

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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Health is generally defined as not only freedom from disease but also that state of the body and mind in which individual lives most and serves best. According to Dheer and Mitra (1991). Health is defined as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. A sound mind in a sound body has been recognised as a social ideal.

World health organization:

(W.H.O.) Health is a state of complete physical mental and social well being and not merely the absence of disease or infirmity.

Herbert spencer:

To be a good animal is the first requisite to success in life and to be a nation of good animals is the first condition to be national personality.

Abis carrel :

To live is not sufficient. We need also the joy of living and the joy of living and the joy of life both requires health. Above all we need that health which embraces body mind and soul.

According to J.M. Jussawall:

If science and education are the brain central nervous system of the civilization, than health is its heart.

Health is honey in a flower, named as life.

Health is wealth :

In fact, health has two factors – the physical and the mental, both interrelated mental aspect of health has deeper connotations and may be expressed in many ways. Generally it is said that a person who is not unnecessarily worried, anxious and tense is mentally healthy. The ideal mental health includes intelligence, intellect, wisdom, adjustment etc.

The pursuit of materialistic philosophy has caused mental turbulence in human life today. The entire structure of mental life seems to be in doldrums.

According to Kumar (2015), health is considered as an overall concept reaching beyond the absence of illness and ailments.

According to Bihan (2008) as per the modern concept of health, an individual's health is based upon the state of his body, mind and soul. A man is therefore considered to be healthy if his body, mind and soul are healthy in all respects and he has all the social qualities to live in a healthy society.

Mental health:

According to Dheer and Mitra (1991) mental health is the balanced development of the individual personality and emotional attitudes. Which enable him to live harmoniously with fellowmen. Mental health is not exclusively a matter of relation between two person, it is also matter of relation of the individual towards the community he lives in.

According to W.H.O. committee- mental health is influenced by both biological and social factors one who is mentally healthy can do the things in right ways mental wellness is generally viewed as a positive attribute.

According to Lal (2015) mental health means the psychological well being of the person.

According to Ahmad (2015) mental health is defined by the world health organization as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

According to Kumar and Kokhar (2008) mental health in the broader sense suggests a degree of happiness and satisfaction under conditions that warrant such a state of mind and a capacity for making satisfactory

personal and social relationship.

According to Chauhan and Khokhar (2008) mental health is, at times defined as the ability of the individual to make personal and social adjustment.

Performance:

Performance may be considered as exhibition of the task at optimal level during any competition by the individual or team.

Performance = Learning + Motivation

It is natural to understand performance in terms of skill and ability. Skill is how an activity is performed, or in other words, efficiency of a sportman, to perform a specific and pre described movement or chain of movements to a stimulus, through practices. Skill is dependent upon ability. Ability is a general trait, a potentiality which is enduring, permanent and heredity.

Performance which is sensori – motoric and volitional determined by various factors. There may be combined effect of these factors on the human performance.

According to Mangal and Bhatiya factors that influences mental health are hereditary factors, physiological factors, ever increasing needs of life, environment.

Defense mechanisms:

Rationalization, regression, projection, compensation, identification, withdrawal, to get sympathy and repression.

Principles of mental health:

– Good physical health, training of emotions, feeling of security, understanding of self, positive thinking, to understand others are the principles of mental health.

According to Kamlesh physical activity is medium through which good mental health of the sportsmen can be maintained. Clinical evidence from play therapy, group therapy and the use of exercise as a psychiatric adjunct in the treatment of emotionally ill patients indicates that when play, recreation and athletic activities are planned with individual needs in mind, they may be extremely valuable means of improving emotional health.

Finally, sportsmen must be provided with proper rest and relaxation. Relaxation from mental stress is an important factor for good performance.

Criteria of optimum mental health:

According to Verma adequate feelings of security, emotional maturity, adequate understanding of others, adequate basic harmony, adequate integration of personality, adequate feelings of personal worth.

Need of knowledge of mental hygiene for a teacher:

To make the atmosphere of class and school very encouraging, mental health of the teacher should be of high standard, mental health has a close relationship with the personality of a student, to pay special attention to abnormal students the attitude of the teacher should be very democratic, mental hygiene recognise individual differences of the students, mental hygiene clinics must be utilized, co-curricular activities are extremely useful to understand, one's own self are the used of knowledge of mental hygiene for a teacher.

According to Kamlesh, Physical Education teachers and coaches play a very significant role in the maintenance of good mental health of sportsman and players under their care. They should follow certain guidelines into this connection along with the universal principles of mental health.

How to improve mental health of sportsmen:

According to Mangal and Bhatiya, physical health, environment, proper criticism, individual difference, emotional development, knowledge of realities, to check on healthy competition, social relationship and adjustment, to avoid defense mechanism and behaviour of physical teacher helps to improve mental health of sportsmen.

Mental health and sports performance :

Indian cricket team has the best players of world cricket but the number one cricket team is Australia. Why not India ? What is the reason, what is the difference between them ? The reason may be that the Australian cricket team is mentally stronger than the any other team of the world cricket (Chauhan and Khokhar, 2008) .

There are some mental factors which influence sports behaviour and performance Brahma (2008).

Motivation, fear, anxiety, stress, strain, fatigue, reaction time and personality complex are some mental factors which influence the behaviour of sportsmen.

Finally, sportsmen must be provided with proper rest and relaxation. Relaxation from mental stress is an important factor for good performance. More and more

stress is now being laid. How athletes can be made to relax mentally so that they face competition with greater vigour and determination. Autogenic training, meditation, yogo etc. are employed to make athletes mentally relax. Research investigators have claimed that 80 per cent of organismic energy is consumed when there is mental restlessness because of which cognition, affection and conation are badly affected Kamlesh (1988).

A healthy person makes a realistic appraisal of his potentialities and draw backs, feeds interested in others and meets the demands of daily life calmly Dheer and Mitra (1991).

The findings reveal the positive role of motivation in sports performance. This has established the usefulness of motivation from achievement and performance point of view Singh (2008).

Healthy people makes a healthy society and environment Bihan (2008).

Objective :

To compare the mental health of Ist position holder team and IIIrd position holder team of Kabaddi (M) on all India level.

■ METHODOLOGY

Sample :

Ist position (Kurukshetra University Kutukshetra) and IIIrd position (M.D. University, Rohtak) holder kabaddi (M.) team from All India level were selected.

These team participated in All India Inter university Kabaddi (M.) Championship, 2017 held at Veltech Dr. R.R. and Dr. S.R. University, Avadi, Chennai from 1 Feb. 2017 to 04 Feb. 2017.

Tools:

A Hindi Version of Mithila mental health status inventory (MMHST) constructed by Kumar and Thakur (1986) was employed to measure the mental health status of Kabaddi (M) teams. By the mithila mental health status inventory, the Personal information of the players were received like name, age, education, profession, income, village or city and etc. Besides the Personal details. Mithila mental health status Inventory consisted has five types of mental health. [live Egocentrism, Alienation, Expression, Emotional and Social non-conformity] in a 1 to 5 point rating format. A numerical value of 1, 2, 3, 4 and 5 was assigned to the 5 responses. The total scores



Table 1 : Mean standard deviation and t-ratio

| Variable | M.D. Rohtak University | | Kurukshetra University Kurukshetra | | T-ratio | Level of significance |
|-----------------------|------------------------|--------|---------------------------------------|--------|---------|-----------------------|
| | Mean | S.D. | Mean | S.D. | | |
| Egocentrism scale | 24.75 | 4.84 | 21.58 | 3.77 | 1.790 | NS |
| Alienation scale | 26.75 | 5.47 | 23.33 | 4.64 | 1.652 | NS |
| Experssion scale | 32.33 | 4.37 | 31.75 | 6.06 | 0.269 | NS |
| Emotional unstability | 26.08 | 7.90 | 20.00 | 5.12 | 2.237 | S * |
| Social non-conformity | 28.16 | 3.66 | 26.25 | 6.07 | 0.933 | NS |
| Total mental health | 138.083 | 12.182 | 122.916 | 20.960 | 2.167 | S * |

* and ** indicate significance of values at P= 0.05 level (1.98) and 0.01 level (2.65)

S= Signifiant

NS= Non-significant

varied from 50 to 250. High score on Mithila mental health status inventory is indicative of poor mental health. The degree of psychological assistance required in a particular case may be determined on the basis of the departure trend of the mean values on each scale. The nature and extent of the problem may be ascertained through an intensive enquiry.

Procedure:

Mithila mental health status Inventory can be administered individually or in a group. Scoring was done according to the instructions given in the manual.

Statistical analysis:

For the purpose of the study and on the basis of the obtained scores the mean, standard deviation and t-ratio were calculated, respectively to compare the mean of M.D. University Rohtak and Kurukshetra University, Kurukshetra players at .05 level of significance.

■ OBSERVATIONS AND DISCUSSION

On the basis of collected data through mithila mental health status inventory. The significance difference of mean of M.D. University Rohtak and Kurukshetra players were determined by applying 't' test. The details of mean, standard daviation and t-ratio are given in Table 1.

It is clearly shown in Table 1 that the mean of emotional unstability of M.D. university Rohtak player's was 26.08 and Kurukshetra university Kurukshetra players' was 20.00. The t-ratio was 2.237 at .05 level of significance.

It is also clearly shown in Table 1 that the mean of total mental health of M.D. university Rohtak player's was 138.083 and Kurukshetra university Kurukshetra players was 122.916 the t-ratio was 2.167. There is also

at .05 level of significance. There was a significant different in the mental health of M.D. University Rohtak player's and Kurukshetra University Kurukshetra player's. The mean score of M.D. University Rohtak player's [138.083] was more than the mean score of Kurukshetra University Kurukshetra player's (122.916), which clearly reflected that the mental health status of Kurukshetra University Kurukshetra players were better than M.D. University Rohtak. (High score of mental health status Inventory was indicative of poor mental health.)

Conclusion:

On the basis of the result of the study, the mean score of emotional unstability and total mental health of M.D. University Rohtak were more than mean score of Kurukshetra University Kurukshetra. Thus, it may be concluded that the mental health status of Kurukshetra University Kurukshetra players was better than M.D. University Rohtak Players.

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