



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 1094-1096

© 2018 Yoga

www.theyogicjournal.com

Received: 13-11-2017

Accepted: 14-12-2017

**Jaspreet Kaur**

M. Phil Student, Department of  
Physical Education Punjabi  
University, Patiala, Punjab,  
India

## Comparison of physical health and psychological health masters athlete and sedentary people

**Jaspreet Kaur**

### Abstract

The present study was entitled as "Comparison of physical health and psychological health masters athlete and sedentary people". To achieve the purpose the study one hundred twenty male and female selected as a subject for the present study further it was divided into four group of thirty each in the group as master's athlete male and female and another was sedentary male and female group. The average age of the subjects was 40 years and above. Considering all the facts to measure the physical and mental health questionnaire based on the line of Methodology and criteria suggested by World health organization was selected. To find the significance difference between the groups, Analysis of Variance was used. The level of significance of F-ratio was set at 0.05 levels. Static Group Comparison design was used for the study. The results of present study showed that athletes' physical health and psychological health is in desirable status. Satisfaction and pleasure in life as a whole were in desirable status.

**Keywords:** Physical health, psychological health, masters athlete, sedentary people

### Introduction

At the point when a athletes encounters physical damage, there is frequently a group of therapeutic work force including specialists, mentors and physiotherapists utilized to guarantee a fast recuperation. Notwithstanding, when athlete encounters an emotional wellness issue, the treatment procedure is regularly not exactly as comparative. Dysfunctional behaviour in sports is frequently neglected and a competitor might be left with sentiments of depression and relinquishment, uncertain of where to turn (Buman, 2010) [3]. Numerous expect that psychological well-being issues in competitors are uncommon, as they are frequently seen to be to a great degree physically solid people. Top tip top athletes are admired inside the media, regularly subjected to an expansive fan base, possibly giving the recognition that they are resistant to such issues. Athletes frequently sports't look for assistance from emotional well-being administrations or neglect to completely take an interest once they have started. One reason for this distinction is disgrace, in particular, to stay away from the name of dysfunctional behavior and the mischief this frequently brings, for instance, the potential lessening of confidence. Emotional wellness shame is as yet a progressing issue in the public eye; be that as it may, this might be increased considerably more in athletes who may fear the loss of their good example status. Athletes might be helpless against creating psychological well-being issues for various reasons. Most importantly, the pressure and stress of contending on an every day or week by week premise may leave the athletes with the possibility to create sentiments of melancholy or nervousness. There is additionally motivation to trust that "concealed" head wounds from contact games may leave competitors with an inclination to creating gloom or post-horrible pressure issue. Likewise, other physical wounds, poor performance, issues with teammates or mentors, over-training aging and obviously the feared retirement, may leave the athletes helpless against the advancement of emotional well-being issues. The World Health Organization (W.H.O) has a standard definition for mental health which fuses these previously mentioned characteristics. It must be specified, in any case, that there are different meanings of mental health and their exact explanations are influenced by social contrasts and contending proficient hypotheses about mental health. The World Health Organization's report demonstrates that near 50 percent of the aggregate populace of the world are casualties of one type of mental issue or the other.

**Correspondence**

**Jaspreet Kaur**

M. Phil Student, Department of  
Physical Education Punjabi  
University, Patiala, Punjab,  
India

This is resulting upon the perspective of mental health as an unsteady continuum as opposed to an outright level of mental wellbeing. Meanings of psychological wellness are, best case scenario subjective. A few definitions are developed as far as satisfaction, others around the capacity to work socially and contribute successfully to society. Be that as it may, most definitions base on three fundamental things: the capacity to live 'completely' and innovatively, be candidly and legitimately balanced, and to be adaptable in taking care of life's unavoidable difficulties. At the point when these three key angles were utilized to dissect the worldwide populace, it was understood that half of the populace experienced one type of mental issue or the other.

**Methodology**

One hundred twenty male and female selected as a subject for the present study further it was divided into four group of thirty each in the group as master’s athlete male and female and another was sedentary male and female group. The average age of the subjects was 40 years and above. The study was chosen on the basis of available literature on master athlete and sedentary people and their life. Keeping the specific purpose of the study in mind, the following variables were selected.

1. Physical health
2. Psychological health

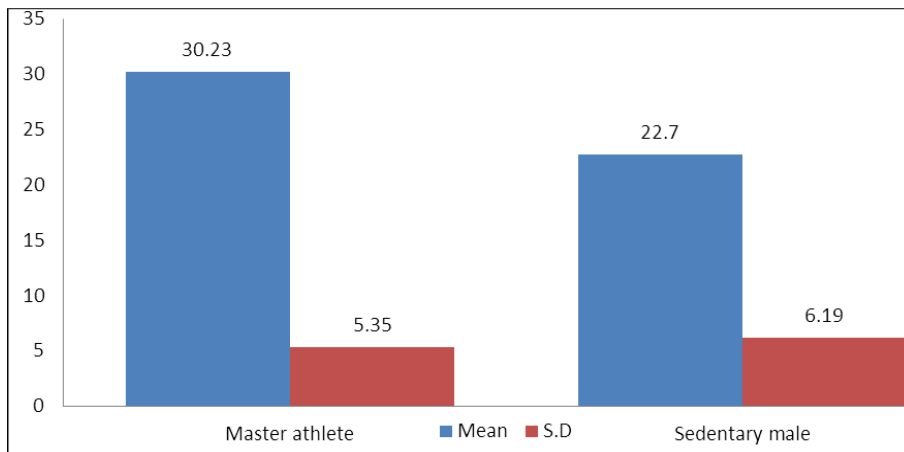
Considering all the facts to measure the physical and mental health questionnaire based on the line of Methodology and criteria suggested by World health organization was selected. To find the significance difference between the groups, t-test was applied. The level of significance was set at 0.05 levels. Static Group Comparison design was used for the study.

**Table 1:** Comparison of domain-1 Physical Health of male master athlete and sedentary male

Variable	Subjects	Mean	S.D	t-value
Physical health	Master athlete	30.23	5.35	5.07*
	Sedentary male	22.70	6.19	

df-58 significance- 0.05 Tab-value- 2.00

Table 1. The above table depicts the mean value and standard deviation 30.23, 22.70 and 5.35, 6.19 of male master athlete and sedentary male respectively. It also revealed that the significant difference was found in physical health domain as calculated ‘t’ value 5.07\* were greater than the tabulated value 2.00. Hence it statically proved that male master athlete were better in physical health as compared to sedentary male.



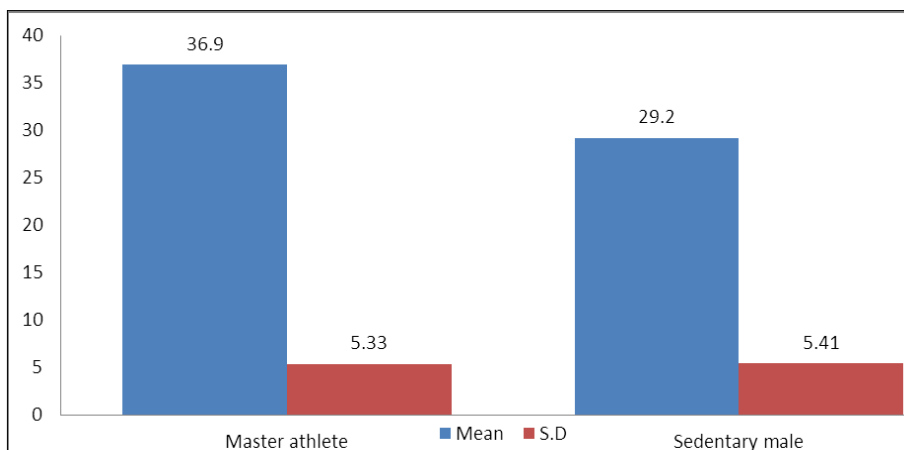
**Fig 1:** Comparison of domain-1 Physical Health of male master athlete and sedentary male

**Table 2:** Comparison of domain-2 Psychological Health of male master athlete and sedentary male

Variable	Subjects	Mean	S.D	t-value
Psychological Health	Master athlete	36.9	5.33	5.55 *
	Sedentary male	29.2	5.41	

df-58 significance- 0.05 tab-value- 2.00

Table 2. Shows the mean value and standard deviation 36.9, 29.2 and 5.33, 5.41 of male master athlete and sedentary male respectively. It also depicts that there is significant difference was found in psychological domain as calculated ‘t’ value 5.55\* were greater than the tabulated value 2.00. Hence it statically proved that male master athlete were better in psychological domain as compared to sedentary male.



**Fig 2:** Comparison of domain-2 Psychological Health of male master athlete and sedentary male

### Conclusion

The main purpose of this research was to examine the physical health and psychological health of male and female master athlete and sedentary population respectively. The results of statistical test showed that there is difference between physical health and psychological health of male & female master athlete and sedentary male and female; the difference is significant at ( $p < 0.05$ ) level. The results validated our basic hypothesis derived from previous research. The results of present study showed that athletes' physical health and psychological health is in desirable status. Satisfaction and pleasure in life as a whole were in desirable status.

### References

1. Bauman S, Rivers I. Mental Health Treatment. Mental Health in the Digital Age. 2015, 26-50. doi:10.1057/9781137333179\_3
2. Biddle S, Mutrie N. Psychology of Physical Activity and Exercise. Contributions to Psychology and Medicine, 1991. Doi: 10.1007/978-1-4471-1793-3
3. Buman MP, King AC. Exercise as a Treatment to Enhance Sleep. American Journal of Lifestyle Medicine. 2010; 4(6): 500-514. Doi: 10.1177/1559827610375532
4. Carless D, Douglas K. Sport and Physical Activity for Mental Health. 2010. doi: 10.1002/9781444324945
5. Correction, to Breslin *et al.* Examining occupational health and safety vulnerability among Canadian workers with disabilities. (2017). Disability and Rehabilitation, 2010, 1-1. doi:10.1080/09638288.2017.1348575.