

Mental health among male and female sport players: A comparative study

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ABSTRACT

The present investigation was undertaken to study the mental health of male and female sport players. For this research work, a sample of 110 public school's sport players (45 Males and 65 females) belonging to various schools located at district Haridwar (Uttarakhand) were selected with the help of incidental sampling techniques. Mental Health Questionnaire developed by Langner (1962) has been used to make this study. Finding indicated that male and female sport players did not differ significantly in terms of mental health.

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Many people, when they hear the term Mental health, think of mental illness. But mental health is far more than an absence of a mental illness; mental health is something all of us want for ourselves.

Mental health is determined by:

- How you feel about yourself?
- How you feel about others?
- How you meet the demands of everyday life?

One way of describing mental health is to describe characteristics of a mentally healthy person. There are many different degrees of mental health and no one characteristic is indicative of good mental health; nor can the lack of any one characteristic signify a mental illness. In fact, nobody has all the traits of good mental health all the time.

Health is, undoubtedly, an indispensable quality in human being. It has been described as soil from which the finest flowers grow. Therefore, neglecting one's health for other virtues in life is said to be the greatest of follies. Person's concern for health has not always been so attractive as it seems to be in the present era. Indeed, with growth of science, technology, and materialistic predominance, hazards, especially 'mental health', has become the essence of time. Most of the medical scientists and psychologists have been dealing with disease or illness rather than health, therefore, the phenomenon of 'health' was being forgotten, but it is a matter of happiness that during the last two decades medical as well as behavioural scientists mainly psychologist and

psychiatrist realized the importance of 'mental health'.

Mental health covers an elusive and diffuse field and the term itself encompasses a multiplicity of meaning. The concept of mental health has been vaguely defined by psychologists and psychiatrists. According to Menniger (1945), "The definition of mental health is such a quality by which we, with pleasure and maximum effectivity in between the world as well as with the human being, could do the adjustment. Also that is a co-natured, a brilliant intellectual, socially having the balanced behaviour and capability of maintaining a pleasant way of life". Hadfield's (1950) view, "Three complements; the full expression, the harmonization and the capabilities to the aimed direction for goal achievement", is the definition of mental health. Banrad (1952) attempted to differentiate the positive health from non-health and negative health. To her "Positive health consists in ways of living that are beyond the frontiers of more social existence implied by negative health, and this category (positive health) applies when there is evidence that the individual fully utilizes a capacity or is working in that direction." Further Maslow (1954) indicates that a study of people who have fulfilled their potentialities to the greatest degree will lead us to the formulation of a "positive psychology" and will rid us of negative approaches. He was very critical of Freud and other personality theorists who tried to understand the nature of personality by studying only neurotics and severely disturbed individuals. Maslow (1954) suggested to study the best, the healthiest, and the most mature side