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Shalom Abraham Jose
MPhil Scholar SRM IST
Chennai, Tamil Nadu, India

DJ Asath Ali Khan
Assistant Professor SRM IST
Chennai, Tamil Nadu, India

Ahamed Faiz PA
MPhil Scholar SRM IST
Chennai, Tamil Nadu, India

Comparative study of mental health among sports and non sports women

Shalom Abraham Jose, DJ Asath Ali Khan and Ahamed Faiz PA

Abstract

The purpose of the study was to find out the differences between mental health between sports and non-sports women. For this purpose the mental health was selected as the independent variable. To achieve the purpose of the study, the investigator had used the questionnaire of mental health by Vijayakumari and H Sam Sanda Raj. (1995).the sports women were selected from Vimala College, Thrissur and non-sports women were selected from Sree Sankaracharya University of Sanskrit, Kalady. The subjects were selected on a random basis. The collected data was analyzed statistically by using 'T' -ratio to find out the significant differences between means.

The result of the study reveals that there were significant differences in mental health of sports and non-sports women.

Keywords: comparative study, mental health among sports, non sports women

Introduction

Mental health is more than the mere lack of mental disorders. The positive dimension of mental health is stressed in whose definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Concepts of mental health include subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence and recognition of the ability to realize one's intellectual and emotional potential. It has also been defined as a state of well-being whereby individuals recognize their abilities, are able to cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their communities. Mental health is about enhancing competencies of individuals and communities and enabling them to achieve their self-determined goals. Mental health should be a concern for all of us, rather than only for those who suffer from a mental disorder. Mental health problems affect society as a whole, and not just a small, isolated segment. They are therefore a major challenge to global development. No group is immune to mental disorders, but the risk is higher among the poor, homeless, the unemployed, persons with low education, victims of violence, migrants and refugees, indigenous populations, children and adolescents, abused women and the neglected elderly. For all individuals, mental, physical and social health are closely interwoven, vital strands of life. As our understanding of this interdependent relationship grows, it becomes ever more apparent that mental health is crucial to the overall well-being of individuals, societies and countries. Unfortunately, in most parts of the world, mental health and mental disorders are not accorded anywhere the same importance as physical health. Rather, they have been largely ignored or neglected.

Women's increased life expectancy means they are more likely than men to outlive their partner and move into residential care. This means they are more at risk of depression associated with psycho-social factors. Older people are often faced with more difficult life events and daily stresses than younger people and this may explain why they have a slightly increased risk of depression. Losses -□"whether bereavement or losses associated with growing old such as loss of independence because of physical illness or disability -□"can trigger depression. Estimates suggest that 20% of older people living at home have symptoms of depression, rising to 40% for older people living in care homes. The majority of people affected are women.

Correspondence
R Surya Praba
MPhil Scholar SRM IST
Chennai, Tamil Nadu, India

Methodology

In this chapter, the method adopted for the selection of the subject, collection of data, administration of test and methods employed for statistical treatment of data have been explained.

Selection of the subjects

The 25 college level sports women and 25 non sports women were selected as the subjects for the study. The sports women were selected from Vimala College, Thrissur and non sports women were randomly selected from Sree Sankaracharya University of Sanskrit, Kalady.

Selection of variable

The investigator has selected the psychological variable mental health

Mental health profile

Mental health profile developed by Vijayakumari and H Sam Sanda Raj. (1995) was used to measure the variable of mental health. The test contains 40 items and its is divided into four subsets, each having 10 items. The first subsets measure self esteem, second subsets measures Autonomy, third measures Emotional Stability, and the fourth subset measures Social Competence.

Reliability and Validity

Reliability was estimated separately for each of the four sub-scales. The mental health was scored and subjected to split-half reliability. Odd and even items were scored separately and the reliability coefficients were calculated using spearman-brown formulae. The reliability coefficient obtained for the four sub-scales are as given below:

Subscale	Reliability
Self-Esteem	0.91
Autonomy	0.77
Emotional Stability	0.76
Social Competence	0.81

All are significant at 0.01 levels. This indicates that the test is

Table 4.1: Descriptive analysis of the data of mental health among selected groups;

Test	Number	Mean	Standard deviation	T-Value
Sports Women	20	26.55	3.59	3.395
Non-Sports Women	20	21.60	4.52	

Significant at 0.05 level. (table value required for significance at 0.05 level for 't' test is 2.712)

Table 4.1 indicates that there was significant difference in mental health between sports and non sports women. Because the mean value obtained from sports women were 26.55 and non sports women were 21.60 respectively and 'T' value between them was 3.395. The obtained value of 3.395 is significant as it was greater than the table value of 2.712 for the significance at 0.05 levels.

Summary

The purpose of the study was to find out the differences between mental health between sports and non-sports women. For this purpose the mental health was selected as the independent variable. To achieve the purpose of the study, the investigator had used the questionnaire of mental health by Vijayakumari and H Sam Sanda Raj. (1995).the sports women were selected from Vimala College, Thrissur and non-sports women were selected from Sree Sankaracharya University of

a reliable one. Most of the items were adapted from existing scales or selected after consulting a number of experts. So the scale may be said to have content validity.

Scoring

A score of '1' was given to the true and '0' for the false responses in the case of positive items. the score was reversed in the case of negative items. The total score obtained for all the items representing each mental variable was taken separately. The score for each variable can range from 0 to 10.

Administration of questionnaire

After selecting subjects, the investigator met the students and requested their co-operation for the smooth administration of the questionnaire. The investigator administered the test using the questionnaire for both sports and non-sports women. The investigator explained to them the purpose of the investigation and also given very clear instructions regarding the method of answering the psychological questionnaire booklets. Meticulous care was taken to see that the subjects were scatted in a way that they would attend to the task at hand without any distraction and to complete the test in time. The investigator was present in the classroom where the test was administered and helps the subjects whenever they met with difficulties in understanding the meaning of different words used in the questionnaire.

The subjects were found to be careful to go through the instructions and each statement carefully and indicate their responses without any difficult. All the subjects co-operated very well for the successful collection of data. The entire field in questionnaire were collected from the subjects and scored according to the respective scoring keys. The total score obtained were tabulated and treated statistically.

Statistical technique

The data which were collected from the subjects were treated statistically. To compare the mental health among sports and non sports women, thus the score obtained from data collection were treated statistically 't -test ' and the level of significance was kept at 0.05 level.

Sanskrit, Kalady. The subjects were selected on a random basis. The collected data was analyzed statistically by using 'T' -ratio to find out the significant differences between means.

The result of the study reveals that there were significant differences in mental health of sports and non-sports women.

Conclusions

With the limitation and delimitations of this study the following conclusions were drawn;

It was concluded that there were significance difference between sports and non-sports women.

The scores of mental health were higher among sports women than the non sports women and would be significant difference in mental health.

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