**Indian Council of
Social Science Research**

SPORT

# One Day National Seminar

## Sponsored by ICSSR

(01 February 2020, Saturday)

## "The Importance of Sports, Physical Education and Psychology for Personality Development at Present Scenario"

Organized by

Department of Psychology, Sports and Physical Education

SHIVAJI COLLEGE, HINGOLI-431513 (MAHARASHTRA)

NAAC Accredited 'B' Grade

Principal
Chetna Shikshan Prasarak Mandal Vaijapur
KALA VARIShtA MAHAVIDYALAYA
Sawangi, By Pss Road, Aurangabad-431008

(10)

# A study of mental health among college students

**Dr. Y. P. Andhale**
Physical Director,
Kala Varishta Mahavidyalaya, Sawangi (Harsul),
Aurangabad (M.S) India.

## Abstract

The present study is design to study of mental health among individual and team players of college students. All sample included in this study 100 players of college students. Sample is selected from various colleges of Aurangabad cities. Sample selected by random sampling method. Sample included 50 individual game players (25 female and 25 male) and 50 team game players (25 female and 25 male) are selected. The two way analysis of variance was used for compare the independent variable players and gender. For this study mental health inventory developed by Dr. Jagdish and Dr. A K. Srivastava is use. There is significant difference of mental health among individual and team players of college students. Team players of college students are better level of the mental health than the individual players of college students. There is no significant difference of mental health among male and female players of college students. There is no significant interaction difference of independent variable players and gender on mental health of college students.

**Keyword: Mental health Players and College students.**

## Introduction:

The importance of mental health, stress and quality of life the issues that arise when people struggle with it are being normalized by government initiatives and high profile campaigns. Mental health initiatives have been incorporated into educational curriculum and resources for school-aged children and youth. Governments and corporations are increasingly focused upon enhancing health and safety standards, of which mental health is an important component. Workplace initiatives are being encouraged and progressively more required. Post-secondary institutions are not immune from the spotlight. There is concern, however, that changing the

academic culture will result in lowered standards for academic excellence. Research counters this apprehension. With advancing academic inquiry into the impact of mental health and wellness on successful academic pursuits, significant attention has turned to identifying the influence of the relentless and high intensity environments that graduate students function within.

The World Health Organization sees health as multidimensional andespouses a social model of health. It defines health as 'a positiveconcept emphasizing social and personal resources as well as physicalcapacities.' 'Mental health is the capacity of the individual, the groupand the environment to interact with one another in ways that promotesubjective well-being, the optimal development and use of mentalabilities (cognitive, affective, and relational), the achievement ofindividual and collective goals consistent with justice and theattainment and preservation of conditions of fundamental equality.

Thus a person's mental health is a dynamic or ever changing state. It has several components and they interact with each other. Adequate feeling of security, self-evaluation, contact with reality, adequate bodily desires and the ability to gratify them, self-knowledge, extension of the sense of self, warm relationship with others,emotional security, unifying philosophy of life, ability to take responsibility for neighbors and fellow human beings, orientationtowards growth and maximizing one's potential, ability to deal with and influence the environment in a capable, competent and creativemanner, acceptance of oneself and others in totality, spontaneity, creativity and freshness of vision and a healthy sense of humor, healthy reactions, capacity to understand problems, ability to make decisions and have solution-oriented attitude, positive thinking, awareness and maximization of one's potentials, development ofemotion, creativity, intellect and spirituality, ability to face problemsand challenges without losing patience and to respond to them withfull strength and draw lessons for future, ability to analyses one'sextended self, ability to discriminate against right and wrong, good and bad are some of the indicators of good mental health.

## Objectives:

1. To investigate the status of mental health among individual and team players of college students.
2. To find out the gender difference of mental healthamong male and female playersof college students.

3. To find out the interaction effect of the players and gender of mental health among college students.

## Hypothesis:

1. There will be significant difference of mental health among individual and team players of college students.
2. There will be significant difference of mental health among male and female players of college students.
3. There will be significant interaction difference of independent variable players and gender on aggression of college students.

## Method:

### Variable:

In the present study following variables treated as dependant and independent.

Dependent variables: 1) Mental health

Independent variables: 1) Players: in the study two group of players that are individual and team players. Individual Players: those who are play in various individual games like swimmer, athlete, badminton, Tennis, Team Players: Those who are play in team game like Cricket, Hockey, Kho-Kho, etc.

2) Gender: Male and Female

### Sample:

All sample included in this study 100 players of college students. Sample is selected from various colleges of Aurangabad cities. Sample selected by random sampling method. Age range of the all sample between 18 to 21 years. Sample included 50 individual game players (25 female and 25 male) and 50 team game players (25 female and 25 male) are selected.

### Design

2 X 2 balance factorial design is used.

Players: Individual and team game players

Gender: Male and female college students

| (B) Gender | (A) Players | |
|---|---|---|
| | A1- Male | A2 - Female |
| B1 Male | a1 b1 | a2 b1 |
| B2 Female | a1 b2 | a2 b2 |

## Tools

The following psychological tools were used for data collection.

### 1. Mental health inventory:

This inventory developed by Dr. Jagdish and Dr. A.K. Srivastava. The preliminary format of the MHI was tried out administered on a sample of 200 subjects belonging to various socio culture, age, and sex and education groups. On the basis of significance out of 72 items, 56 items including 32 'false-keyed and 24 'true keyed have been selected to constituted the final format of the inventory. The reliability of the inventory was determined by spilt half method using add even procedure the reliability coefficients was .73 found. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire.

## Result and Discussion

For statistical analysis the descriptive and inferential statistics is use for this study. The descriptive statistics used for the Evaluation of central tendency Index such as (mean) and the size of the dispersion (standard deviation) and lastlytwoway ANOVA was used.

### Table No. 1

### Summary of ANOVAformental health among Individual and Team Players

| Source | SS | df | Mean Square | F |
|---|---|---|---|---|
| Players | 6544.81 | 1 | 6544.81 | 12.37** |

| Gender | 767.29 | 1 | 767.29 | 1.45 |
|---|---|---|---|---|
| Players X Gender | 723.61 | 1 | 723.61 | 1.37 |
| Error | 50796.40 | 196 | 529.13 | |
| Total | 1164905.00 | 200 | | |

**Table No. 2**
**Mean and SD for college students on Mental health**

| Gender | Players | Mean | Std. Deviation | N |
|---|---|---|---|---|
| Male | Individual | 97.16 | 25.17 | 25 |
| | Team | 118.72 | 25.71 | 25 |
| | Total | 107.94 | 27.43 | 50 |
| Female | Individual | 97.00 | 17.78 | 25 |
| | Team | 107.80 | 22.47 | 25 |
| | Total | 102.40 | 20.78 | 50 |
| Total | Individual | 97.08 | 21.57 | 50 |
| | Team | 113.26 | 24.52 | 50 |
| | Total | 105.17 | 24.37 | 100 |

**Figure No. 1**

**Mean and SD for mental health on players**

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Mean & SD for mental health



| | Mean | SD |
|---|---|---|
| Team | 102.4 | 20.78 |
| Individual | 107.94 | 27.43 |

Figure No. 2

Mean and SD for mental health on gender

Mean and SD for Mental health



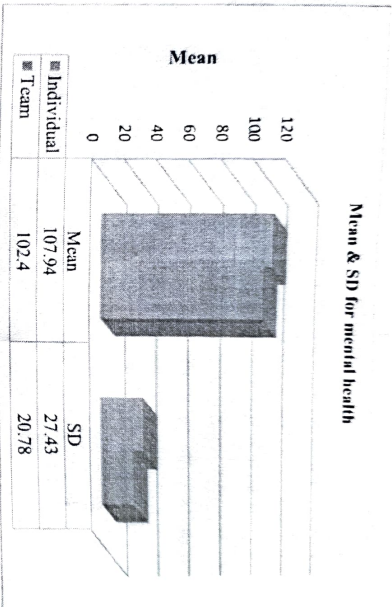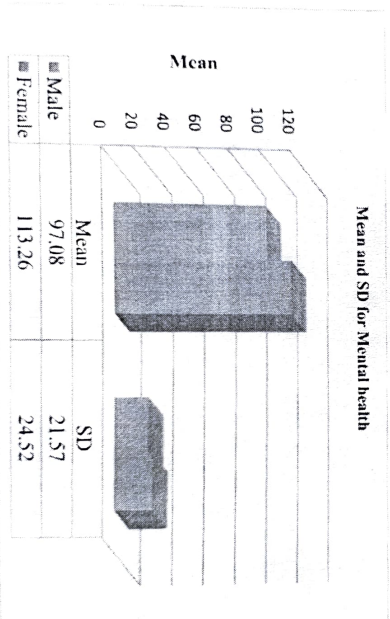| | Mean | SD |
|---|---|---|
| Male | 97.08 | 21.57 |
| Female | 113.26 | 24.52 |

The above table shows that the main affect of Players and gender on players of college students. First independent variable is a player of college students. In this study two type's show that the mean differences of the individual and team players of college students, Table no. 2 and figure No. 1 players are included individual and team players of college students. In this study two type's health. Mean value of individual and team players of college students on mental 102.4and standard deviation value is 27.43 and 20.78. The main effect of players on mental health of college student's f value is 12.37 for df 1 and 99. F value is a significant on the confidence level 0.01 and 0.05. That's mean individual and team players of college students differed on the mental health. Hypothesis No. 1, "There will be significant difference between individual and team players of college students on mental health", is accepted. According to f value and mean value individual and team players significantly differ from each other on mental health.

Second independent variable is a gender of college students. In this study two level of gender are included male and female players of college students. Table no. 2 and figure No. 2 show that the mean differences of the male and female players of college students on mental health. Mean value of male and female players of college students is respectively 97.08 and 113.26and standard deviation value is 21.57 and 24.52. The main effect of gender on mental health of college student's f value is 1.45 for df 1 and 99. F value is a no significant on the confidence level 0.01 and 0.05. That's mean male and female players of college students not differed on the mental health. Hypothesis No. 2, "There will be significant difference between male and female players of college students on mental health", is rejected. According to f value and mean value male and female players of college students not significantly differ from each other on mental health.

The result of the interaction effect of independent variables such as players and gender on mental health f value is 1.37 (df = 1 and 96) which is not significant both the level. Thus players and gender has no separate influence on mental health. Result indicated that the hypothesis no. 3 is "there will be significant interaction effect of independent variables on mental health", is rejected.

**Conclusion:**

There is significant difference of mental health among individual and team players of college students. Team players of college students are better level of the mental health than the individual players of college students. There is no significant difference of mental health among male and female players of college students. There is no significant interaction difference of independent variable players and gender on mental health of college students.

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