



A Comparative Study of Mental Health of Players and Non-Players Girls

MANISHABEN HARISHBHAI GAMIT

PH.D. Scholar

Gujarat Vidyapith Ahmedabad Sanchalit, Faculty of Physical Education and Sports Science,

Sadra, Ta. Dist. Gandhinagar -382320, Gujarat

Email : manishagamit2753@gmail.com

Abstract: In this research study, a comparative study of the mental health of girl players and non-players was conducted. In this research study, The Tapi district Secondary School students in the age group of 13 to 17 years were selected. Out of which 50 players and 50 non-players, a total of 100 girls were selected as subjects. Differences between means were tested at the 0.05 level of significance by applying a 't' test to the data obtained from the player group and the non-player group. The conclusion of which was seen as follows. There was a significant difference in mental health between the groups of girl Players and non-Players girls.

Key words:- Mental Health of Players and Non-Players Girls.

1. INTRODUCTION:

Mental health is as important as physical health. Yet most of us are not as aware, conscious or concerned about mental health as we should be. The main reason for this is that we can easily distinguish physical health or physical discomfort. We can easily see and feel physical defects or other physical problems. But we are not so easily or readily able to distinguish milder mental disturbances or milder adjustment problems that suggest mental health deficits. And in the same way, some things that indicate mental health deficiency like lack of self-esteem and self-confidence, unreasonable anxiety, inferiority etc. are also ignored by us as a characteristic of a person or at most a quirk of human nature. We do not particularly worry about it as a symptom of mental disorder. The root cause of this lies in our wrong concept of mental health. Scientific development has increased convenience and prosperity in life; On the other hand, industrialization, mechanization, specialization, urbanization, etc. have also increased the complexity and confusion of life, resulting in severe adjustment problems. Hence, the issue of mental health has become very important nowadays. The work of specialists working in the field of mental health is more challenging. Tips for maintaining physical health or preventing certain diseases can be easily shown. For example, during an outbreak of a serious disease like malaria or cholera, instructions such as spraying puddles filled with water to prevent mosquitoes, drinking boiled water, not eating open or stale fruits and food, etc., can be easily explained, for immunization. Arrangements can be made to administer a 'vaccine'. But training for adjusted behavior cannot be done so easily. An immune 'vaccine' cannot be given for mild or severe psychosis. Due to the complexity of the causes of psychoses, even people with the same psychosis are treated the same, with the same prescriptions and superstitions that hinder the work of specialists.

Mental health is not a state of mind of a person, but a goal that a person has to achieve and this goal is not achieved easily, easily. Once this goal is achieved, the status quo is not permanent. In a dynamic world, one has to constantly strive actively to adjust to one's environment. A systematic collective effort to prevent mental illness and to make people aware of mental illness is known as a mental health movement.

Literally, mental health science can be defined as the science of mental health, the science of mental health. Knowledge of this Shastra means living in a clean environment, being alert to physical cleanliness, balanced diet, being careful of disease germs, following health rules, taking measures to treat and prevent disease if it occurs, etc. If someone remains ill even after following the rules of physical health, it can be attributed to lack of mental health. Man loses his health due to anxiety, stress, fear, getting angry in conversation, depression, despair etc. Mental illness also affects a person's physical health. A person can be said to be fully healthy only when he is healthy both physically and mentally. Both affect each other. Mental anxieties spoil physical health and physical illness creates many kinds of anxieties in the mind. Therefore, a person cannot stay healthy by only paying attention to physical health. He must also be mentally healthy.

2. THE PURPOSE OF THE STUDY: The purpose of this research study was to compare the mental health of girl Players and non-Players



2.1. Selection of Subject: In this research study, The Tapi district Secondary School students in the age group of 13 to 17 years were selected. Out of which 50 players and 50 non-players, a total of 100 girls were selected as subjects.

2.2. Statistical Process: Differences between means were tested at the 0.05 level of significance by applying a 't' test to the data obtained from the player group and the non-player group.

3. RESULT OF THE STUDY:

Table – 1
Median, median difference and 't' ratio of mental health of Players and non-Players girls

Group	Subject	Mean	Mean Different	't' Ratio
Players	50	26.92	2.52	6.12*
Non-Players	50	24.40		

The level of significance at 0.05 level is 't' (98) = 1.98

From Table – 1 it can be seen that the median score of mental health of girl players was 26.92, the median of mental health score of girl non-players was 24.40 and the mean difference of both groups was 2.52. While 't' ratio is found to be 6.12. Which at 0.05 level (98) = 1.98 was found to be a significant difference between the two groups.

4. CONCLUSION:

There was a significant difference in mental health between the groups of girls Players and non-Players girls. In which the group of girls Players was significantly superior to the group of non- Players girls in terms of mental health.

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