the indoor games playing sports players.

RECOMMENDATION

- This study may extend to the various sample groups like male and female sports players.
- The similar studies will be conducted on the group games and individual games.

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