

Mental health : A comparative study between Ist and IIIrd position holders kabaddi (M.) team players of all India level

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■ **ABSTRACT**

The purpose of the study was to compare the mental health of Ist and IIIrd position holder kabaddi (M.) team of all India level. Mental health scores of kabaddi (M) team players were collected during Interzonal Inter University (All India) kabaddi (M) championship, 2017 held at Veltech. Dr. R.R. and Dr. S.R. University, Avadi, Chennai, Tamil Nadu from 1 Feb. 2017 to 4 Feb. 2017. The results suggested significant difference in emotional instability and total mental health between Ist and IIIrd position holder team. The mean scores of Ist position holder team [M.D. University Rohtak] was more than mean scores Ist position holder team [Kurukshetra University Kurukshetra] players. It is clearly reflected that the mental health status of Kurukshetra players were better than M.D. University Rohtak players.

■ **KEY WORDS** : Mental health, Kabaddi team (M), All India level, Status

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