



A comparative study of selected mental health differentials between Kabaddi and Football male players of Guru Ghasidas Vishwavidyalaya, Bilaspur

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Abstract

The aim of the present study was to compare the mental health differentials between male kabaddi and football players. Total thirty (n=30) male players were selected from Guru Ghasidas vishwavidyalaya, Bilaspur for study as samples. The samples were further divided into two groups of 15 each. The first group consisted of male kabaddi and the second group consisted of male football players. The data was collected by using simple random sampling technique of Kabaddi and football players of Guru Ghasidas vishwavidyalaya, Bilaspur (C.G.), and the age of the subjects were between 18 to 28 years. In order to assess the mental health of kabaddi and football male players, Mental Health Battery by Singh and Gupta (2000) was used. The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and t-test. The results revealed with regard to emotional stability, adjustment, self-concept and intelligence were found highly significant between kabaddi and football male players. However, it was concluded that there was highly significant difference found between kabaddi and football male players on the all selected variables.

Keywords: mental health, kabaddi, football, Intelligence, Adjustment, emotional stability and self-concept

Introduction

Sports competition is becoming nothing but violence of a cultured man, whereas he is supposed to have intellectual quests. This keep struggle for the excellence has made researchers to explore and emphasize more and more on the psychological makeup; as these factors play an important role in determining the athlete's performance. Thus mental health is one such socio psychological attribute, which does affect an athlete's performance in the competition. The word mental usually implies something more than the purely cerebral functioning of a person, it also stand for his emotional affective status, the relationship he establishes with other and a quite general quality that might be called equilibrium in his socio cultural contest similarly, "health" refers to more than physical health it also connotes the individual's intra psychic balance, the fitting of his psychic structures with the external environment and his social functioning. Mental health is the ability to maintain an even temper, an alert intelligence, socially considerate behavior and a happy disposition. Mental health is the resilience or bounce of the individual's personality in managing his own physical, social and psychological environment (Crow and Crow, 1956) [2]. Peck and Mitchell (1962) [5] the mental hygienists feel that characteristics like stability, autonomy, emotional, self-concept and respect for other most then be included in a definition of mental health. Schneider's (1964) [6] mental health as such represents a psychic condition which is characterized by mental peace, harmony and content. It is identified by the absence of disability and debilitating symptoms both mental and somatic in the person. "Healthy person perform most of the command function of life with quick assurance and a show of neutrality, without any

botheration then their life is a model of regularity balance and measured calculation" (Sharma, 2005) [7].

Methodology

Selection of Subjects

For this study researcher selected 30 male students (15 kabaddi and 15 football) and their age ranged between 18-28 years selected as randomly.

Selection of variables

For the present study the researcher selected mental health variables.

- Emotional stability
- Adjustment
- self-concept
- intelligence

Criterion Measures

In order to assess mental health of kabaddi and football male players, mental health battery

By Singh and Gupta (2000) [8] was used.

Administration of Questionnaire

Respondents will be given a questionnaire with necessary instructions. Necessary instructions will be passed on the subject before providing the questionnaire.

Statistical Techniques

The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and independents't' test were applied to analyze the data.

Results and Discussion

Table 1: A comparative study of selected mental health differentials between kabaddi and football male players of G.G.V., Bilaspur.

S.N.	Variables	Kabaddi (15)		Football (15)		SED	Mean Difference	t- value
		Mean	S.D.	Mean	S.D.			
1	Emotional Stability	10.25	0.36	11.89	0.19	.10	1.60	15.24
2	Adjustment	28.84	0.48	30.24	0.31	.14	1.63	11.04
3	Self-concept	11.95	0.39	12.81	0.34	.13	.93	7.02
4	Intelligence	22.63	0.43	24.56	0.27	.13	2.03	15.53

Significant at 0.05 Level

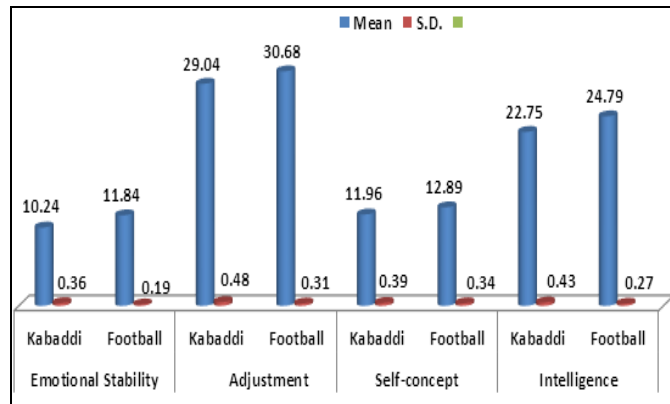


Fig 1: Graphical representation of mean and standard deviations of kabaddi and football male players of G.G.V. Bilaspur

Table 1 shows mean values, Standard Deviation, Mean Difference, Standard Error Difference of Mean and t-values with regard kabaddi and football players. The Mean values of the variable Emotional stability between kabaddi and football players were 10.25 and 11.89 respectively. The 't' value 15.24 was found higher than the table value 2.05 and hence found significant at 0.05 level of significance. The Mean values of the variable adjustment between kabaddi and football players were 28.84 and 30.24 respectively. The 't' value 11.04 was found higher than the table value 2.05 and hence found statistically highly significant. The Mean values on the variable self-concept between kabaddi and football players were 11.95 and 12.81 respectively. The 't' value 7.02 was found higher than the table value 2.05 and hence found significant. The Mean values of the variable Intelligence between kabaddi and football players were 22.63 and 24.56 respectively. The 't' value 15.53 was found higher than the table value 2.05 and hence found highly significant.

From the above findings it was concluded that highly significant differences were observed between kabaddi and football players with regard to all the variables (emotional stability, adjustment, Self-concept and intelligence).

Conclusion

The results revealed highly significant between kabaddi and football male players with regard to emotional stability, adjustment, self-concept and intelligence. However, it is concluded that there are highly significant difference between kabaddi and football male players of the all variables.

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