

Comparison of Mental Health between College Level Sportspersons and Non-Sportspersons of Himachal Pradesh

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The purpose of the study was to find out the mental health of college level sportspersons and non-sportspersons of Himachal Pradesh. The sample for the study consisted of 240 students (n=120 sportspersons and n=120 non sportspersons). To study the mental health of sampled subjects the investigator used the Mental Health Battery constructed by Dr Arun Kumar Singh and Dr Alpana Sen Gupta. The data were collected randomly from the eight colleges of four District of Himachal Pradesh. To analyze the data various statistical treatment like mean, S.D. and t-test were used. After interpreting of the data it has been found that in Over-all Adjustment, Autonomy, intelligence and total mental health there exist significant difference in sportspersons and non sportspersons of Himachal Pradesh. In the variable of emotional stability, security-insecurity and self-concept component of mental health there exist no significant difference between sportspersons and non-sportspersons of Himachal Pradesh.

KEYWORDS: Sportspersons, Non-Sportspersons, Mental Health

INTRODUCTION

The key to mental health is to development a good set of habits. Mental health is the balanced development of an individual's personality and emotional attitudes which enable him to live harmoniously with his fellow beings. It is influenced by both biological and social factors. A good mental health implies that an individual has adjusted satisfactorily to his environment, home, work place, and other people of the society; so, that he realizing the maximum amount of happiness from living. Mental health is a pretty broad term. Some use it as a simple synonym to describe our brain health.

The idea of the mental health is complex and comprehensive. It is consisted of the two words. 'mental' and 'health'. Mental health therefore may refer to a sound state of psychological well being or freedom from mental diseases.

Mental health plays a pivot and vital role in human life. It is not only important but essential for survival a social being. No area of human life is beyond the range of mental health. it includes every aspect and dimension of human personality and the individual's adjustment to own self other and environment. Mental health is the capacity of an individual to form

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harmonious relation with his/her society and physical environment and to active a balanced satisfactory of his/her own drives. Mental health has both individual and social aspects. The individual aspect connotes that the individual is internally adjusted, can reform internal conflicts and tensions or inconsistencies; and skillful enough, to be able to handle new situations. But, he achieves this internal adjustment in a social set up (although, society is constantly moving) and adjust to changing situations and is acceptable as a member of his society, it is defined as mental health. Mental health may be defined as the adjustment of individuals to themselves and the world at large, with a maximum of effectiveness, satisfaction, cheerfulness; and societys, considerable behavior and the ability of facing and accepting the reality of life.

Chawla, Anita (2012) studied the mental health and its relation to academic achievement in a brief note on autosuggestion to improve mental health. The participants of the study were sixty students, 30 boys and 30 girls, randomly selected from different colleges of Nasik city, age group 21-25 years. Findings of the study revealed that female students had better mental health as compared to the male students; and also the mental health score was positively associated with the academic achievement of the students. Thakur, K.S. and Sharma, M. (2009) studied effects of certain demographic variable in mental health of secondary school students. The result of the study indicated significant difference

in the level of mental health of secondary school students belonging to tribal and non-tribal areas. They were differed significantly with respect to their mental health. Singh (2011) found no significant gender difference in mental health of the students. Students residing in urban area had significantly better mental health than those residing in rural area. Further, students with high spiritual intelligence possessed significantly higher level of mental health than students with low spiritual intelligence. The main purpose of the study is to examine and explore the mental health between college sports sperson and non- sportsperson of Himachal pradesh.

METHODOLOGY

In the present study investigator had selected the 'Survey method'. method, In this data collection is systematic, intensive, scientific and objective analysis of controlled observations towards the solution of the problem, based on empirical evidences. The sample for the present study consisted of 240 students (120 sportspersons and 120 non sportspersons) from eight college of four districts of Himachal Pradesh. To collect the requisite data for the present study, the investigator used mental Health Battery (MHB) constructed by Dr Arun Kumar Singh, Department of Psychology Patna University, and Dr. Aplana Sen Gupta, Department of Psychology, College of Commerce (M.U.). There are 130 items selected dimension wise for Mental Health Battery (MHB).

RESULTS & DISCUSSION

Table-1 : The Number, Mean, Difference, Standard Deviation, Standard Error difference and t- value for two group of college students on the 'emotional Stability' component of mental health.

Group	N	M	M.D	S.E.M	SD	't'
Sportsperson	120	9.77	.167	.179	1.965	.606
Sportsperson	120	9.60		.209	2.284	

Not significant at 0.05 level of significance

Table values of 't' at 0.01 level for df 238=1.97

Table value of 't' 0.01 level for df 238=2.60

The mean score for sportspersons is 9.77 and non sportspersons is 9.60. Its mean difference is .167, and S.D is 1.965 and 2.284, respectively. It is obvious from Table 1 That t- value came out to be .606 which is not significant at 0.05 level of significance. This indicates that sportspersons and non sportspersons do not differ significantly with respect to their mean score on 'emotional stability' component of mental health.

Table-2 : The Number, Mean, Mean Difference, Standard Deviation, Standard Error difference and t-value for two groups of college students on the 'over-all- Adjustment' component of mental health. on the 'emotional Stability' component of mental health.

Groups	N	M	M.D	S.E.M	SD	't'
Sports person	120	27.13	2.367	.406	4.444	3.493**
Non-Sportsperson	120	24.77		.543	5.945	

** significant at 0.01 level of significance

The mean Score for sportspersons is 27.13 and non sportspersons is 24.77. its mean difference is 2.367, and S.D is 4.444 and 5.945, respectively. It is obvious from Table 2 that t-value came out to be 3.493 which is significant at 0.01 level of significance. This indicates that sportspersons and non sportspersons differ significantly with respect to their mean score, on over- all adjustment component of mental health. it may be interpreted that sportspersons are better in 'over-all-adjustment' as compared to the non sportspersons.

Table-3 : The Number , Mean, Mean Difference, Standard Deviation, Standard Error difference and t-value for twogroups of college studnents on the 'Autonomy' component of mental health.

Groups	N	M	M.D	S.E.M	SD	't'
Sports person	120	10.85	.800	.182	1.990	2.607**
Non-Sportsperson	120	10.05		.247	2.710	

** significant at 0.01 level of significance

The mean score for sportspersons is 10.85 and non sportspersons is 10.05. its mean difference is .800, and S.D. is 1.990 and 2.710, respectively. It is obvious from Table 3 that- value came out to be 2.607 which is significant at 0.01 level of significance. This indicates that sportspersons and non sportspersons differ significantly, with respect to their mean score on 'autonomy' as compared to their counterparts the non sportspersons.

Table-4 : The Number, Mean, Mean Difference, Standard Deviation, Standard Error differ and t- value for two groups of college students on the ' Security- Insecurity' component of mental health.

Groups	N	M	M.D	S.E.M	SD	't'
Sports person	120	9.04	.433	.176	1.933	1.809
Non-Sportsperson	120	8.61		.162	1.774	

** significant at 0.01 level of significance

The mean score for sportsspersons is 9.04 and non sportspersons is 8.61. Its mean difference is .433, and S.D is 1.933 and 1.774, respectively. It is obvious from Table 4 that t-value came out to be 1.809 which is not significant at 0.05 level of significance. This indicates that sportspersons and non sportspersons do not differ significantly, with respect to their mean score on security- nsecurity component of mental health. it may be interpreted that sportspersons and non sportspersons are more or less the same with respect to 'security- insecurity' component of mental health.

Table-5 : The Number, Mean, Mean Difference, Standard Deviation, Standard Error difference and t-value for two groups of college students on the 'Self-concept' component of mental health.

Groups	N	M	M.D	S.E.M	SD	't'
Sports person	120	8.83	.458	.194	2.125	1.546
Non-Sportsperson	120	8.37		.224	2.456	

Not significant at 0.05 level of significance

The mean score for sportspersons is 8.83 and non sportspersons is 8.37. Its mean differnce is .458 , and S.D is 2.125 and 2.456, respectively. It is obvious from Table 5 that t- value came out to be 1.546 which is not significant at 0.05 level of significantly, with respect to their mean score on self- concept component of mental health. It may be interpreted that sportspersons and non sportspersons are more or less the same with respect to 'self -concept' component of mental health

Table-6 : The Number, Mean, Mean Difference, Standard Deviation, Standard Error Difference and t- value for two grops of college students on the ' Intelligence' component of mental health.

Groups	N	M	M.D	S.E.M	SD	't'
Sports person	120	20.90	3.008	.360	3.946	5.880**
Non-Sportsperson	120	17.89		.363	3.981	

** significant at 0.01 level of significance

The mean score for sportspersons is 20.90 and non sportspersons is 17.89. its mean difference is 3.008, and S.D is 3.946 and 3.981, respectively. It is obvious from Table 6 that T-value came out to be 5.880 which is significant at 0.01 level of significance. This indicates that sportspersons and non sportspersons differ significantly, with respect to their mean score on Intelligence component of mental health. It may be interpreted that students, coming from sportspersons group exhibit more favorable 'intelligence' as compared to the students belonging to non sportsperson group.

Table-7 : The Number, Mean, Mean Difference, Standard Deviation, Standard Error Difference and t-value for two groups of college students on the 'Total Mental Health'.

Groups	N	M	M.D	S.E.M	SD	't'
Sports person	120	86.52	7.233	.792	8.681	1.809**
Non-Sportsperson	120	79.28		1.234	13.523	

** significant at 0.01 level of significance

The Mean score for sportspersons is 86.52 and non sportspersons is 79.28. its mean difference is 7.233, and S.D. is 8.681 and 13.523, respectively. It is obvious from Table 7 that t-value came out to be 4.931 which is significant at 0.01 level of significance. This indicates that sportspersons and non sportspersons differ significantly, with respect to their mean score on total mental health component of mental health. it may be interpreted that students coming from sportspersons group exhibit more favorable total mental health as compared to the students belonging to non sportsperson group.

The result shown in the Table 1 indicates the emotional stability component of mental health of sportspersons and non sportspersons. As The result indicates, there is no significant difference in emotional stability between sportspersons and non-sportspersons. It has been found that the emotional stability of sportspersons is

little more than non sportspersons. It may be due to the better care of the sportspersons received from their teachers and parents as compared to non sportspersons.

The result presented in the Table 2 indicates the over-all-adjustment component of mental health of sportspersons and non sportspersons. There exists significant difference in the over -all-adjustment of sportspersons and non sportspersons. As over all-adjustment of sportspersons is better than non sportspersons it may be due the fact that the sportspersons, are exposed to more extra co-curricular activities as compared to non sportspersons which makes sportspersons more adjustable to most situations.

The result shown in the Table 3 indicates the autonomy component of mental health of sportspersons and non sportspersons. As the results indicate there is significant difference in autonomy component of mental health between sportspersons and non sportspersons. It has been found that the autonomy of sportspersons students is more than non sportspersons. Non sportspersons are less autonomous as compared to sportspersons. It may be because of moer pressure of studies and expectation of parents from their non sportspersons of spring. On the other hand, sportspersons students are more autonomous in their decisions as

- component of mental health.
4. College sportspersons and non sportspersons of Himachal Pradesh do not differ significantly on security-insecurity component of mental health.
 5. College sportspersons and non sports persons of Himachal Pradesh do not differ significantly on Self-concept component of mental health.
 6. College sportspersons and non sportspersons of Himachal Pradesh differ significantly on intelligence component of mental health.
 7. College sportspersons and non sportspersons of Himachal Pradesh differ significantly on total mental health.

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