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## A study on compare the level of mental health among the male and female athletes

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### Abstract

The purpose of the present study was to compare the level of Mental Health among the male and Female Athletes who represented inter-collegiate competitions. Unless the players are prepared mentally and psychologically for the contest, they are not able to achieve the desired results. The psychological training has to be provided to the players by the coaches to face stressful situation occurring during the competition.

In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods. In these days, the teams are prepared not only to play, but to win the games. And for winning the games, it is not only the proficiency in the skills, which matters, but also the spirit and attitude of the players with which they play. The mental attitude of each individual player as well as of the team can help or hinder their performance. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental or psychological preparation for competition is a necessary component for success. Games and sports provided to do mostly same the body activities. For this 30 male and 30 female subjects were selected from Gulbarga University Kalburgi. Their age ranged between 21 to 25 years. The Mental Health Inventory is administered on the subjects. The results of the study are analyzed. It was hypothesized that There would be significant difference between in the Mental Health level of Male and Female athletes. For analysis of the data mean, standard deviation and 't' test was applied. Level of significance set was .05 level. Result shows that there was a significant difference found in Mental Health among the male and Female Athletes.

**Keywords:** Mental health, athletes

### Introduction

The aim of higher sports in this age of competition is to win in international meets or to attain peak performance in competition. And it is on this factor that the coaches try to concentrate. In order to reach the target and accomplish the social expectation; the players also work hard, ignoring their comforts in their daily lives and practice for many hours a day. Unless the players are prepared mentally and psychologically for the contest, they are not able to achieve the desired results. The psychological training has to be provided to the players by the coaches to face stressful situation occurring during the competition mental health means ability to balance in one's daily living. In other words it is the ability to face and balance the reality of life (Bhatia, 1982). Mental health is a complex phenomenon depends on a set of familiarly personal, psychological and social variables. Mental health is as an important feature as the physical health of a person to make him complex with balance mental disposition of the children to cope with life more effectively and productively. Good mental health depends on the good state of both mind and body. Each exerts a direct influence on the other, but owing to the power of matter, good mental health is of supreme importance according to Hadfield (1952) mental health is the harmonious functioning of the whole personality.

In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods. In these days, the teams are prepared not only to play, but to win the games. And for winning the games, it is not only the proficiency in the skills, which matters, but also the spirit and attitude of the players with which they play. The mental attitude of each individual player as well as of the team can help or hinder their performance.

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Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental or psychological preparation for competition is a necessary component for success.

All these have created anxiety, frustration, stress, and tension, maladjustment with so many personal and social problems and have disturbed the mental health of the individual to a great extent. The mental health, positive psychology, psychological well-being, qualitative living, excellence in living, feeling wellness (Raina, 2004) are the synonyms which are used interchangeably.

**Mental Health**

Efforts have been made from time to time to conceptualize and define mental health as is evident from some of the definitions given below:

According to WHO Expert Committee (1950) “mental health implies the capacity in an individual to form harmonious relations with others and to participate in or contribute constructively to changes in his social and physical environment. It also implies his ability to a harmonious and balanced satisfaction of his own potentially conflicting instinctive drives in that it reaches an integrated Synthesis rather than the denial of satisfaction to certain instinctive tendencies as a means of avoiding the thwarting of others”.

**Effects of Sports on Mental Health**

Seiler R, Birrer D. The role of mental health is increasingly recognized in the discussion about health. In this article, health is considered to be a dynamic balance between resources and potential risk factors. Sport and physical activity may represent resources that do not only contribute to an increased well-being, but also to an improved self-concept as a cognitive representation of one's health-status.

Investigations of the short-time effects of sport show that different activities result in different mood changes, but also that the initial mood is important in such a way that people with a bad mood profit more from physical activity programs. More permanent physical activity results in better well-being, but also in an improved perception of the health status and a higher satisfaction with health. Individually tailored new physical activity behavior programs and reinforcing systems have to be developed. These may lead to adequately strengthen the self-efficacy and increase the well-being of a broader population.

**Methodology**

**Statement of the Problem**

A Study on compare the level of Mental Health among the male and Female Athletes

**Significance of the Study**

- This would enable them to understand and to know the level of psychological strengths and weaknesses of athletes with respect to their participation in different sports.
- To know the extent of help in providing guideline to physical education teachers and coaches for selecting and preparing players for their psychological makeup.
- To know the complex of physical, intellectual, emotional and social developmental patterns and success in sport is an integral part of this pattern. Thus, an understanding of behavior in sport will aid us in helping people to better fulfill their lives.
- To study the important factors for future selection and

coaching of sportsmen for national and international events.

**Objectives of the Study**

- To examine the level of Mental Health between the Male and Female athletes.
- To understand the differences in the Mental Health between Male and Female athletes

**Hypothesis of the Study**

There would be significant difference between in the Mental Health level of Male and Female athletes

**Sample**

Keeping the objectives in view, appropriate research design is adopted. The sample for the study is drawn from the Male and Female athletes from Gulbarga University Kalburgi.. 30 Male Athletes and 30 Female Athletes were administered Mental Health scale to assess the differences in their Mental Health.

**Statistical Analysis**

The t-test was used to assess the significant differences of Mental Health between Male and Female athletes.

**Procedures**

The subjects were thoroughly acquainted with the testing procedure as well as the purpose and significance of the study. A thorough orientation of requirements during the testing procedures were made for successful completion of study.

**Collection of data**

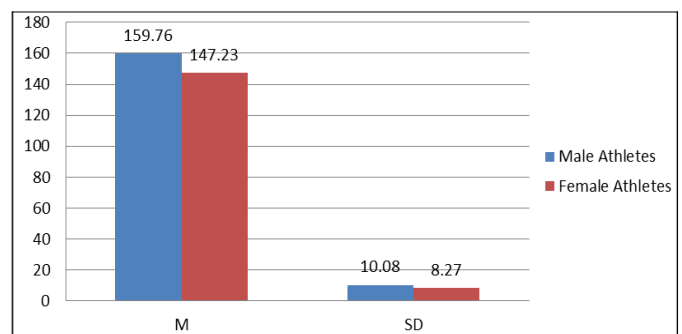
The data on selected physical fitness variables were collected by employing the standard testing procedures available in the literature. This data was collected in the field of Department of Physical Education, Gulbarga University Kalburgi.

**Analysis and Interpretation of Data**

**Table 1:** Mental health level of Male and Female athletes

Players	M	SD	t-value
Male Athletes	159.76	10.08	0.34*
Female Athletes	147.23	8.27	

\*significant at 0.05 level



**Graph 1:** Mental Health Level of Male and Female Athletes

Table and graph no. 1 shows the mean, SD and t-value of Male and Female Athletes in relation to their level of mental health. The Mean and SD of Athletes is 159.76 and 10.08 respectively and the mean and SD of Female Athletes is 147.23 and 8.27 respectively.

The mean score of Male Athletes is higher than the Female Athletes. It shows that the Male Athletes have high mental

health and Female Athletes have low mental health. Because Athletes involves in sports and physical activity that may represent resources, that do not only contribute to an increased well-being, but also to an improved self-concept as a cognitive representation of Athlete's mental health-status. When t-value was applied to know the significant difference it was found that obtained t-value is 2.44, which is significant at 0.05 level.

### Summary

Mental Health is proved to be a key factor in sports and games. The achievements in games and sports in possible when the players are mentally fit, Similarly, Mental Health level is a psychological factor that influences the performance.

The objectives of the study are to measure and compare the level of mental health between the Male and Female athletes. Hence the Male and Female athletes were selected and the Mental Health Inventory is administered on the subjects. The results of the study are analyzed and the following conclusions were drawn.

### Conclusions

The Male Athletes have high mental health and Female Athletes have low mental health.

### Recommendations

The experience of the present investigator during the period of this study as well as the findings of the present study may serve as a guideline for the researcher in the field of physical education and sports.

The findings of the present study can be utilized by the HRD (Human Resource Development) experts and Ministry of Sports and Youth Affairs, and Sport Councils while formulating the policies and implementing the same at all levels.

- Cross sectional studies need to be conducted at the inter-university, regional and national levels.
- Large sample need to be taken for the effective generalizations about the findings of the study.
- Studies at the macro level have to be conducted at college levels to study the profile of the players. Studies should be conducted on different age groups.
- Comparative study among athletes and non-athletes should be conducted. There is a need to conduct further research on other variables like anxiety, cognitive competence, extraversion, neuroticism and attitude of sportsmen.

Results of study are capable of strengthening athletic performance in the form of 'sports package' to be used by coaches and trainers in the field of physical education and sports science.

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