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## Influence of socio economic status on mental health of women volleyball players

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### Abstract

The purpose of the present research was to describe and compare the personality traits intercollegiate volleyball players and Interuniversity player's volleyball sportsperson in volleyball player (sociability, Extraversion, Dominance, Self-concept, Conventionality, Mental Toughness, Emotional Stability) of competitive volleyball game in male and female sports. The method of the study is descriptive analyses, total fifty (Each 25) samples representing both in intercollegiate volleyball players and Interuniversity players volleyball sportsperson. were selected and To collect the data the standardized scale devised by Dr Ajith Sing has administered on the subject who are participating in all India interuniversity tournament.

**Keywords:** Socio economic status, mental health and volleyball players

### Introduction

An individual's socio-economic status is closely linked to his/her life chances, achievements, feats, success, income, and well-being. Socioeconomic status has been seen as a strong predictor of sport person's achievement. Socioeconomic status (SES) is often measured as a combination of education, income, and occupation. It is commonly intellectualized as the social standing or class of an individual or group. When noticed through a social class lens, opportunity, influence, and mechanism are highlighted. Additionally, an investigation of SES as a gradient or uninterrupted variable discloses discriminations in access to and dissemination of resources. SES is relevant to all territories of behavioural and social science, including research, practice, education, sports and advocacy. Socioeconomic status (SES) is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education, and occupation.

Mental Health Well Being Mental health well being is a dynamic state in which the individual is able to develop their potential work productively and creatively, build strong and positive relationship with others and contribute to their community. It is enhanced when an individual is able to fulfil their personal and social goals and achieve a sense of purpose in society.

### Hypothesis of the study

It is hypothesized that socio economic status influence on mental health of women volleyball players.

### The Variables

**1. Socio-economic Status Scale:** The Socio economic status scale developed by Bhardwaj and Chavan (1984) has been used in the present study to measure social, educational, professional and economic perspectives of the participants scoring was done according to scoring key given in the manual.

**2. Mental health:** This scale was developed by Jagdish and Srivastava (1983), lower scores on the measure of mental – ill health has been supposed to indicate higher mental health. This scale consist of 55 items based on 6 dimensions: (1) Positive self – evaluation, (2) Realistic perception, (3) Integration of personality, (4) Autonomy, (5) Group oriented attitudes and (6) Environmental mastery.

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The scale has 4 response categories viz., always, often, rarely and never. The reliability and validity coefficient were found significant as the value of the split-half reliability coefficient was  $r = 0.73$  and validity coefficient i.e. construct validity was  $r = 0.54$  which confirm the standardization of the scale.

**Methodology**

The purpose of the study is to analyses the selected psychological variables of south zone inter university women

volleyball players. The purpose of the study, 200 south zones inters university players. Random selected from various universities of Karnataka state. The age of subjects of are ranged from 18 to 25 years. Data was collected and out to assess of the Influence of socio-economic status on mental health of women volleyball players in south zone inter-university volleyball players.

**Samples**

**Table 1:** The samples of study consisted of 200 was Selected randomly from All-India south zone inter university volleyball players.

S. No	Variables	Designed/Prepared	Score
1	Socio Economic Status	Bhardwaj and Pro. Chauhan	Points
4	Mental Health	Dr.Jagdish and Dr.A K Srivastava	Points

Statistical procedure, to find the Mean, Sd and t value of the Study.

**Analysis of data**

Recent sports technology is based on close relationship of physical, psychological and sociological aspects of human development. In the domains of social life, the social structure, traditional and newly emerging values do have social consequences and effect on its members. The impacts of widespread social distinction between classes, ethnic groups and sex have been constantly reflecting the changing scope of sport. A great variation has also been observed in the achievement skills performed individually when compared with performance of the same individuals in team situations. Studies also indicate that sports performance does not only depend upon skills but also on the personal factors developed through social institutions of which an individual is chiefly a product. Perhaps the influence of any such specific reference group is a reflection of social structure variables and hence accounts for various socio-psychological factors affecting the choice of sports and performance.

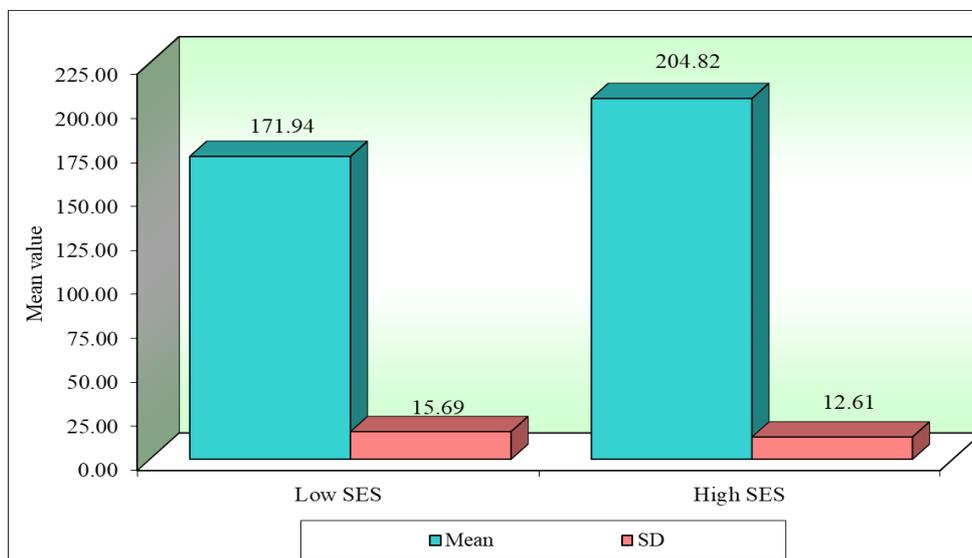
In this section we compared the SES groups (low SES and high SES) compared with respect to self-confidence, personality traits and its dimensions (i.e. sociability, dominance, extraversion, conventionality, self-concept, mental toughness, emotional stability) and mental health from women volley ball players by applying the independent t test and results are presented in the following section

**Table 2:** Table shows the Results of Mean Sd and t value between low SES and high SES of women volley ball players belongs to with respect to mental health scores.

SES group	Mean	SD	t-value	p-value	Signi.
Low SES	171.94	15.69	16.2763	0.0001	S
High SES	204.82	12.61			

Significant@0.05 level.

From the results of the above table, it can be seen that a significant difference is observed between women volley ball players belongs to low SES and high SES with respect to mental health scores ( $t=-16.2763$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the women volley ball players belongs to high SES group have significant higher mental health as compared to women volley ball players belongs to low SES group. The high and low SES sportswomen of participation in various games and Sports. This represents that sportswomen belonging to low socio-economic status are more rational in their approach, have internal locus of control, high aspirations and have more openness to change and adjustment when compared to the high SES sportswomen who generally have external locus of control. The low SES sportswomen will have high achievement motivation than the high SES sportswoman. Therefore the Hypothesis was It is hypothesized that socio economic status influence on mental health of women volleyball players is accepted Graph Comparison of women volley ball players belongs to low SES and high SES with respect to mental health.



**Fig 1:** Comparison of women volley ball players belongs to low SES and high SES with respect to mental health scores

### **Conclusion**

- The women volleyball players belongs to high Socio Economic Status group have significant higher mental health as compared to women volleyball players belongs to low Socio Economic Status group
- The mental health of women volley ball players is influenced by socio economic status and can be used to prediction of mental health of women volley ball players

### **Findings**

- The effect of socio economic status on mental health of women volley ball players is found to be positive and statistically significant.

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