

## COMPARATIVE STUDY ON ANXIETY AND MENTAL HEALTH AMONG SPORTS PLAYERS

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### ABSTRACT

*The researcher wanted to find out the differences in psychological variables among the group game and individual games sports players. the main objectives of the study to find out the level of anxiety among the sample groups and also find out the difference in the ample groups, to find the level of mental health among the sample groups of the study. And find out significance difference among the sample groups. The hypothesis of the study there would be significance difference in mental health among the sample groups. There would be significance difference among the sample group of the study. Sample of the study twenty five sports players of group games players and twenty five individual games sports players were selected from the Gulbarga University, Kalaburagi, Karnataka. Psychological Tools used – mental health scale and Anxiety scale The statistical tools like mean, SD, t tests were used to analyze and interpretation of the collected data, the calculated data shown in the table and graph, Conclusion of the study – the group game sports players were had the higher mental health than the individual games sports players, in anxiety the group game players had lower anxiety than the individual games sports players of Hyderabad Karnataka region.*

*Key words – Mental health, Anxiety, Sports players.*

### INTRODUCTION

#### Mental Health

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 behaviour 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, and 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.

### **Sports Competition Anxiety**

. Anxiety plays an important role in sports and games. Anxiety is considered as an important phenomenon in motor performance. Anxiety, especially the state type, plays a significant role in the motor performance of individuals. Adjustment of these natural properties may have to be done with some care. Either type may be amenable to high level sports performance with certain constraints. Trait Anxiety is predisposition to perceive certain situations as threatening and to respond to these situations with varying levels of state anxiety. In Spielberger's (1977) words, Anxiety states are characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the automatic nervous system.

## **METHODOLOGY**

### **Objectives**

- To find out the level of anxiety among the sample groups and also find out the difference in the ample groups,
- to find the level of mental health among the sample groups of the study. And find out significance difference among the sample groups.

### **The Hypothesis of the Study**

- There would be significance difference in mental health among the sample groups.
- There would be significance difference among the sample group of the study.

## Sample of the study

Twenty five sports players of group games players and twenty five individual games sports players were selected from the Gulbarga University, Kalaburagi Karnataka.

## Psychological Tools used

### ➤ 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.

### ➤ Sports Competition Anxiety Test:

The investigator used sports competition anxiety test (SCAT) by Martens (1977) (Appendix-II) to measure a player's level of competitive anxiety. The test-consists of **15** statements related to competitive situation, which player answers by making a Tick Mark (✓) corresponding the 'hardly ever', 'sometimes', or 'often' for each item. Five items are spurious. Therefore only ten items were scored to yield a competitive anxiety measure, Martens (1977) reports the test-retest reliability to be .77

**Statistical tools** - Like mean, SD, t-tests were used to analyze and interpretation of the collected data, the calculated data shown in the table and graph,

## DATA INTERPRETATION AND ANALYSIS

**Table No 1 Mean, SD and t values of Group game male and individual game male sports player difference in their Psychological variables**

Variables		Group game	Individual game	t – values
Mental Health	M	124.10	115.36	2.132**
	SD	20.95	25.72	
Anxiety	M	15.54	22.22	2.973**
	SD	6.28	16.6	

Significant at 0.01

The table showing that the group game male players having the higher mental health than the individual game male players the group games players mean score is 124.10 and the individual game male players mean score is 115.38 the t value 2.132\*\* indicates the significance difference at 0.01 level. Anxiety is the most importance psychological factor in the sports field the group game male players mean score is 15.54 and the individual game male players mean score is 22.22 the t-value is 2.973\*\* significance at 0.01 level.

## CONCLUSION

The group games players are having the good level of mental health and less Sports competitive anxiety among them. The individual games players having the less mental health and more competitive anxiety. Its showing the significance difference in psychological factors among group and individual games sports players of Gulbarga University.

## REFERENCES

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