COMPARATIVE STUDY ON MENTAL HEALTH AND SELF-CONFIDENCE AMONG SPORTS AND NON SPORT PERSONS OF SIDDHARTH UNIVERSITY, KAPILVASTU, SIDDHARTH NAGAR OF UTTAR PRADESH STATE

Singh Aditya Pratap[1]*

[1]Assistant Professor in Physical Education, Govt. Degree College, Harraiya, Basti, (U.P)-INDIA.
E. Mail: apsingh0013@gmail.com

ABSTRACT

The main objective of the study was to compare mental health and self confidence among sports and non sport persons of Siddhartha University, Kapilvastu, Siddhartha Nagar of Uttar Pradesh State. The data was collected qualitatively on two tests Mental Health and Self-Confidence of Sports and Non Sports Persons. 60 subjects were selected on the bases of systematic sampling method in which (N=30), and no sports persons (N=30), from the affiliated to the concerned university. The data obtained from the responses of Mental Health given by students through standard questionnaire. The data was analyzed by using appropriate statistical techniques, viz. Mean, Standard Deviation and 't' test to find out the significant difference among the selected variables. The study was concluded that in Mental Health the sports persons are having sharp mind and they are doing exercise regularly so they were not feel the mental fatigue easily and the non sports persons would feel easily as they were not attached with any sports.

Keywords: Mental Health, Self Confidence, Sports & Non Sports Persons.

INTRODUCTION

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.

Mental disorders are serious conditions which can affect your thinking, mood, and behavior. They may be occasional or long-lasting. They can affect your ability to relate to others and function each day. Mental disorders are common; more than half of all Americans will be diagnosed with one at some time in their life. But there are treatments. People with mental disorders can get better, and many of them recover completely.

Self-confident people seem at ease with themselves and their work. They invite trust and inspire confidence in others. These are all attractive characteristics to have. But it's not always easy to be confident in yourself, particularly if you're naturally self-critical or if other people put you down. Thankfully, there are steps you can take to increase and maintain your self-confidence.

DESIGN OF THE STUDY

The main objective of the study was to compare mental health and self confidence among sports and non sport persons of Siddhartha University, Kapilvastu, Siddhartha Nagar of Uttar Pradesh State. As every research demands a systematic method and procedure like-wise this portion adopts the following procedures including information regarding research design, source of data, selection of subjects, sampling method, collection of data, criterion Measures etc. The statistical analysis of the gathered data provides a well-knit picture of a complete and successful hypothesis as pre-selected by the researcher. 60 subjects were selected on the bases of systematic sampling method in which (N=30), and no sports persons (N=30), from the affiliated to the concerned university. The data obtained from the responses of Mental Health given by students through standard questionnaire. The data was analyzed by using appropriate statistical techniques, viz. Mean, Standard Deviation and 't' test to find out the significant difference among the selected variables.

CRITERION MEASURES

The scale consists of 25 items in which 15 are positive and 10 are negative statements. Positive and negative statements of the self-confidence inventory.

Table No-I

Statements	S. No. in the tool
Positive	1,2,3,4,8,11,12,13,14,15,16,19,20,24,25.
Negative	5,6,7,9,10,17,18,21,22,23.

Method of Scoring:

The answers were scored according to the prepared for the purpose. All the positive items answered negatively and the negative items answered positively were given one point each. The positive items answered positively and the negative items answered negatively received a zero score. This scoring procedure yielded each individual a score that was indicative of his level of self-confidence. According to the scoring key, the scores vary between 0-25 and here again; lower the score higher would be the level of self-confidence and vice versa. From the present study the range of obtained scores for this sample was from 7 to 23.

Mental Health:

This scale was developed and standardized by Dr. Jagadish, Dept. of Psychology R.B.S. College, Agra, & Dr. A. K. Srivastava Department of Psychology, Banaras Hindu University, Varanasi (U.P). The inventory consists of 56 statements. The investigator after consulting the research director decided to have 44 statements with regard to mental health inventory. For this the investigator selected 44 statements from the original mental health inventory. The statements which were agreed upon by eighty percent of the experts were taken into consideration and rest was discarded. The scale consists of 44 items in which 16 are positive and 28 are negative statements.

Positive and negative statements of the mental health inventory

Table No-II

Statements	S. No. in the tool
Positive	3,5,10,16,17,21,22,24,26.27,28,31,33,34,35,36,39,40,44
Negative	1,2,4,6,7,8,9,11,12,13,14,15,18,19,20,23,25,29,30,32,37,38,41,42,43

Method of Scoring:

In the present scale 4 alternative responses have been given to each statement i.e. Always, Often, Rarely, and Never 4 scores to "Always", 3 scores to "Often", 2 scores to "Rarely", and 1 score to "Never" marked responses as to be assigned for true keyed (positive) statements where as 1,2,3, and 4 scores for "Always", "Often", "Rarely", and "Never" respectively in case of false keyed (negative) statements.

ANALYSIS AND INTERPRETATION OF DATA

The statistical analysis and interpretation has done on the basis of data collection. The data has been analyzed by using independent 't' test and interpretation was drawn. The level of significance was set at 0.05 to test the hypothesis. To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

FINDINGS OF THE STUDY

The data was statistically analyzed by applying t-test to check the significant difference among selected variables. Therefore separate tables and graphs have been presented for each variable. Each table gives the mean of Sports and Non Sports Persons also the researcher found the standard deviation of Sports and Non Sports Persons and also their mean difference is been given in the table. The level of significance for the present study is kept at 0.05 and also the degree of freedom is to be kept in mind for the calculation of tabulated 't' which is then compared with the calculated 't'.

Table No - III
COMPARISON OF MENTAL HEALTH BETWEEN SPORTS AND NON SPORTS PERSONS OF RESPECTIVE UNIVERSITY

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Sports Person	57.96	19.77	1.36	4.98	58	0.274	2.00
Non Sports Person	56.6	18.80					

Level of Significance=0.05   Tabulated' (58) =2.00

Table No -III reveals that there was difference between mean of Sports and Non Sports Persons group because mean of sports person group = 57.96 which is greater than the mean of Non Sports Persons group=56.6 so the mean difference where found as 1.36 and standard error is 4.98, to check the significant difference between Sports and Non Sports Persons data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between Sports and Non Sports Persons of concerned university. Where SD of group Sports Persons =19.77 and SD of group Non Sports Persons =18.80 and the calculated value of 't' where found 0.274 which is less than tabulated t=2.00 at 0.05 level of significance. This shows that Sports Persons are having good mental health than Non Sports Persons. So the researchers pre assumed has been rejected.

Graph No-III
SHOWING THE MEAN SCORE OF MENTAL HEALTH BETWEEN SPORTS AND NON SPORTS PERSONS
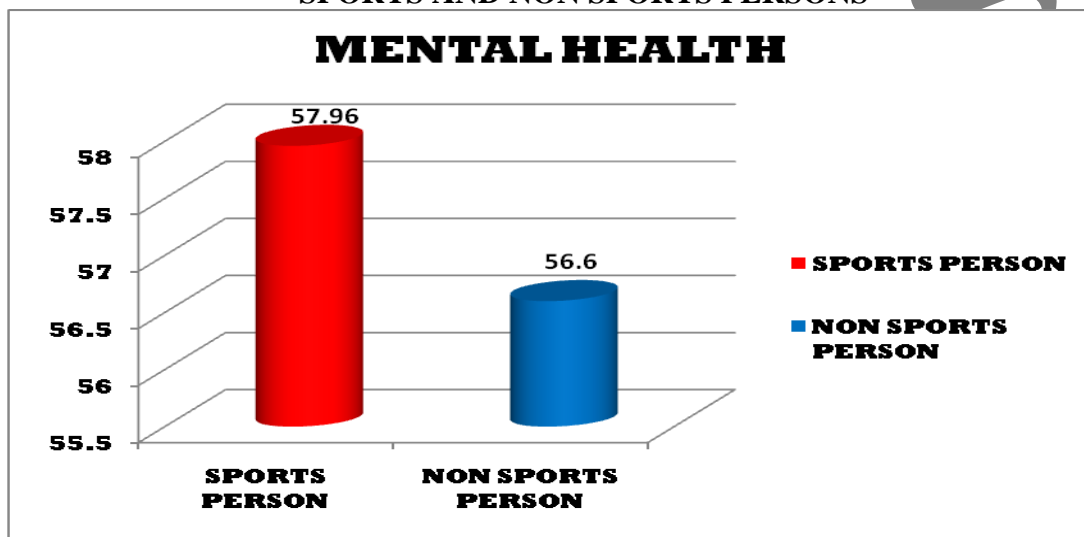
Table No-IV
COMPARISON OF SELF CONFIDENCE OF SPORTS AND NON SPORTS PERSONS

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Sports Person	15.46	10.27	0.73	2.58	58	0.28	2.00
Non Sports Person	16.2	9.75					

Level of Significance=0.05   Tabulated 't' 0.05 (58)=2.00

　　　　Table No.-IV reveals that there is difference between means of Sports And Non Sports Persons group because mean of sports person group =15.46 which is

slightly less than the mean of Non Sports Persons group =16.2 and therefore mean difference is= 0.73 and standard error is 2.58, to check the significant difference between Sports And Non Sports Persons data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between Sports persons where SD=10.57 and Non Sports Persons group where SD=9.75 and there was insignificant difference between Sports And Non Sports Persons because value of calculated 't'=0.28 which is less than tabulated 't'=2.00 at 0.05 level of significance which shows that Sports Persons are having more self confidence because the sports persons are playing world or national competitions with full confident levels so that they play without any hesitations. Hence the researchers pre assumed has been rejected.

Graph No-IV
SHOWING THE MEAN DIFFERENCE OF SELF CONFIDENCE BETWEEN SPORTS AND NON SPORTS PERSONS
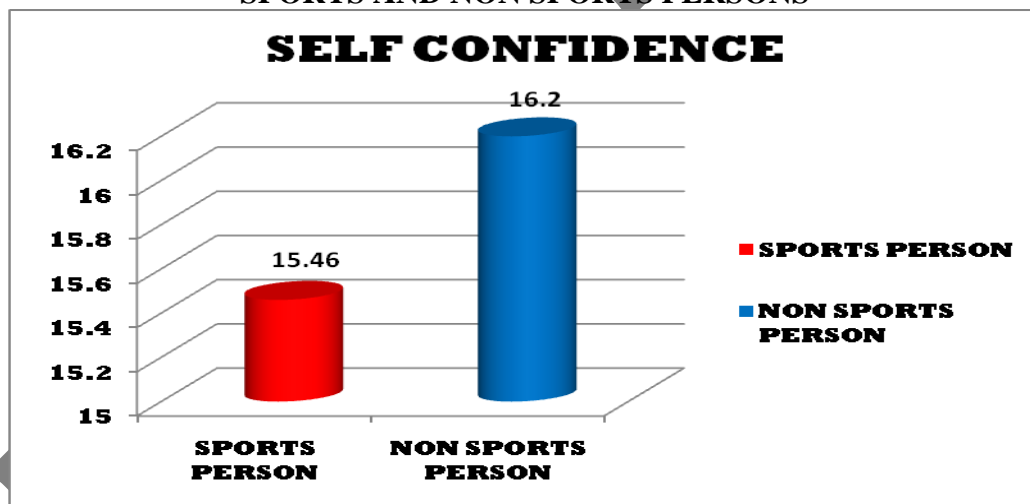
CONCLUSIONS

From the above study it was concluded that in Mental Health the sports persons are having sharp mind and they are doing exercise regularly so they were not feel the mental fatigue easily and the non sports persons would feel easily as they were not attached with games and sports.

It was also concluded that the sports persons are reliable and having beliefs on their own abilities where as the Non sports persons are undependable and negligent towards games and sports because the game and sports gives full confidence with the help of competitions.

The researcher initially pre assumed that there will be a significant difference in the mental health and self confidence of sports and non sports persons of concerned university of Uttar Pradesh State. After the statistical analysis interpretation of data it was found that there was insignificant difference. Because for both cases the calculated 't' was less than tabular 't' at the level of significance 0.05, so the pre assumed has been rejected.

REFERENCES

1. Neetu Ahlawat, Principles of Psychology, (New Delhi: Vishvabharti Publications), 2009.
2. C. A Bucher, Foundation of Physical Education, (Saint Louis: The C. V. Mosby Company), 1983.
3. Sadegh Afroozeh, "Mental Health of Faculty Members of Physical Education and Other Fields in Islamic Azad University", Journal of Jahrom University of Medical Sciences, Volume: 9, Issue: 3, 2012.
4. Ravinder Kumar Agnihotri, "Mental Health of Secondary School Students In Relation To Self-Confidence", Golden Research Thoughts, Volume: 2, Issue: 11, 2013.
5. Ozlem Aki, "Is Emotional Intelligence or Mental Intelligence More Important in Language Learning?", Journal of Applied Sciences, Volume: 6, Issue: 1, 2006.

6. Masoumeh Alavi, "International Students' Mental Health and Attitude toward Counseling Centers" Journal of Applied Sciences, Volume: 14, Issue: 16, 2014.
7. Farhad Asghari, et al. "Comparative Study of the Financial Independence, Self-Confidence and Decision-Making Power, Awareness of the Social Resources and Mental Health in the Women Members of SHG and Non-Member of SHG", Sociology Mind, Volume: 03, Issue: 01, 2013.
8. Kessler, R. C., Amminger, G. P., Aguilar-Gaxiola, S., Alonso, J., Lee, S., Ustun, T. B. (2007). Age of onset of mental disorders: A review of recent literature. Current Opinion Psychiatry, 20(4), 359-364.
9. Ringel, J. S., & Sturm, R. (2001). National estimates of mental health utilization for children in 1998. Journal of Behavioral Health Services & Research, 28(3), 319-333.
10. Shivali Bajaj, "Study of Mental Health among Pupil Teachers in the Colleges of Education in Jammu Region", Golden Research Thoughts, Volume: 2, Issue: 9, 2013.
11. Wahl, O. E. (2002). Children's view of mental illness: A review of the literature. Psychiatric Rehabilitation Skills, 6(2), 134-158.
12. https://youth.gov/youth-topics/youth-mental-health/references
13. https://medlineplus.gov/mentalhealth.html