

Research Paper :

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

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Accepted : April, 2010

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### 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 28<sup>th</sup> January 2009 to 1<sup>st</sup> 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

**M**ental 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 28<sup>th</sup> January 2009 to 1<sup>st</sup> 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

and dishearted) and 5 somatic (headache, fatigue, sleeplessness, indigestion and acidity) presented in a 4 point rating format. A numerical value of 1, 2, 3, and 4 was assigned to the 4 responses categories. The total scores varied from 11 to 44 showing the highest to lowest (poorest) mental health status of the person. High score of mental health check list was indicative of poor mental health.

**Procedure:**

Mental health check list is a self-administering inventory and can be administered individually or in group. Scoring was done according to the instructions given in the test manual of check list.

**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 married and unmarried equestrian players at .05 level of significance.

**OBSERVATIONS AND DISCUSSION**

On the basis of collected data through mental health check list, the significance difference of mean of male married and unmarried equestrian players were determined by applying ‘t’ test. The details of mean, standard deviation and t – ratio are given in Table 1.

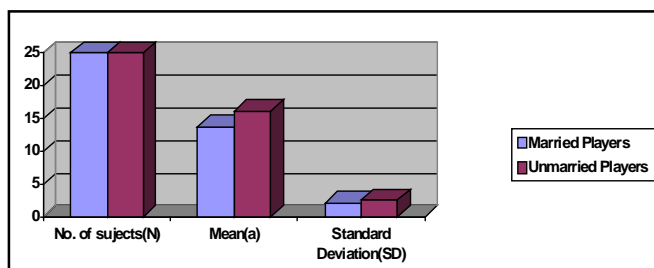
Table 1 : Mean standard deviation and t-ratio					
Sample	N	Mean	S.D.	t – ratio	Level of significance
Married players	25	13.76	2.17	3.42	.05
Unmarried players	25	16.12	2.62		

$t_{.05} (N_1+N_2 - 2) = t_{.05} (48) = 2.00$

It is clearly shown in Table 1 that the mean of married player’s was 13.76 and unmarried player was 16.12 and the standard deviation of married players was 2.17 and unmarried players was 2.62. The calculated t was 3.42 and the tabulated t was 2.00.

The scores regarding number of subjects (N), mean and standard deviation (S.D.) have been also graphically exhibited in Fig. 1.

The calculated t (3.42) was more than tabulated ‘t’ (2.00) at .05 level of significance. So, the hypothesis (H0) was rejected at .05 level of significance. Hence, there was a significant difference in the mental health status of married and unmarried equestrian players of armed and



**Fig. 1 : Subjects, mean and standard deviation**

police forces. The mean score of unmarried players (16.12) was more than the mean score of married players (13.76), which clearly reflected that the mental health status of married equestrian players were better than unmarried equestrian players of armed and police forces. (High score of mental health check list was indicative of poor mental health).

**Conclusion:**

On the basis of the result of the study, the mean score of unmarried players was more than the mean score of married players. Thus it may be concluded that the mental health status of married equestrian players were better than unmarried equestrian players of armed and police forces. The main reason behind the difference of mental health status between married and unmarried players were age, family environment, culture, handle everyday demands etc. The integration necessary to mental health can be strongly supported by positive feelings, and by the same rule negative feelings can act to disrupt or even to destroy mental stability. Deep feelings of insecurity, inadequacy, guilt, inferiority, hostility and hatred, jealousy, and envy are signs of emotional disruption and can load to mental ill health. (Schneider, 1964). Contrary to such feelings are those of acceptance, love, belonging, security and personal worth, each one of which contributes to mental stability and serves as a signpost of mental health.

Bogg and Cooper (1995) stated that mental health is the ability to handle every day demands and situations including the emotional upsets without excessive stress and strain. A mentally healthy person therefore has a sense of well-being and functions effectively in life. He can work regularly, think clearly, manage his emotions, enjoy life and keep on reasonable good terms with most people including himself.

**Acknowledgement:**

The authors are thankful to the team members of President Body guards, Army team Meerut, Remount Depot army Saharanpur, Army team Bareilly, Punjab

police and Haryana police equestrian teams for their support to this study.

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