



ISSN: 2456-0057  
IJPNE 2019; 4(1): 648-649  
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www.journalofsports.com  
Received: 14-01-2019  
Accepted: 17-02-2019

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## A comparative study of mental health status between physical education male and female students

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### Abstract

**Purpose:** The purpose of the study was to comparative study of mental health status between physical education male and female students.

**Materials & Method:** To achieve the purpose of the study 40 students i.e. 20 male and 20 female students of B. P. Ed (Physical Education) for the session 2017-18 were selected randomly from S. D. (P.G) College, Muzaffarnagar (U.P.). The selected subjects were in the age group of 19 to 25. The variable for study was mental health and it was measured by Mithila Mental Health Status Inventory. To compare the mental health status between male and female (B. P. Ed.) students of S. D. (P.G) Colleges, Muzaffarnagar 't' test was used. The level of significance was set at 0.05 level.

**Results & Discussion:** The results showed insignificant difference in mental health status between the male and female (B. P. Ed.) students. The findings of the study revealed that there was statistically insignificant difference in mental health status between the male and female (B. P. Ed.) students of S. D. (P.G) College, Muzaffarnagar. It clearly reflects that mental health status of B. P. Ed. female students is better than B. P. Ed. male students.

**Conclusion:** On the basis of results conclusion was drawn that the mental health status of B. P. Ed. female students is better than B. P. Ed. male students.

**Keywords:** Mental Health, Mithila Mental Health Status Inventory, B. P. Ed

### Introduction

The concept of mental health is relatively recent having originated early in the present century. According to W.H. Burnham (2009) <sup>[1]</sup> "A mentally healthy person is one who has a whole some and balanced personality free from schisms and inconsistencies, emotional and nervous tension, discords and conflicts". Hadfield (1952) <sup>[5]</sup> has said "mental health is the full and harmonious functioning of the whole personality". The definition of mental health in terms of the functioning of personality makes it relative to the time setting and circumstances of the socio-cultural group.

The mental health describes a level of psychological well-being, or an absence of a mental disorder. In recent years clinical psychologists as well as educationists have started giving proper attention to the study of mental health. However, in India, relatively very little work has been conducted. (Gahlawat, 2012; Rani *et al*, 2012) <sup>[4]</sup>

The importance of various forms of physical activity, exercise and sports for the promotion of health in general and mental health in particular has been emphasized by the recent researchers (Edwards *et al*, 2005; fox, 2000; Edwards, 2003) <sup>[2, 3]</sup>. Fitness is effective in providing health as well as well being, and it is considered the most important factor to such an extent that even also effects people on the mental aspect. Physical activity and exercise is considered to have an important role in health and fitness improvement and disease prevention (Honari *et al*. 2011) <sup>[6]</sup>. Physical exercise does not only have positive effects on physical fitness but also on mental health. However little attention has been focused on long term effects of rehabilitation programs based on physical exercise in cancer patients. (Schulz, Karl Heinz; Gold, Stefan, Schulz, Holger, Cerin, Suderow, Hella, Braumann, Michael (2002) <sup>[8]</sup>. While, it is well known that inactivity, in addition to affecting psychological aspects, has significant effects. Therefore, investigating mental health in female student's population of our country is one of the issues requiring special attention. Mental health statuses of female students are one of important issues in any education Institution and its purposeful and regular evaluation should be

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considered by all custodians and researchers. By studying this topic, descriptive Presentation of male and female B. P. Ed. students' mental health status is possible.

On the basis of above facts investigator try to compare the mental health status of male and female B. P. Ed. students and for the same it was hypothesised that there would be no significant difference between male and female B. P. Ed. students with regard to mental health status.

**Materials and Methods**

**Subject**

To achieve the purpose of the study 40 students i.e. 20 male and 20 female students of B. P. Ed. (Physical Education) were selected randomly from S. D. (P.G) College, Muzaffarnagar (U.P.) for the session 2017 - 18. The selected subjects were age group between to 19 to 25.

**Variables and Tool**

A Mithila Mental Health Status Inventory constructed by Kumar, A. and Thakur, G.P. (1986) [7] was used to measure the mental health status of the subjects.

**Procedure**

The questionnaire, MMHSI was administered during the reaching hours. After getting the permission from administration of S. D. (P.G.) College, Muzaffarnagar investigator personally met the male and female B. P. Ed. students of S. D. (P.G.) Colleges Muzaffarnagar at their class rooms. The purpose and direction related to test was clearly explained to them, and after acquiring their cooperation, the test was administered. Scoring was done according to the instructions given in the test manual of the on Mithila Mental Health Status Inventory. The Mithila Mental Health Status Inventory consisted of 50 items with a 5 point like scale. As per the key of the inventory scores were given for positively and negatively worded items. The positively worded items of the inventory having scores of 5, 4, 3, 2, and 1 for "Very true", "True", Doubtful; "false" and completely false" response respectively. Negatively worded items are scored in the reverse manners. The total scores ranged from 50 to 250 showing the highest (poorest) to lowest (good) mental health status of the student. High score on Mithila Mental Health Status Inventory is indicative of poor mental health.

**Statistical Analysis**

To compare the mental health status between male and female B. P. Ed. students, the independent 't'- test was applied between the mean scores of both the groups. Further the level of significance was set at an alpha level of 0.05. The statistical analysis was performed with the help of S.P.S.S. (V-16) software.

**Results**

The scores of the mental health status were analysed to determine any significant difference the might exist between male and female B. P. Ed. students and the result is presented in the following table No.1.

**Table 1:** Significance of difference between male and female B. P. Ed. students on mental health status.

B. P. Ed. Students	N	Mean	S.D.	Cal 't'
Male	20	118.70	14.81	1.37
Female	20	112.12	15.41	

\*Significant at.05 level 2.02

One can acknowledge in the above cited table that no significant difference exists between male and female B. P. Ed. students in their mental health status as the calculated 't' 1.37 is less than tabulated 't' at 0.05 level of significance. But the mean score of male B. P. Ed. students was higher than the mean score of female B. P. Ed. students which indicates that the mental status of female B. P. Ed. students is better than male B. P. Ed. students.

**Discussion**

The purpose of the study was to compare the mental health status of the male and female B. P. Ed. students. The result shows that insignificant difference was found between male and female B. P. Ed. students on mental health status. But the mean score of mental health is higher in male in comparison to female when all groups are combined. So the mental health status of female is better than male because as per the guidelines of MMHSI the high score is indicative of poor mental health. As per Carter (1999), the female are better in the field of social judgment, empathy and cooperation, typically they are better at generating ideas. Moreover, female have much lower rate of development dysphasia (disruption of speech caused by brain irregularities).

**Conclusion**

Within the limitations of the study findings of the study revealed that Mental Health Status of female B. P. Ed. students is better than male B. P. Ed. students.

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