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Adaptability and mental health among north and south zones of all India inter university men netball players

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Abstract

Adaptability (Ad) refers to the ability to make appropriate responses to changed or changing circumstances. Those individual who score high readily accept any beneficial change to meet the environment demands are said to be highly adaptable. Low scoring individuals do not have a harmonious relationship in their environment and are unable to obtain satisfaction for most of their need. Low scoring individual usually fail to meet the demands of their physical and social surroundings. Individuals who score high on Mental Health (Mh) is a relatively enduring state in which they are well adjusted, have a zest for living and are attaining self-actualization or self-realization. Those individuals who score low are also associated with illness especially coronary problems. To achieve the purpose of the present study, 90 men netball players from North and South zones were randomly selected as subjects, who took part in “All India Inter University netball Championship”, held at Punjab University Chandigarh in the year 2015-2016. To assess Adaptability (Ad) and Mental Health (Mh) of the men Netball players, Multi-Dimensional Assessment of Personality (MAP) series developed by Sanjay Vohra was administrated for all 90 men Netball players. Further these 90 men netball players are divided into two equal groups on the basis of zones (45 North and 45 South). The age of the subjects are ranging between 18 to 26 years. Adaptability and Mental Health scores were analyzed by t- test. Results showed that there is significant difference between mean scores of Adaptability and Mental Health of men netball players of North and South zones.

Keywords: Adaptability, Mental Health, Zones (North and South), MAPS and Netball Players.

Introduction

Personality gives both consistency and individuality to a person’s behavior which is a pattern of relatively permanent traits and unique characteristics. Traits contribute to individual differences in behavior, stability of behavior across situations and consistency of behavior over time. Pattern of traits is different for each individual; however traits may be unique, common to some group, or shared by the entire species. Thus in one way or other each person has a unique personality. Characteristics are unique qualities that include such attributes as temperament, physique, and intelligence of an individual (Feist 2008) [1].

Personality is the unique organization of physical, psychological traits and characteristics which differentiate one individual from all others and which enter into his adjustments to his social environment (Shankar & Premkumar 2011) [2]. Personality is one of the main characteristic that influences his/ her motivations, cognitions and behaviors in different situations. It can also be thought of as a psychological construct a complex concept that encompasses the person’s unique genetic background (except in the case of identical twins), learning history, and the ways in which these factors influence his/her responses to various situations (Ryckman 2008) [3].

Majority of psychologists though define personality as originating within the individual. These theorists highlight that personality may exist in the absence of other people, and may have aspects that is invisible. Personality deals with an extensive range of human behavior. To most theorists, personality includes almost everything about a person (mental, emotional, social, and physical). Several aspects of personality are not observable, such as thoughts, memories and dreams, whereas others are observable, such as overt actions. Personality also includes aspects that are hidden from you, or unconscious, as well as those that are conscious and well within your knowledge (Ewen 2003) [4].

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Personality is the organizing and integration of a large number of human traits. The concepts of personality differ widely among different people. Personality means different things to different people. To some, it means a general sum of traits of the person. To others, it refers to unitary mode of response to life situations (Gangopadhyay 2002) [5]. Personality is also used to describe persons as having a fine, a strong or a magnetic personality accordingly as they have a fine appearance or have pleasant manners. It is the totality of their being and includes their physical, mental, emotional and temperamental make-up. Their experience, perception, memory, imagination, instincts, habits, thoughts and sentiments constitute their personality and also their tastes, style, or life, beliefs, enthusiasms and color (Nallasevugan 2013) [6].

Personality is classically measured by using a self-report questionnaire on which respondents indicate their feelings or behaviors, yielding measurements of traits such as extraversion, neuroticism, anxiety, dominance, assertiveness, sensitivity, conscientiousness, and also agreeableness. Personality either predicts or is related to numerous things, including performance motivation (Judge & Ilies, 2002) [7]. Several personality traits determine success of the sport, and also sport influences as formation and development of specific characteristics, that further behavior become indivisible components of personality athletes (Havelka and Lazarevic, 1981) [8].

Objectives

1. To compare the Adaptability (Ad) among North and South zones of all India inter University Men netball players
2. To compare the Mental Health among North and South zones of all India inter University Men netball players

Hypotheses

1. There would be significant differences between North and South zones of all India inter University Men netball players on Adaptability.
2. There would be significant differences between North and South zones of all India inter University Men netball players on Mental Health.

Psychological Tool

Multi-Dimensional Assessment of Personality (MAP) series Form-A, developed by Sanjay Vohra (2011) was used to assess the Adaptability qualities and Mental Health among Men Netball players. The questionnaire consists of 147 items with three alternatives.

Procedure

To achieve the purpose of the present study, 90 men netball players from North and South zones were randomly selected as subjects, who took part in “All India Inter University netball Championship”, held at Punjab University Chandigarh in the year 2015-2016. To assess Adaptability (Ad) and Mental Health (Mh) of the men Netball players, Multi-Dimensional Assessment of Personality (MAP) series developed by Sanjay Vohra was administered for all 90 men Netball players for data collection. Further these 90 netball players are divided into two equal groups on the basis of zones (45 North and 45 South). The age of the subjects are ranging between 18 to 26 years. Adaptability and Mental Health scores were analyzed by t- test. Results revealed that there is significant difference between mean scores of Adaptability and Mental Health of men netball players of North and South zones. For analysis of collected data Mean, Standard Deviation, and t-test was applied for testing the hypothesis at 0.01 level of significance.

Results

Table 1: Showing Mean and standard Deviation, Standard Error Mean, Mean Difference and t- value of Respondents in respect to their Adaptability Scores

Variable	Zones	N	Mean	S.D	SEM	M.D	df	t-value
Adaptability	North	45	6.65	1.20	0.14	1.11	88	6.22**
	South	45	5.54	0.89	0.10			

**significant at 0.01 level

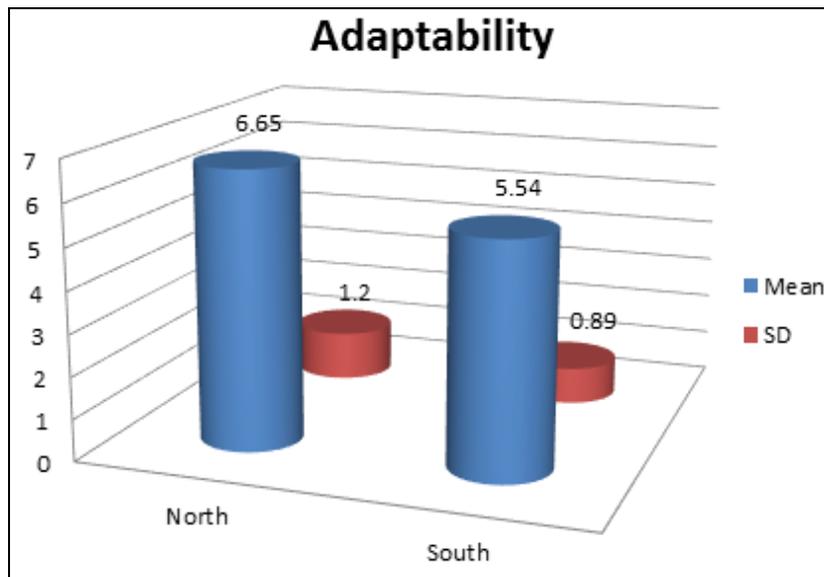


Fig 1: Graphic represent Shows Mean and S.D of Adaptability scores

Table 2: Showing Mean and standard Deviation, Standard Error Mean, Mean Difference and t- value of Respondents in respect to their Mental Health Scores

variable	Zones	N	Mean	Std. Deviation	Std. Error Mean	Mean Difference	df	t-value
Mental Health	North	45	6.64	0.90	0.10	1.21	88	7.73**
	South	45	5.42	0.95	0.11			

**significant at 0.01 level

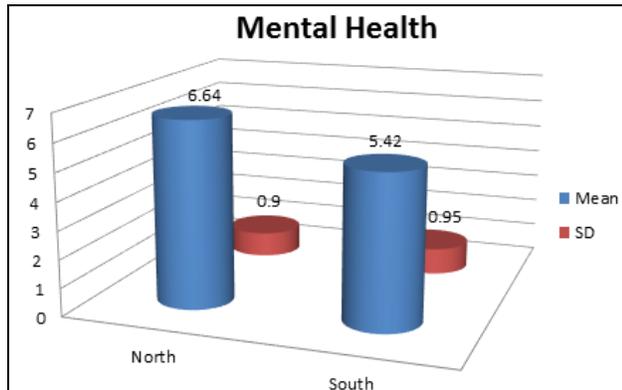


Fig 2: Graphic represent Shows Mean and S.D of Mental Health scores

Discussion

The present study aimed to find out the Adaptability quality and Mental Health of men netball players among North and South zones of Indian Universities. For that purpose, 140 men netball players from North and South zones were randomly selected, who took part in “All India Inter University netball Championship”, held at Punjab University Chandigarh in the year 2015-2016. To assess Adaptability (Ad) and Mental Health (Mh) of the men Netball players, Multi-Dimensional Assessment of Personality (MAP) series developed by Sanjay Vohra was administered for all 140 men Netball players for data collection. Further these 140 netball players are divided into two equal groups on the basis of zones 70 North and 70 South. The age of the subjects are ranging between 18 to 26 years.

The results of the present study demonstrated that there is a significant difference found between the mean scores of North and South zone Netball Players in respect to their Adaptability qualities, the mean, S.D, SEM, M.D and t- value of this group was found [(North zone Players (M= 6.65, S.D= 1.20, SEM= 0.14, South zone Players (M= 5.54, S.D= 0.89, SEM=0.10), M.D =1.11, and t- value was found 6.21] respectively. The results also revealed that North zone players have more Adaptability qualities than South zone players, the obtained t- value was found significant at 0.01 level of significance, and hence the first hypothesis is accepted.

The results of the present study also highlighted that North zone netball players have higher Mental Health than South zone Netball players as the mean score (6.64) of North zone Netball players is more than mean scores (5.42) of South zone netball players. The S.D, SEM, and M. D of this group was found [(North zone netball Players (S.D= 0.90, SEM= 0.10, South zone netball Players (S.D= 0.95, SEM=0.11), and M.D =1.21)] respectively. Thus second hypothesis is also accepted as the obtained t- value (7.72) of North zone and South zone netball players in respect to Mental Health was found more than tabulation value at 0.01 level of significance therefore on the basis of the present study we can status that North zone netball players have more Mental Health than South zone netball players.

Conclusion

On the basis of the findings of the present we may conclude that North zone netball players have higher Adaptability qualities and Mental Health than South zone netball players respectively.

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