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## Comparative study of selected mental health differentials between wrestling and hockey state level players

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### Abstract

Most sports build muscular strength and stamina, often in specific areas of the body. The objective of this research paper is to compare the mental health differentials between male Hokey and Wrestling players. But mental health is benefit professional sports persons, it is necessary to explore what is required to play a sport and play it well. The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and t-test. Total thirty (n=40) male players were selected for study as samples. The samples were further divided into two groups of 20 each. The first group consisted of male Wrestling and the second group consisted of male Hokey and players. The data was collected by using simple random sampling technique of Hokey and Wrestling players and the age of the subjects were between 20 to 30 years. In order to assess the mental health of Hokey and Wrestling male players, Mental Health Battery by Singh and Gupta (2000) was used. The results revealed with regard to emotional stability, adjustment, self-concept and intelligence were found highly significant between Hokey and Wrestling male players. However, it was concluded that there was highly significant difference found between Hokey and Wrestling male players on the all selected variables.

**Keywords:** Hokey, wrestling, adjustment, emotional stability, intelligence, mental health

### Introduction

Sportsperson for superior performance in any sports are selected on the basis of his physical structure and body size, which has proved to be appropriate for high performance in the given sports. The success or failure of an individual sports depends on the blending of physical ability, conditioning, training mental preparation and the ability to perform well under pressure. It is not uncommon to hear coaches and sportsmen express disbelief on how poorly their team performed against a certain opponent or how they field in the crucial situation.

Sportsmen individual as well as population, growth plus body composition are regarded as the key components of mental health Games competition is becoming nothing but violence of a cultured man, whereas he is supposed to have intellectual quests. The game of Hokey and Wrestling offers opportunities for the development of strength, endurance, speed, agility, and neuro-muscular skills and immediate action along with many precise educational outcomes. The game of volleyball requires a conditioning programme, which develops flexibility, muscular strength, power and agility all of which must be integrated to achieve the optimum skill performance from each player. For competitive games or for selection of a particular game, one has to consider the measures of human body and the physical fitness, which play a dominant role at higher level of sports competition. 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.

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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 Peck and Mitchell (1962) 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) 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)

**Objective**

The purpose of the study was to compare the selected mental

health differentials between male Hokey and Wrestling players.

**Methods**

The study was conducted on forty Hokey and Wrestling male players from various states which participated in National Championship. The samples were further divided into two groups of 20 each.

**Selection of Variables**

For the present study the researcher selected mental health variables.

- Intelligence
- Emotional stability
- Adjustment
- Self-Concept

**Finding and Result**

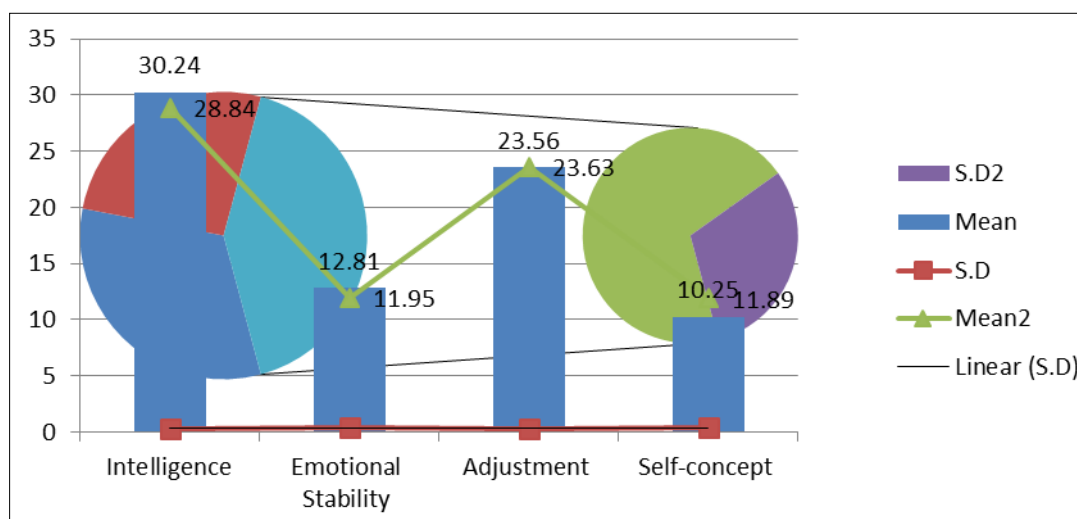
**Table A:** Comparative study of selected mental health differentials between Wrestling and Hockey state level players

S. N.	Variable	Wrestling		Hockey		SED	Main Defiance	t-value
		Mean	S.D	Mean	S.D			
1	Intelligence	30.24	0.31	28.84	0.48	.14	1.63	11.04
2	Emotional Stability	12.81	0.34	11.95	.039	.13	.93	7.02
3	Adjustment	23.56	.027	23.63	0.43	.13	.07	15.53
4	Self-concept	10.25	0.36	11.89	0.19	.10	1.60	15.53

**Table: A**

From the Table above findings it was concluded that highly significant differences were observed between Wrestling and Hockey state level players with regard to all the variables (emotional stability, adjustment, Self-concept and intelligence). Table Shows mean values, Standard Deviation, Mean Difference, Standard Error Difference of Mean and t-values with regard Wrestling and Hockey players. The Mean values of the variable adjustment between Wrestling and Hockey players were 23.56 and 23.63 respectively. The 't' value 15.53 was found higher than the table value .07 and

hence found statistically highly significant. The Mean values of the variable Emotional stability between Wrestling and Hockey players were 12.82 and 11.95 respectively. The 't' value 7.02. The Mean values on the variable self-concept between Wrestling and Hockey players were 10.25 and 11.89 respectively. The 't' value 15.53 was found higher than the table value 1.60 and hence found significant. The Mean values of the variable Intelligence between Wrestling and Hockey players were 30.24 and 28.84 respectively. The 't' value 11.04 was found higher than the table value 1.63 and hence found highly significant.



**Fig A:** Graphical representation of mean and standard deviations of Wrestling and Hockey male players

**Conclusion**

Sportsmen individual as well as population, growth plus body composition are regarded as the key components of mental health. Several parameters of body composition, in particular the distribution and amount of mental health is now

considered as an important health outcome. The importance of mental health for both short term and long term health is highlighted by the ongoing epidemic of obesity. The results revealed highly significant Wrestling and Hockey male players with regard to emotional stability, adjustment, self-

concept and intelligence. However, it is concluded that there are highly significant difference between Wrestling and Hockey male players of the all variables. After a detailed analysis of the data it is concluded that there would be no significant difference between Wrestling and Hockey male players on test Achievement motivation and mental toughness in study.

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