

A relative study of mental health between non sports person and sports person

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ABSTRACT - Social well-being, psychological and emotional is sump with Mental Health. It varies when we think, feel and act. Whenever we feel stress and take any decisions. It also helps to determine them in different faces of life, like childhood, adolescence and adulthood. And play very important role. So that the present study has been aim to perceive the deference of positive mental health in between sports person and non sports person. The study participants were selected by using purposive sampling method, where 30 sports person were selected who involve in Indore game Table Tennis and the average age was 19.9 years, 30 none sports person were selected from different colleges who are pursuing their graduation in different streams and average age range was 20.63 years. Mental Health Inventory (M.H.I.) test prepared by Agashe and Helode (2007) was used to observe the difference of mental health between sports person and none sports person. It consists of 36 questions. For analyzing the data t-Test was used and found that there is significant deference in mental health of both the groups. This result can be used for farther study.

Keywords: Positive Mental Health, Sportsperson and None Sportsperson

I. INTRODUCTION

Flourish mind of capabilities and belonging to a generation, being fine and assured about functioning self-confidence and rival capacity can be ment as a good meantal health by WHO (2001). It's very much obvious that a mental health has been decide by every human being daily mental activities in his life. It has been proved that a sports person has more positive mental health creatively then a non sports person. A sports person are more determine in their daily routine like his official, personal , social n moral duties using their positive mental health in every aspects of life. For the researchers interest there are many factors (like anthropometric, physiological, psychological or biomechanical) to compare in between sports persons who regularly participating in sports and physical activity while there studding and on the other hand many none sports person who never involve any kind of sports or physical activity. The researcher addressed one of the psychological issues by studying the positive mental health in between sports person and none sports person. Positive mental health is in more important in any people who involve in sports or not. Sport setting and the importance of positive mental health in life is very well executed and define. In a scientific way Chaplin (1975) has been described positive mental health, and after that it is redefined by Strupp and Hadley (1977) through philosophy of life, self acceptance and ego strength for evaluating of positive mental health. According to Keyes (2002) integral elements or cognition, wellbeing considers emotional or feeling and mental health described through his essay. Currently Tiwari and Agashe, 2015 studies about sports performance is related to positive mental health. The researchers has been decide to access

positive mental health in between sportsperson and none sportsperson by keeping all the fact in their mind.

OBJECTIVE: The major objective of the present study has been find out the difference between Positive mental health among sportsperson and none sportsperson.

II. METHODOLOGY

The subsequent methodological steps were occupied in order to conduct the present study.

Sample: To conduct the study, 30 sports person were selected who involve in Indore game (Table Tennis) and the average age was 19.9 years, 30 none sportsperson were selected from different colleges who are pursuing their graduation in different streams and average age range was 20.63 years, were selected as sample. The sample was collected through purposive sampling method.

III. TOOLS

Positive Mental Health Inventory:

To assess positive mental health of selected sports persons and none sports person, three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was used. It consists of 36 questions. The test-retest reliability coefficient of this inventory was 0.723. Higher the score, superior the mental health is the direction of scoring.

Procedure: 30 sportsperson and 30 none sportsperson were selected through purposive sampling method. After obtaining written consent for participation in research they were selected as sample. Positive mental health inventory

prepared by Agashe and Helode (2007) was administered to all selected subjects as per their handiness and availability. After scoring of the responses according to author's manual, the data was tabulated according to their respective groups. To evaluate positive mental health of sportsperson

and none sportsperson t-Test was used. Result depicted in table 1.

Analysis of Data Table 1: Comparison of Positive Mental Health among sportsperson and none sportsperson.

Table - 1

Variable	Sportsperson		Non Sportsperson		Mean Difference	t-Ratio
	Mean	Standard Deviation	Mean	Standard Deviation		
MHI	19.46	3.04	17.33	3.94	2.13	2.39

*significant at 0.01 level

Results obtained through t-Test indicate that positive mental health of sportsperson (Mean 19.46) statistically significant than non sportsperson (Mean= 17.33). Where mean difference was 2.13 and t-ratio was 2.39 at 0.01 level of significance.

IV. RESULTS

On the basis of data analysis through statistical tool significant difference was observed on positive mental health in between sportsperson and non sportsperson.

Discussion: It been observed a strong connection between positive mental health and sports activity or physical activity. According to theory of Vaillant (2003)15, conceptualized positive mental health or positive psychology along with social, emotional and physical well-being. These three elements are pillar of any sports field for better results and achievements. They are integral part of positive mental health.

V. CONCLUSION

Result has been found after calculating the data and analysis different aspects of this topic. It was concluded that positive mental health of sportsperson who involved in some sports and physical activity do significantly higher than non sportsperson who was not involved in any games and physical activity.

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