

# Comparative Analysis of Mental Health, Personality Traits and Anxiety of Sportsmen and Non-Sportsmen among College Students

P.Gopinathan<sup>1</sup>, Grace Helina<sup>2</sup>, R.Subramanian<sup>3</sup>

## ABSTRACT

*The purpose of the study was to analyze the mental health status, personality traits and anxiety of sportsmen and non-sportsmen among college students. This study was conducted with 300 college students consisting of 150 sportsmen students with minimum of inter collegiate participation in one or more games and 150 non-sportsmen students without any sports participation. To conduct the experiment, the standardized psychological questionnaire was used to collect the data's in the selected variables. Mental health was assessed by using mental health inventory constructed by Jagadish and Srivatsava; personality trait was assessed by administering the Eysenck Personality Inventory (EPI); and anxiety was assessed by using Competitive State Anxiety Inventory (CSAI-2) test. The mean, standard deviation and t-test were applied to find out the significant difference; and it shown that there was a significance differences in the mental health, personality and cognitive anxiety between sportsmen and non-sportsmen among college students and only somatic anxiety not having the significant difference. The level of significance for the study was fixed at 0.05. The study indicated that the sportsmen are having higher mental health status; are more extraverts and have less anxiety than the non-sportsperson collegiates.*

## INTRODUCTION

Human excellence is the product of tactical training, along with psychic state of the individual. Sports psychology is an physical fitness, physique, technical and innovative field which brought many

1. Assistant Professor, Dept. of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai.
2. Professor & Head, Dept. of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University, Chennai.
3. Reader & Head, Dept. of Advanced Training and Coaching, Tamil Nadu Physical Education and Sports University, Chennai.

innovations in the performance of the sportsmen. The sports achievement is the product of various qualities of the athletes includes psychological makeup. Sport is a psycho-physical activity. In the present day application of psychological principles in the field of sports and games has received tremendous attention. Sports psychology is an exciting subject dedicated to the enhancement of both athletic performance and the socio-psychological aspects of human enrichment. (Richard H.Cox, 2002)

The psychological factors are most beneficial on sports and performance. The sports coaches are considering psychological factors while imparting training to the athletes and also giving psychological tonic before and during the competition. It has been found that psychological qualities such as personality, mental health, motivation, anxiety, mood, stress, confidence, willpower, killer instinct, pep talk, self-esteem and various mental training accounted for as much as 20% to 40% of the share in the successful performance of the sportspersons. The sports performance has associated with human behavior; hence, it should be given top priority in the agenda of coaching programme.

Mental health means harmony between values, attitudes and interest with the scope of action of the individuals and consequently realistic life planning and purposeful implementation of life concepts (Divine & Stillian, 1989). "Mental Health is very much related physical fitness and mental fitness" (Milton G. Thakerey, 1979). The relationship

between physical activity and mental health outcomes motivate people to persist in physical activity while also having a potentially positive impact on well-being (Biddle & Mutric, 2001). Improved mental health and psychological well-being are used for the reduction of anxiety and stress (Biddle, S., 2000). A good mental health is essential for leading a good life.

Mental health is the state of personal mental well-being in which individuals feel basically satisfied with themselves, their role in life and their relationship with others (Mangal.S.K., 1984). Sonia Kanwar and Rajinder Bishnoi(2007) found that the champion Judokas are higher in mental health than the non-champion Judokas. Improvements in quality of life and emotional well-being, due to physical activity, have been reported even in the absence of objective diagnostic improvement (Faulkner & Biddle, 1999). In personality, extraversion and introversion are among the variables which influence sports performance in addition to many other personality variables. Extraversion has been found to be highly related or supportive to dominance sociality in athletes and supportive participants (Alderman, 1974).

Personality is the totality of his being and includes his physical, mental, emotional, and temperamental makeup. The modern life is full of stress and tension, which might change the personality of the individual. The personality of the individual is determined by their activities. Hence, the personality of the

sportsman and non-sportsman differs in some extent. Mohan et al (1979) found that the players were more extraverted than the non-players and low on neuroticism implying more stability of emotionality. Researches have found that the higher level of performance group was more extravert than low performance group, and non-sportsmen are more neurotic than the higher performance group (Singh, 1979; Thakur & Thakur, 1980; Lalit Mohan & Bhupinder, 2008).

Anxiety is "an uneasiness and feeling of foreboding often found when a person is about to embark on a hazardous venture; it is often accompanied by a strong desire to excel" (Frost, 1971). Anxiety is likely to be greater in higher competitive sports than in relatively noncompetitive sports because, in the competitive sports, participants are expected to win and great demands are made upon them to win (Agyajit Singh, 2008). Anxiety is having cognitive aspect of mental component of fear of negative social evaluation, fear of failure, loss of self-esteem and somatic components such as physiological responses as increased heart rate, respiration, and muscular tension and known as somatic anxiety (Richard H. Cox, 2002).

Research studies related to anxiety and sports performance indicated that an optimum amount of anxiety heightened the athletic performance whereas Ford (1968) found that few sports persons did better when their anxiety levels were high. It is an exceptional case. Exercise improves mental health by

reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function (Richardson C.R., 2005). The ability to deal with anxiety is an integral part of sports training. Athletes, who are able to overcome their anxiety, perform much better than some of the strongest contenders of the sports and games.

## METHODOLOGY

The subjects for the study was 300 college students consisting of 150 sportsmen students with minimum of inter collegiate level participation in minimum of one or more games and 150 non-sportsmen students without any sports participation; and all the subjects were under graduate class and their age ranged from 18 to 23 years. All the subjects belonged to 10 Chennai city colleges, with equal representation of 30 subjects consisting of 15 sportsmen, and non-sportsmen from each college.

## Tools for the study

To conduct the experiment, the standardized psychological questionnaire was used to collect the data, in the selected variables. Mental health was assessed by using mental health inventory constructed by Jagadish and Srivastava (1983). It consists of 55 statements with 4 point rating scale. Personality trait was assessed by administering the Eysenck Personality Inventory (1964). It consists of 57 statements in which 24 statements are related to

extraversion, 24 statements are related to neurotic and remaining 9 are related to lie scales; and the reliability to extraversion was .87 and neuroticism was .90. The anxiety was assessed by using Competitive State Anxiety inventory (CSAI-2) test (Martens, 1990).

#### Statistical tools for the study

The obtained data's were tabulated and

statistically analyzed by applying mean, standard deviation and t-test. The level of significance for the study was fixed at 0.05.

#### Results & Discussion

Since the purpose of the study was to analyze the mental health, personality and anxiety level of sportsmen and non-sportsmen, these are explained with the help of different tables.

**Table-1: Comparison of Mental Health between Sportsmen and Non-Sportsmen**

Group	Mean	S D	t-value
Sportsmen	122.64	9.64	13.72*
Non-Sportsmen	98.22	6.87	

\*Significant at 0.05 level of confidence

The mean mental health value of sportsmen was 122.64 and non-sportsmen were 98.22 and it shows that sportsmen are higher mental health status in comparison with non-sportsmen. Further t-value (13.72) shown that there was a significant difference in mental health between sportsmen and non-

sportsmen with 0.05 level of confidence. As per mental health questionnaire higher the mental health score is higher the mental health status. The present study indicated that the sportsmen having higher mental health because they are more experienced to the outer world than the non-sportsmen

**Table-2 : Comparison of Personality Extraversion between Sportsmen and Non-Sportsmen**

Group	Mean	S D	t-value
Sportsmen	15.67	3.48	4.65*
Non-Sportsmen	13.06	1.79	

\*Significant at 0.05 level of confidence

The mean personality extraversion trait value of sportsmen was 15.67 and non-sportsmen were 13.06. It shows that the sportsmen are more extraverted then the non-

sportsmen. Further, the t-value of 4.65 indicated that there was a significant difference of personality extraversion between sportsmen and non-sportsmen.

**Table-3: Comparison of Personality Neurotic between Sportsmen and Non- Sportsmen**

Group	Mean	S D	t-value
Sportsmen	11.08	2.24	6.04*
Non-Sportsmen	14.55	3.11	

\*Significant at 0.05level of confidence

The mean Personality Neurotic value of sportsmen was 11.08 and non-sportsmen was 14.55 it shows that the sportsmen are less neurotic then the non-sportsmen. Further the t-value of 6.04 indicated that there was a significant difference of personality neurotic between sportsmen and non-sportsmen.

**TABLE-4: Comparison of Cognitive Anxiety between Sportsmen and Non- Sportsmen**

Group	Mean	S D	t-value
Sportsmen	19.81	4.53	2.38*
Non-Sportsmen	22.40	2.43	

\*Significant at 0.05level of confidence

The mean cognitive anxiety of sportsmen was 19.81 and non-sportsmen score was 22.40; and it shows that sportsmen are lesser cognitive anxiety in comparison with non-sportsmen. Further t-value (2.38) shown that there was a significant difference in cognitive anxiety between sportsmen and non-sportsmen, with 0.05 level of confidence. The optimum level of anxiety is only helpful for the better result.

**Table-5: Comparison of Somatic Anxiety between Sportsmen and Non-Sportsmen**

Group	Mean	S D	t-value
Sportsmen	18.92	1.13	1.88*
Non-Sportsmen	19.76	3.04	

\*Significant at 0.05level of confidence

The mean value somatic anxiety of sportsmen was 18.92 and non-sportsmen were 19.76. It indicates that the non sportsmen somatic anxiety was higher than the sportsmen students. Further the t-value of 1.88 indicates that there was no significant difference in the somatic anxiety between sportsmen and non-sportsmen.

### CONCLUSION

From the present study the following conclusions were drawn.

- ♦ Sportsmen are having higher mental health status as compared to non-sportsmen. It will make them into high achievers in both academic as well as their entire endeavor. This study indicated that the students should take up sports activities in order to develop their mental health which will provide the pleasurable and enjoyable life. Mental health is as equaling to physical health.
- ♦ The sportsmen are more extraverts in comparison with non-sports. It is because the sportspersons are more exposed in the outer world. The sportspersons are less neurotic than non-sportspersons.
- ♦ There will be a significant difference in both extraversion and neurotic between sportsmen and non-sportsmen. It indicates that the sports activities are made available to mould the students to make them a higher personality person.
- ♦ The sportsmen have less anxiety than non-sportsmen. There was a significant difference in cognitive anxiety where as no significant difference in somatic anxiety. Sports persons are lesser anxiety status due to their physical training and their involvement of various competitions which bring so much confident. Non-sportspersons generally will not face many challenges in the life and therefore their anxiety level much higher than sportspersons.

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