

A Comparative Study of Mental Health among Physical Education and Social Sciences Department's Students during Covid-19 Pandemic

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Abstract

The aim was to compare mental health among Physical Education and Social Sciences Department's Students during Covid-19 Pandemic. In this study total 60 male student from gram Seva Sankul Sadra managed by Gujarat Vidyapith were selected as a subject matter. In this study 30 male student from social science department and 30 male students from physical education department are selected as a sample. In this research study male student of 18 to 28 years age group are selected as a sample. In this study mental health checklist constructed by Dr. Pramod were used as a data collection tool. In the present study to find out the significant difference of Mental Health between Physical Education and Social Sciences Department's Students, the validity was checked at 0.05 level by applying the 't' ratio. Conclusion are as under there was no significant difference in mental health among physical education and social science department's students.

Keywords: Physical Education, Mental Health, Pandemic, Covid-19

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Introduction

Meaning of Mental Health: According to a W.H.O. expert committee members "Mental Health implies the capacity in an individual to form harmonious relation with others, to participate in or contribute constructively to change in his social and physical environment and fully realize his potentialities".

Sullivan says a healthy is one who has a non-paratexis relationship with who really responds to people is not as a single of last relationships. Thus, the important is on interpersonal relationships. According to Alder a healthy person as one that experiences a sense of unity with the pathology of the human's race, including close by effort for power in return for feelings of Abjection and helplessness.

Peoples are forced to stay in self isolation to preventing the further flow of the pathogens at the society level, Governments should take the necessary steps to avail mental health assistance as directed by experts. Professor Tiago Correa highlights in his article that health systems around the world are coordinating to combat the outbreak of COVID-19 in particular, which could significantly affect the management of other diseases, including mental health. Usually increased during an epidemic. The psychological state of an individual that contributes to the health of the community varies from person to person and dependent on their background and profession and social status.

Aims of the Study

The aim was to compare mental health among Physical Education and Social Sciences Department's Students during Covid-19 Pandemic.

Selection of the Subject

In this study total 60 male student from gram Seva Sankul Sadra managed by Gujarat Vidyapith are selected as a sample. In this study 30 male student from social science department and 30 male students from physical education department are selected as a sample. In this research study male student of 18 to 28 years age group are selected as a sample.

Criterion Measure

In this research study mental health checklist constructed by Dr. Pramod were used as a data collection tool.

Statistical Analysis

In the research study to find out a significant difference of Mental Health between Physical Education and Social Sciences Department's Students, the validity was checked at 0.05 level by applying the 't' ratio.

Result of the Study

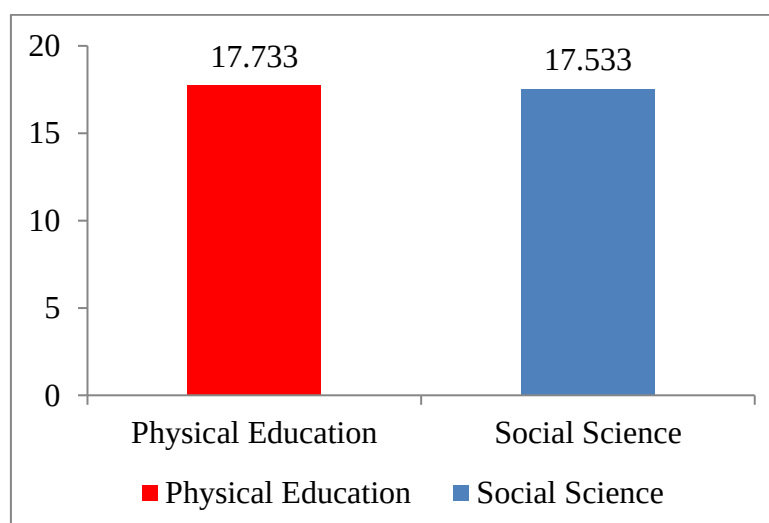
Table - 1
Analysis of Mean, Standard Deviation, Mean Difference and "t" Ratio of Mental Health of Physical Education and Social Science male

Sr. No.	Group	Strength	Mean	Standard Deviation	Mean Difference	"t" Ratio
1	Physical Education	30	17.733	4.307	0.2	0.204
2	Social Science	30	17.533	3.224		

*Significant level of "t" at 0.05 (58)=2.00

Table-1 shows that, in Mental Health, the mean or average score of Physical Education group was 17.733 and the mean or average of Social Science group was 17.533. The standard deviation of the Physical Education group was found to be 4.307 and the standard deviation of Social Science group was found to be 3.224. As well as mean difference between the two group was 0.2. While the "t" ratio was found to be 0.204 which did not found significant comparing it with the table value (58)=2.00 at 0.05 significant level.

Graph – 1
Mean of Mental Health of Physical Education and Social Science male



Conclusion

There was no significant difference in mental health among physical education and social science department's students.

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