

# Analytical Study on Comparison of Athlete and Non-Athlete Women with Special Reference to their General Health

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## ABSTRACT

Exercise training appears to improve some subscales of attitudes to body image of female athletes and it can serve as a therapeutic way to enhance the attitudes of non-athlete ones. The objective of the present study was to compare the general health in athlete and non-athlete women. The statistical population of the present study included all athlete and non-athlete women in Jabalpur. Two groups of athletes and non-athletes females, the sample consisted of 764 subjects (382 athletes, 382 non-athletes). The results showed a significant difference between athlete and non-athlete women in the general health and its subscales ( $p < 0.05$ ). According to this finding, general health in athletes is better than non-athlete women. Regarding the findings of this study, it can be argued that sport activities are effective in improving general health of women. The findings regarding to sport utilities were discussed.

## 1. Introduction

For quite a while, it has been regular information that exercise is beneficial for one's physical health. It has just been as of late, in any case, that it has gotten typical to peruse in magazines and health pamphlets that exercise can likewise be of an incentive in advancing sound mental health. Exercise for the most part improves sleep for a great many people, and helps sleep disorders, for example, insomnia. The ideal time to exercise might be 4 to 8 hours before sleep time, however exercise whenever of day is valuable, with the conceivable exemption of substantial exercise taken in no time before sleep time, which may upset sleep. The World Health Organization characterizes mental health as "a condition of prosperity wherein the individual understands their very own capacities, can adapt to the typical worries of life, can work profitably and productively, and can make a commitment to their community". Neither mental nor physical health can exist alone. Mental, physical, and social working is interdependent.

Giving health to everybody in the community is one of the most significant issues in every nation. Health is characterized as a condition of complete physical, psychological, and social prosperity, which is critical to people. Mental health is likewise a type of prosperity that assists individuals with finding their potential inclination and capacities in close to home, social, and work life. Then again, psychological prosperity is a general idea used to portray mental health and is interpreted in different manners.

As per the meaning of the World Health Organization (2013), mental health is characterized as a condition of prosperity where each individual understands their own latent capacity, can adapt to the ordinary worries of life, can work beneficially and productively, and can make a commitment to her or his community. Along these lines, in surveying the general health of people, one ought not just concentrate on customary health markers, for example, mortality and sickness, yet in addition the view of individuals about their quality of life (physical, mental and economic wellbeing). Since the mental disorders of mothers influence their children's advancement,

considering the general health of ladies is significant in light of the crucial job they play as a workforce, mother, parental figure and resident.

Along these lines, the present investigation was directed to think about general health in athlete and non-athlete ladies so it turns into a stage forward to fill the research holes around there just as preventive and interventional measures are performed to improve the general health in ladies. The point of the present research is to look at between athlete females and non-athlete females with respect to general health, mental health, and quality of life.

## 2. Literature Review

**Atousa Ghaseminezhad Dehkordi (2011)** The motivation behind the present examination was to think about general health, mental health and quality of life of ladies in the city of Ahvaz. Two gatherings of athletes and non-athletes females (straightforward size was 50 members for each gathering) were chosen randomly and GHQ, SCL-25 and QLQ questionnaires finished by them. Multivariate examination of fluctuation (MANOVA) uncovered that there were huge contrasts among athlete and non-athlete females with respect to subordinate factors. At the end of the day, the scores means of general health, mental health and quality of life were higher in athlete females than non-athlete females. When all is said in done, it could be express that the sport has favorable circumstances, for example, expanding physical and mental health and quality of life. The discoveries with respect to sport utilities were examined.

**Ghorban Hemati Alamdarloo, Setareh Shojaee, Enayatollah Asadmanesh, Homa Sheikhan Shahin, Aghdas Rangani, Sara Negahdarifard (2019)** The present investigation was expected to analyze psychological prosperity in athlete and non-athlete ladies. The measurable population of the present examination incorporated all athlete and non-athlete ladies in Jabalpur. The sample comprised of 764 subjects (382 athletes, 382 non-athletes), of which the athlete and non-athlete samples were chosen by Gerjesy and Morgan'

sample size table and deliberate examining strategy, separately. Likewise, Ryff's psychological prosperity scale (Ryff, 1989) was utilized for estimating subjects' psychological prosperity. Independent t-test and multivariate investigation of difference (MANOVA) tests were utilized for data examination. The outcomes indicated a noteworthy distinction among athlete and non-athlete ladies regarding their psychological prosperity and its subscales ( $p < .01$ ).

**Brandi Rayburn, Steve Chen, Clarendia Phillips (2015)**

After forty years under the arrangements of Title IX, there are as yet numerous reactions concerning the absence of real gender equality in female athletics. This examination inspected 63 NCAA Division-I female athletes' view of the adequacy of Title IX and gender generalizations identified with their athletic experience through a subjective review. The outcomes demonstrated that female athletes still experienced execution and social related generalizations and inclinations, while partaking in athletics. Members likewise communicated the presence of gender contrasts in how athletic accomplishment was seen and perceived. Researchers endeavored to detail the need to constantly decrease the current generalizations and inclinations and offered down to earth recommendations for pressing together greater gender equality.

**Wolanin A, Gross M, Hong E. (2015)**

Discouragement influences an expected 6.7% of the present adult population in a year time frame. The pervasiveness rates for specific age gatherings, for example, youthful adults and more seasoned adults, are higher. There are roughly 400,000 National Collegiate Athletic Association student athletes contending every year and 5 to 7 million high school student athletes engaged with focused interscholastic sports. Starting data propose that athletes are a long way from insusceptible to melancholy. The reason for this article was to survey the ebb and flow research on athletes and sorrow; especially this article will give a review of studies, which have explored the pace of wretchedness among athletes, and examine applicable hazard factors, which may add to gloom among athletes.

**Andrew T. Wolanin, Eugene S. Hong, Donald R Marks, Kelly Panchoo, Michael Gross (2016)** There are roughly 400,000 National Collegiate Athletic Association (NCAA) student athletes and 5-7 million high school student athletes contending every year. As indicated by the US Department of Health and Human Services, the downturn pervasiveness rate for youthful adults, which ranges from 10% to 85% across contemplates, is higher than that of other age gatherings. Given the moderately high pervasiveness of gloom in people of university age in the all inclusive community, the predominance of misery among athletes in this age bunch warrants further examination. This multiyear study analyzed the pervasiveness of burdensome indications in school athletes, just as segment factors identified with expanded or diminished paces of burdensome side effects by gender and sport.

**3. Methodology**

The research technique was causal-comparative. The statistical population of the examination incorporated all athlete and non-athlete women. In the wake of getting the total statistical population of the athletes (women) from the dynamic sport sheets of Jabalpur (the total number of athletes women in Jabalpur was N=474 in 2018), n=382 were chosen as the athletes sample. The sample of non-athlete women was additionally n=382 who were chosen by intentional examining technique. In the manner that in the wake of finishing the questionnaire by the athlete subject, she was approached to present a non-athlete companion who might have the model to enter the research, and along these lines, non-athlete samples were likewise similarly chosen as the athletes. It is significant that athlete women had at any rate 5 years of constant sporting involvement with group and individual sports, and non-athlete women were who had no sports action for at any rate 5 years. Sample attributes for athlete and non-athlete women are introduced in Table 1. There were no noteworthy contrasts in the mean age, instructive level, and family income between the two gatherings.

**Table 1: Sample characteristics for athlete and non-athlete women**

	<b>Athlete women (n=382)</b>	<b>Non-athlete women (n=382)</b>
Mean age (years) (SD)	26.09 (8.32)	26.88 (8.65)
Range (years)	19-60	18-60
Educational level (%): < 12 years (> 12 years)	31.68 (68.32)	32.72 (67.28)
Family income (%): (≤10,000,000 IRR, 10,000,001–30,000,000 IRR, ≥30,000,001 IRR)	(28.9, 50.00, 21.1)	(23.1, 52.3, 24.6)

**4. Analysis**

Table 2 shows the scores of general health and its subscales in athlete and non-athlete women. As appeared in Table 2, there is a distinction between the mean of the two

groups. To look at this distinction, independent t-test and multivariate analysis of change were utilized.

**Table 2: Mean and standard deviation of general health and its subscales in two groups**

<b>Groups</b>	<b>Athlete women (n=382)</b>		<b>Non-athlete women (n=382)</b>	
	<b>M</b>	<b>SD</b>	<b>M</b>	<b>SD</b>
Total General health	17.46	9.01	25.33	13.52
Somatic symptoms	3.97	4.35	6.60	3.27
Anxiety	4.38	3.52	6.61	4.61

Social dysfunction	6.96	4.20	8.07	4.21
Severe depression	2.14	2.56	4.04	4.35

All things considered, so as to respond to the question whether there is a huge contrast between the total general

health score of athlete and non-athlete women, independent t-test was utilized and the outcomes are introduced in Table 3.

**Table 3: The results of independent T-test for general health in two groups**

General Health, Groups	N	M	SD	T	df	P
Athlete Women	382	17.46	9.01			
Non-athlete Women	382	25.33	13.52	9.46	762	0/001

It is important that the consequences of Kolmogorov-Smirnov test demonstrated that the distribution of data in all research factors was typical ( $p>0.05$ ). Likewise, so as to analyze the homogeneity of variances, Levine test was utilized. This test was not critical for the total score of general health

( $p\geq 0.05$ ), along these lines the utilization of independent t-test is conceivable. The average score of non-athletes as a rule health is higher than the average score of athletes [ $t(2\ 762) = 9.46, p<.01$ ]

**Table 4: The results of MANOVA for general health' subscales in two groups**

Variables	SS	Df	MS	F	P
Somatic symptoms	1.319.393	1	1.319.393	88.71	0.001
Anxiety	952.368	1	952.368	56.49	0.001
Social dysfunction	235.309	1	235.309	13.29	0.001
Severe depression	687.991	1	687.991	53.90	0.001

As found in Table 4, there was a critical contrast between the mean scores of athlete and non-athlete women in the subscale of substantial side effects ( $F=88.71, df=1, p< 0.01$ ). Along these lines, the mean scores of athlete women in the subscale of physical side effects ( $\bar{X}=3.97$ ) is lower than the mean scores of non-athlete women ( $\bar{X}=6.60$ ).

Likewise, a huge distinction was seen between the mean scores of athlete and non-athlete women in the subscale of anxiety ( $F=56.49, df=1, p< 0.01$ ). In this manner, the mean scores of athlete women in the subscale of anxiety ( $\bar{X}=4.38$ ) are lower than the mean scores of non-athlete women ( $\bar{X}=6.61$ ). Likewise, there was a noteworthy contrast between the mean scores of athlete and non-athlete women in the subscale of social dysfunction ( $F=13.29, df=1, p< 0.01$ ). In this way, the mean scores of athletes women in the subscale of social dysfunction ( $\bar{X}=6.96$ ) were not exactly the mean scores of non-athlete women ( $\bar{X}=8.07$ ). Additionally, a critical distinction was seen between the mean scores of athlete and non-athlete women in the subscale of extreme depression ( $F=53.90, df=1, P< 0.01$ ). Consequently, the mean scores of athlete women in the subscale of serious depression ( $\bar{X}=2.14$ ) are lower than the mean scores of non-athlete women ( $\bar{X}=4.04$ ).

## 5. Result

As can be found in the table, the correlation of total score of general health among athlete and non-athlete women has indicated that there is a critical contrast among athlete and non-athlete women when all is said in done health. The average score of non-athletes when all is said in done health is higher than the average score of athletes [ $t(2\ 762) = 9.46, p<.01$ ].

## 6. Conclusion

The reason for this examination was to look at general health in athlete and non-athlete women. The discoveries of this examination showed that general health in athlete women is superior to non-athletic women. In clarifying this discovering, it tends to be contended that sport and physical action has a positive and noteworthy relationship with mental health and can be forestalled or controlled different illnesses as a personal conduct standard all through life. In clarifying these discovering, we can say that physical movement prompts an improvement in the psychological prosperity of people by expanding the constructive parts of their personality.

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