

Mental Health Amid Sports Players (A Comparative Study)

Geetha G

Physical Education Director, Coorg Institute of technology, Halligattu Karnataka -571216

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ABSTRACT

Mental health alludes to the general prosperity of a person. it is about the parity of the social, physical, spiritual and emotional parts of life. Our mental health is described by our self-awareness, feeling of direction, self-acceptance, and constructive association with other individuals. it is likewise exceedingly influenced by environmental variables like our family life, public activity, and our life at work. Our general prosperity is diminished by any negative encounters in any of these zones. From viewpoints of the order of positive psychology or comprehensive quality mental health may incorporate a person's capacity to appreciate life and secure a harmony between life exercises and endeavors to accomplish mental strength. The point of study is to discover the mental health among athlete and non-athlete. For the present examination 200 sample were chosen from Indore city. The powerful sample comprised of 200 subjects, out of whom 100 athlete (short distance runners, throwers: short put, javelin, javelin thrower, and discus throwers) and 100 non-athlete (football players, cricket players, and volleyball players). The age scope of players is 18-25 years. E.g. Deshpande mental health test was utilized for estimating mental health. All the 50 things of the scale are introduced in straightforward and lively style. Everything has two answers (various decisions) 'yes' and 'no' this is outstanding test having high reliability and validity coefficients. Athlete has altogether great mental health than the non-athlete.

1. Introduction

21st century can be shown as the era of rivalry. Wherever there is a race, a challenge. With the immense advancement in science and innovation, all piece of the world is associated with this challenge. Particularly in the field of education, this challenge quickly expanded among the students. Educational programs and co-curricular contributions have colossally extended, gripping the students in the adjustment issues. Feeling the frailty, clashes inside themselves, awful organization and low accomplishment makes emotional pressures and anxiety among the students. They are unfit to confront the changing patterns in the general public, the students are taking to illicit drug use and even the self-destructive note is expanding. To make due in this focused and muddled world, Good Mental Health is required to all to adapt up to all such adjustment issues and anxious environment however school students have been found to have high predominance of mental health issues.

For quite a while, it has been normal information that exercise is beneficial for one's physical health. It has just been as of late, in any case, that it has turned out to be ordinary to peruse in magazines and health pamphlets that exercise can likewise be of an incentive in advancing sound mental health. The World Health Organization characterizes mental health as "a condition of prosperity in which the individual understands his or her own capacities, can adapt to the typical worries of life, can work beneficially and productively, and can make a commitment to his or her locale" (Stephen et al, 2005). Neither mental nor physical health can exist alone. Mental, physical, and social working are reliant. As of late, there has been proof of stunning high rates of mental sick health among teenagers and considerably more youthful children, running from low-confidence, anxiety and wretchedness to dietary issues, substance misuse and suicide (Sallis and Owen, 1999).

Research proposes two manners by which physical exercises can add to mental health in youths. Right off the bat, there is genuinely predictable proof that customary movement can have a beneficial outcome upon boys' and young ladies' mental. For a long time, it has been typical data that exercise is valuable for one's physical health. It has quite recently been starting late, regardless, that it has ended up being standard to scrutinize in magazines and health leaflets that exercise can in like manner be of a motivator in propelling sound mental health. The World Health Organization describes mental health as "a state of thriving in which the individual gets his or her own abilities, can adjust to the normal stresses of life, can work usefully and gainfully, and can make a pledge to his or her region" (Stephen et al, 2005). Neither mental nor physical health can exist alone. Mental, physical, and social working is dependent. Starting late, there has been verification of dazzling high rates of mental debilitated health among youngsters and extensively increasingly energetic children, running from low-certainty, anxiety and wretchedness to dietary issues, substance abuse and suicide. Research proposes two habits by which physical exercises can add to mental health in adolescents. Directly off the bat, there is really unsurprising verification that standard development can have an advantageous result upon boys' and young women's mental.

Mental Health is an idea that alludes to the psychological and emotional prosperity of an individual. Being mentally healthy for the most part implies that you can utilize your emotional capacities to work well in the public eye and experience regular day to day existence with next to zero trouble. Direct interest in game is a standout amongst the most charming, and in these way ground-breaking, methods for spurring and assembling individuals to turn out to be physically dynamic. Notwithstanding improving by and large physical wellness, customary physical action, dynamic play and sports

can positively affect other real health hazard factors, for example, hypertension, elevated cholesterol, heftiness, tobacco use and stress.

An examination among athlete and non-athlete student's stressors and their associations with their mental health. The motivation behind this examination was to analyze the athlete and non-athlete students' stressors and their associations with their mental health. Results testing the proposed speculation at the $P < .05$ demonstrated the accompanying outcomes: No noteworthy contrast was accounted for among female and male athlete and non-athlete students in their reactions to the stressors. Huge contrasts were accounted for among athletes and non-athletes in their reactions to quarters stressors. The examination between male athlete and non-athletes stressors and their mental health did not demonstrate a noteworthy distinction at $P < .05$. There was a positive and noteworthy connection among female and male athlete stressors with their mental health. This relationship was likewise critical for male non-athletes, however was not noteworthy for female non-athlete. A multi-examination among stressors and mental health demonstrated that two components (scholarly setting and living in quarters) were

viewed as better indicators of men athletes' mental health. In any case, factors like graduation and living in residence were better indicators of ladies athletes' mental health. Dialog/Conclusions Based on the consequences of this examination it is in this way suggested advanced education establishments plan appropriate conditions in which students can propel their insight and understanding and have the capacity to live in such residences where they can decrease their mental stressors and increment their mental health. There will be critical contrast among Athlete and non-athlete concerning mental health.

2. Methods

For the present examination 200 Sample were chosen from Indore city. Subjects age scope of 18-25 years. We utilized C.G. Deshpande Mental Health Mental Health test was utilized for estimating Mental Health. Mental health test regulated people just as a little gathering. The subjects were brought in little gatherings before organization of test or scale, through casual talk and strategy proposed by the creator for the scale and tests.

| Table 1 Athlete and Non-Athlete Group | MEAN | SD | SE | N | DF | 'T' |
|---------------------------------------|-------|------|------|-----|-----|---------|
| Athlete | 46.41 | 6.41 | 0.69 | 100 | 198 | 10.17** |
| Non- Athlete | 38.75 | 4.53 | 0.47 | 100 | | |

Significant at 0.01 Level**

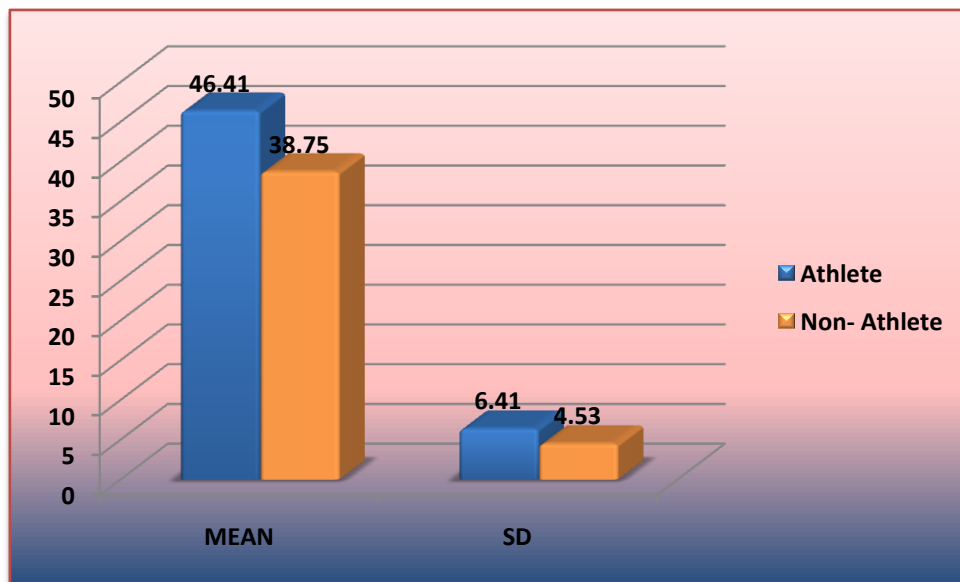


Figure 1 Difference of mental health between athlete and non-athlete

The outcomes identified with the hypothesis have been recorded. Mean of mental health score of the athlete is 46.41 and that of the non-athlete is 38.75. The contrast between the two mean is very critical = 10.17, df = 298. Along these lines the hypothesis is affirmed athlete have altogether high mental health than non-athlete. Athlete has fundamentally high Mental Health than the Non-athlete.

3. Conclusion

Mental Health implies health of psyche. It implies amicable working of the entire identity and proportion of an individual's capacity to shape his condition and to change in accordance

with existence with a sensible measure of progress proficiency and joy. Mentally healthy people are commonly good workers, good friends & good citizens.. A healthy personality keeps up a much temper, a ready knowledge, socially significant conduct and a glad mien. The word Mental as a rule suggests something more than unadulterated cerebral working of an individual it likewise stands of his emotional powerful begins, the relationship he sets up in his socio-social setting. So also, HEALTH alludes to more than physical health.

Mental Health is a thinking factor which sways on students' Academic Anxiety. These variables require an ethical formal, precise and serious procedure of carrying on the strategies for

examination. A precise structure of examination must be included to improve the execution of students in various shapes to acquaint an air conducive with savvy people and to

limit the anxiety of students in light of the fact that a sensible dimension of Academic Anxiety is really something to be thankful for.

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