

A Comparative Study of Player and Non- Player Students in Relation to Mental Health

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Abstract

The objective of this study was "To examine mental health dimensions between player and non- player students". Researcher took 50 boys and 50 girls ranging from 17 to 21 years for the study. In the present study sex and type of students have been treated as independent variable and mental health as dependent variable. The respective groups of boys and girls were administered the mental health inventory by *Jagdish and Srivastava (1983)*. It was observed that - male player subjects are found more positive self-evaluation, integration of personality, autonomy and environmental mastery than male non player subject, and over all mental health there is significant difference between male player and male non -player subjects. Female Player subjects are found more positive self-evaluation, integration of personality, autonomy, group-oriented attitudes and environmental mastery than female non player subjects, and over all mental health, there is significant difference between female player and female non -player subjects.

Keywords: Mental health, male players, female players

Introduction:

For some time now, it has been common knowledge that exercise is good for one's physical health. It has only been in recent years, however, that it has become commonplace to read in magazines and health newsletters that exercise can also be of value in promoting sound mental health. The World Health Organization defines mental health 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" (*Stephen et al, 2005*). Neither mental nor physical health can exist alone. Mental, physical, and social functioning are interdependent. In recent years, there has been evidence of disturbingly high rates of mental ill-health

among adolescents and even younger children, ranging from low-self-esteem, anxiety and depression to eating disorders, substance abuse and suicide (*Sallis and Owen, 1999*). Research suggests two ways in which physical activities can contribute to mental health in adolescents. Firstly, there is fairly consistent evidence that regular activity can have a positive effect upon boys' and girls' psychological well-being. Secondly, research has indicated that physical activity can contribute to the reduction of problematic levels of anxiety and depression. Evidence is beginning to be gathered for exercise as a treatment for clinical depression, with studies finding that physical activity is as effective a treatment as anti-depressants (*Dimeo et al., 2001*), and psychotherapy (*Martinsen, 1994*). Similarly, a variety of nonclinical