

Research Paper :

Mental health: A comparative study between married and unmarried equestrian players of armed and police forces

SHYAM NARAYAN SINGH AND VANDANA SINGH

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See end of the article for authors' affiliations

Correspondence to:

SHYAM NARAYAN SINGH
Department of Physical
Education, S.D. (P.G.)
College,
MUZAFFARNAGAR (U.P.)
INDIA

ABSTRACT

The present study deals with the mental health level of 25 married and 25 unmarried male equestrian players of Armed and Police forces. Mental health checklist assessed both mental and somatic health status of the respondents. Mental health scores of equestrian players were collected during U.P.State Equestrian Championship, 2009 held at Muzaffarnagar (U.P.) from 28th January 2009 to 1st February 2009. The results suggested significant difference in mental health between married and unmarried male equestrian players of police and armed forces. The mean score of unmarried players were more than the mean scores of married players, it's clearly reflected that the mental health status of married equestrian players were better than unmarried equestrian players of armed and police forces.

Key words : Mental health, Somatic, Equestrian

Mental health is an index which shows the extent to which the person has been able to meet his environmental demands - social, emotional or physical. However, when he finds himself trapped in a situation, he does not have matching coping strategies to deal with it effectively, he gets himself mentally strained. This mental strain is generally reflected in symptoms like anxiety, tension, restlessness or hopelessness among others. If it is felt for too long and too extensively by the person, these symptoms may take a definite form (or get 'syndromized'), representing a given illness. Mental health, therefore, should not be confused with mental illness; it is a study of pre- illness mental condition of the person (Kumar, 1992).

Mental health, as such, represents a psychic condition which is characterized by mental peace, harmony and content. It is identified by the absence of disabling and debilitating symptoms, both mental and somatic in the person (Schneiders, 1964). Hadfield (1952) has said, "Mental health is the full and harmonious functioning of the whole personality". The definition of mental health in terms of the functioning of personality makes it relative to time, setting and circumstances of the socio - cultural group. Age and mental health has a very close relationship. As it deals with adjustment problems at every stage of life; it helps a person to adjust his/her ways of thinking, feeling, behaving and attitudes in accordance with his/her make up, the environment and the newer developments of equestrian player.

Objective:

To compare the mental health level of married and unmarried equestrian players of army and police forces.

Hypothesis:

It was hypothesized that there would not be any significant difference in mental health between male married and unmarried equestrian players of armed and police forces at .05 level of significance.

METHODOLOGY

Sample:

50 jockeys(25 married and 25 unmarried male equestrian players) were selected randomly from the armed and police forces teams(Armed force teams were from Meerut, Saharanpur, Bareilly, President body guards and BSF and Police force teams from Punjab and Haryana). These teams participated in the U.P. State Equestrian Championship, 2009 held at Muzaffarnagar from 28th January 2009 to 1st February 2009.

Tools:

A Hindi version of 'Mental Health Check list' constructed by Kumar (1992) was employed to measure the mental health status of equestrian players. By the mental health check list, the personal information of the players were received like name, age, sex, education, profession, income and marital status. Besides the personal details, the mental health chart list consisted of 11 items - 6 mental (anxiety, tension, nervousness, aggressiveness