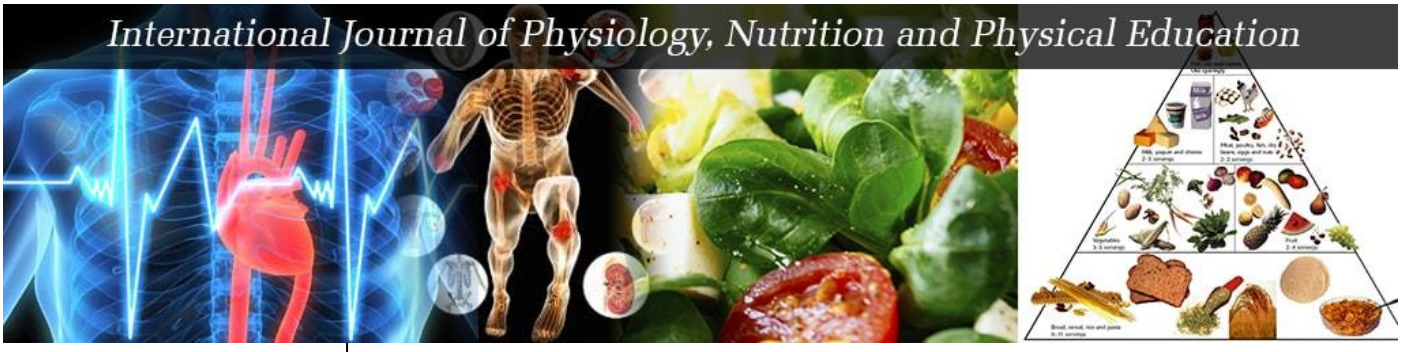

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Comparative study of sports and non-sports students in relation to mental health

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Abstract
The objective of this study was "To examine mental health dimensions between sports and non- sports students". Researcher took 50 boys and 50 girls ranging from 17 to 21 years for the study. In the present study sex and type of students have been treated as independent variable and mental health as dependent variable. The respective groups of boys and girls were administered the mental health record by SK Charde and Anil Kumar (2017). It was observed that-male sports subjects are found more positive self-evaluation, integration of personality, autonomy and environmental mastery than male non sports subject, and over all mental health there is significant variance between male sports and male non-sports subjects. Female Sports subjects are found more positive self-evaluation, integration of personality, autonomy, group-oriented attitudes and environmental mastery than female non sports subjects, and over all mental health, there is significant difference between female sports and female non-sports subjects.

Keywords: health, sports, non sports, male and female students

Introduction
For some time now, it has been common knowledge that exercise is good for one‘s physical health. It has only been in recent years, however, that it has become commonplace to read in magazines and health newsletters that exercise can also be of value in promoting sound mental health. The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". Neither mental nor physical health can exist alone. Mental, physical, and social functioning are interdependent. In recent years, there has been evidence of disturbingly high rates of mental ill-health among adolescents and even younger children, ranging from low-self-esteem, anxiety and depression to eating disorders, substance abuse and suicide (Sallis and Owen, 1999) [1]. Research suggests two ways in which physical activities can contribute to mental health in adolescents. Firstly, there is fairly consistent evidence that regular activity can have a positive effect upon boys’ and girls’ psychological well-being. Secondly, research has indicated that physical activity can contribute to the reduction of problematic levels of anxiety and depression. Evidence is beginning to be gathered for exercise as a treatment for clinical depression, with studies finding that physical activity is as effective a treatment as anti-depressants (Dimeo *et al*. 2001) [3], and psychotherapy (Martinsen, 1994) [8]. Similarly, a variety of nonclinical studies have found that higher levels of activity were related to lower rates of depression (Hassmen *et al*. 2000) [4]. A position statement of the International Society of Sport Psychology (Singer, 1992) [13] drew out numerous mental health benefits of physical activity from the research literature, including reduced state anxiety, neuroticism and anxiety, mild to moderate depression, and various kinds of stress. A review of current literature indicated that people who participate in sports and organized recreational activity enjoy better mental health, are more alert, and more resilient against the stresses of modern living. Participation in recreational groups and socially supported physical activity is shown to reduce stress, anxiety and depression, and reduce symptoms of Alzheimer’s disease (Carcach & Huntley, 2002) [2].

Hypotheses

1. There exists significant difference in the level of mental health between the male sports students and the male non-sports students.
2. There exists significant difference in the level of mental health between the female sports students and the female non-sports students.

Materials and Methods

Selection of the sample

The present study was conducted on 50 Boys and 50 Girls ranging in age from 17-21 years. A Total of 100 subjects (Sports and non sports college going students) were selected for the present research study. The sample selection method was used as purposive sampling technique. The area was limited to Chandigarh. The detailed break-up of the sample is given below

Table 1: Shows difference between the groups of male sports and male non-sports subjects on the various factors of Mental Health Inventory

Area	Male (N)	Female (N)	Total (N)
Sports	25	25	50
Non- Sports	25	25	50
Total	50	50	100

Independent variables: a) Sex b) Type of students.

Dependent variables: Mental Health.

Selection of research tool: Mental health inventory (SK Charde and Anil Kumar (2017).

The data was collected from the Various College's and sports training centers. The subjects were first explained about the aim of the research study, thereafter mental health inventory given by SK Charde and Anil kumar (2017) was administered. The subjects were assured confidentiality of their responses.

Table 2: Shows difference between the groups of female sports and female non-sports subjects on the various factors of M. H. Inventory

Area	Type	N	Mean	S.D.	t-value	Sign.
Positive self-Evaluation	Sportss	25	33.12	3.72		
	Non- Sports	25	31.08	2.81	2.19	0.05
Perception of reality	Sportss	25	25.88	2.86		
	Non-Sports	25	25.20	3.78	0.72	NS
Integration of Personality	Sportss	25	39.32	3.66		
	Non- Sports	25	35.36	4.31	3.50	0.01
Autonomy	Sportss	25	20.52	1.96		
	Non-Sports	25	19.32	2.44	2.32	0.01
Group oriented attitudes	Sportss	25	34.68	4.34		
	Non- Sports	25	33.96	3.55	0.64	NS
Environmental Mastery	Sports	25	30.68	3.17		
	Non-Sportss	25	33.96	2.52	4.04	0.01
All Over	Sportss	25	187.48	7.14		
	Non-Sports	25	175.40	8.35	5.50	0.01

Table 1 shows difference between the groups of male sports and male non-sports subjects on the various factors of Mental Health Inventory. Only four factors are showing significant difference between the two groups at the 0.05 and 0.01 levels on 48 df grade. It is concluded that sports subjects are found more positive in self-evaluation ($t=2.19$, $p<0.05$), integration of personality ($t=3.50$, $p<0.01$), autonomy ($t=2.32$, $p<0.01$) and environmental mastery ($t=4.04$, $p<0.01$), than the non sports subjects, and over all mental health, there is significant difference between male sports and male non –sports subjects. The obtained values of these groups are 5.50. In order to be significant at 0.05, the minimum required value of 't' is 2.02. While at 0.01 level it is 2.70. Since the obtained value is larger than which is required to be significant at 0.01 level.

Table 3: The minimum required value of 't'

Type	N	Mean	S.D.	t- value	Sign.
Sportss	25	32.24	3.02	3.07	0.01
Non-Sports	25	29.36	3.59		
Sports	25	24.80	3.84	0.59	NS
Non-Sports	25	24.12	4.58		
Sportss	25	37.12	5.58	2.06	0.05
Non-Sports	25	33.84	5.64		
Sportss	25	18.36	2.66	3.19	0.01
Non-Sports	25	16.24	1.98		
Sportss	25	35.20	3.85	2.88	0.01
Non-Sports	25	31.84	4.37		
Sportss	25	33.12	4.02	2.16	0.05
Non-Sports	25	30.84	3.39		
Sportss	25	180.04	8.34	4.89	0.01
Non-Sportss	25	166.80	10.65		

Table 2 shows difference between the groups of female sports and female non-sports subjects on the various factors of M. H. Inventory. Five factors out of six are showing significant difference between two groups at the 0.05 and 0.01 level on 48 df grade. It is concluded that sports subjects are found more positive self-evaluation ($t = 3.07$, $p<0.01$), integration of personality ($t=2.06$, $p<0.05$), autonomy ($t = 3.19$), group oriented attitudes ($t = 2.88$, $p<0.01$) and environmental

mastery (t =2.16, p<0.05) than non-sports subjects, and over all mental health there is significant difference between Female sports and female non –sports subjects. The obtained t value of these groups are 5.32. In order to be significant at 0.05, the minimum required value of ‗t'is 2.02. While at 0.01 level it is 2.70. Since the obtained value is larger than which is required to be significant at 0.01 level.

Conclusion

Male sports subjects are found more positive self-evaluation, integration of personality, autonomy and environmental mastery than male non sports's subjects and over all mental health there is significant difference between male sports and male non -sports subjects.

Female Sports subjects are found more positive self-evaluation, integration of personality, autonomy, group-oriented attitudes and environmental mastery than female non sports subjects and over all mental health there is significant difference between female sports and female non -sports subjects.

Discussion

Between sports and non-sports students. It was hypothesized that there exists significant difference in the level of mental health between the male sports students and the male non-sports students. It was also hypothesized that there exists significant difference in the level of mental health between the female sports students and the female non-sports students. Findings of the present study clearly indicated that -Male sports subjects are found more positive in self-evaluation, integration of personality, autonomy and environmental mastery than male non sports subjects, and in over all mental health there is significant difference between male sports and male non-sports subjects. These results are also in agreement with the conclusions reached by Morgan (1984) [11], Humphrey *et al* (2000) [7] and Stephen *et al* (2005). Female Sports subjects are found more positive in self-evaluation, integration of personality, autonomy, group-oriented attitudes and environmental mastery than female non sports subjects, and over all mental health, there is significant difference between female sports and female non -sports subjects. The results of the present study are partially supported by the findings of Mckelvie *et al.* (1981) [10], Bailey and Moulton (1999) [1] and Hossein *et al.* (2011) [6]. The research literature suggests that for many variables there is now ample evidence that a definite relationship exists between exercise and improved mental health. This is particularly evident in the case of a reduction of anxiety and depression. For these topics, there is now considerable evidence derived from over hundreds of studies with thousands of subjects to support the claim that-exercise is related to a relief in symptoms of depression and anxiety. Sports and physical exercise is related not only to a relief in symptoms of depression and anxiety but it also seems to be beneficial in enhancing self-concept, self-efficacy, confidence, feeling of worth-whileness, ability to understand, ability to get along with others, work with others and ability to take responsibilities and capacity for adjustment. None of these relationships is the result of a single study. They are based on most, if not all, of the available research in the English language at the time the meta-analytic review was published. The overall positive patterns of the meta-analytic findings for these variables lends greater confidence that exercise has an important role to play in promoting sound mental health.

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