

A COMPARATIVE STUDY OF MENTAL HEALTH BETWEEN PHYSICAL EDUCATION AND NON-PHYSICAL EDUCATION STUDENTS



Devi Seema*

*Assistant Professor, Deptt. Phy. Edu., Govt. P. G College, Sangipur, Pratapgarh (U.P)-INDIA.

E. Mail: simakanaujiya@gmail.com

ABSTRACT

The objective of the study was comparison of mental health between physical education and non-physical education students. 50 male colleges going students, out of which 25 subjects were physical education students (PES) and 25 subjects were non-physical education students (NPES) were selected as the subjects. The mean age of the subjects was 19.62 ± 1.26 . The Mental health of the subjects was obtained by using The Mental Health Inventory (MHI-38) developed by Davies A.R., Sherburne C.D., Peterson J.R. and Ware J.E. (1998). All of the 38 MHI items, except two, are scored on a six-point scale (range 1-6). Items 9 and 28 were the exception, each scored on a five-point scale (range 1-5). In the result data thus collected was put to statistical treatment computing independent 't' test to find out the differences, if any between the male NPES and PES. Further the level of significance was set at 0.05. There was significant difference between non physical education students (NPES) and physical education students (PES).

Keywords: Mental Health, Arts, Commerce & Physical Education Students.

INTRODUCTION

Health is the general condition of a person in all aspects. It is also a level of functional and/or metabolic efficiency of an organism, often implicitly human. At the time of the creation of the World Health Organization (WHO), in 1948, health was defined as being "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity". Only a handful of publications have focused specifically on the definition of health and its evolution in the first 6 decades. Some of them highlight its lack of operational value and the problem created by use of the word "complete." Others declare the definition, which has not been modified since 1948, "simply a bad one". In 1986, the WHO, in the Ottawa Charter for Health Promotion, said

'Curiosity is the best Quality of a Good Researcher'

Page 1

INDEXED BY:

INTERNATIONAL SCIENTIFIC INDEXING (ISI)-UAE, ASI- ADVANCED SCIENCES INDEX-GERMANY

&

INTERNATIONAL SOCIETY FOR RESEARCH ACTIVITY (ISRA)-INDIA

IRJPES Impact Factor (ISRA: JIF): 1. 947

Website: www.sportjournals.org.in

that health is “a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities”. Classification systems such as the WHO Family of International Classifications (WHO-FIC), which is composed of the International Classification of Functioning, Disability, and Health (ICF) and the International Classification of Diseases (ICD) also define health. Overall health is achieved through a combination of physical, mental, emotional, and social well-being, which, together is commonly referred to as the Health Triangle. (WHO, 1986).

Mental health properly describes a sense of well-being, the capacity to live in a resourceful and fulfilling manner, having the resilience to deal with the challenges and obstacles which life presents. Mental health “problems” or “difficulties” are terms that can be used to describe temporary reactions to a painful event, stress or external pressures, or systems of drug or alcohol use, lack of sleep or physical illness; this terminology may also be used to describe long-term psychiatric conditions which may have significant effects on an individual’s functioning.

In other words, mental health is a term used to describe either a level of cognitive or emotional well being or an absence of a mental disorder. An individual is mentally healthy when he/she makes balance between all aspects of life - social, physical, spiritual and emotional. The impact of mental health is on how we manage our surroundings and make choices in our lives – clearly, it is an integral part of our overall health.

Mental health is far more than the absence of mental illness and has to do with many aspects of our lives including:

- How we feel about ourselves.
- How we feel about others.
- How we are able to meet the demands of life.

Mental health is thus the impartial progress of the individual’s personality and emotional attitudes which enable him to live harmoniously with his fellow men. Mental health is not exclusively a matter of relation between persons, it is also a matter of relation of the individual towards the community he lives in, the society of which the community is a part, his life, determine his way of living, working, leisure, the way he earns and spends his money, the way he sees happiness, stability and security.

In 1950, a WHO Expert Committee on mental health reviewed the various definitions of mental health and observed- “Mental Health, as the committee understands

it, is influenced by both biological and social factors. It is not a static condition, but subject to variations and fluctuation of degree, the Committee's conception implies the capacity in an individual to form harmonious relations with others, and to participate in or contribute constructively to changes in his social and physical environment."

The field of mental health has made many advances, mainly since 1980. These developments contain an enlarged understanding of the brain's function through the study of neuroscience, the development of effective new medications and therapies, and the standardization of diagnostic codes for mental illness.

Hales and Hales (1995) defined mental health as- "the capacity to think rationally and logically, to cope with the transitions, stresses, traumas, and losses that occur in all lives, in ways that allow emotional stability and growth." In general, mentally healthy individuals value themselves, perceive reality as it is, accept its limitations and possibilities, respond to its challenges, carry out their responsibilities, establish and maintain close relationships, deal reasonably with others, pursue work that suits their talent and training and feel a sense of fulfillment that makes the efforts of daily living worthwhile.

OBJECTIVE OF THE STUDY

The main objective of the study was to comparison of mental health between physical education and non-physical education students.

DESIGN OF THE STUDY

For this study 50 male colleges going students, out of which 25 subjects were physical education students (PES) and 25 subjects were non-physical education students (NPES) were selected as the subjects. The mean age of the subjects was 19.62 ± 1.26 years. The physical education students (PES) were those subjects who were the students of Bachelor of Physical Education course and the non-physical education students (NPES) were those who were the students of Bachelor of Arts and Commerce courses of University Campus. Mental health of the subjects was obtained by using The Mental Health Inventory (MHI-38) developed by Davies A.R., Sherburne C.D., Peterson J.R. and Ware J.E. (1998). All of the 38 MHI items, except two, are scored on a six-point scale (range 1-6). Items 9 and 28 are the exception, each scored on a five-point scale (range 1-5). The MHI may be aggregated into:

Six subscales – Anxiety, Depression, Loss of Behavioral / Emotional Control, General Positive Affect, Emotional Ties and Life Satisfaction and Two global scales -

Psychological Distress and Psychological Well-being; and Mental Health score. In this study only sum of combine mental health score is calculated.

RESULT AND DISCUSSION

The reliability of the questionnaire was reported at 0.88. The data thus collected were put to statistical treatment computing independent t test to find out the differences, if any between the male NPES and PES. Further the level of significance was set at 0.05.

The findings of the study have been presented in table- I

Table No-1

Showing comparison of mental health between non-physical education and physical education students

Group	Mean	SD	SE	MD	't'	df
Non-Physical Education Students (NPES)	131.32	9.94	3.215	8.44	2.625*	48
Physical Education Students (PES)	139.76	12.634				

*Significant at 0.05 level of confidence, $t_{05} (48) = 2.01$.

The analysis of data from table -1 reveal that there is significant difference between means of non-physical education students (NPES) and physical education students (PES) were mean of (NPES) = 131.32 and that of were = 139.76, whose mean difference is 8.44. To check the significant difference between (NPES) and (PES) of Mental health the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated. Where S.D. of (NPES) = 9.94 and S.D. of (PES) = 12.634 and their Combine standard error was calculated = 3.215 and then 't' test was applied. It was found that there was significant difference between mental health of non-physical education students (NPES) and physical education students (PES) because value of calculated 't' = 2.625 which is greater than tabulated 't' = 2.01 at 0.05 level of significance. As the results indicate research hypothesis is accepted. Graphical representation of above table is made in fig.1.

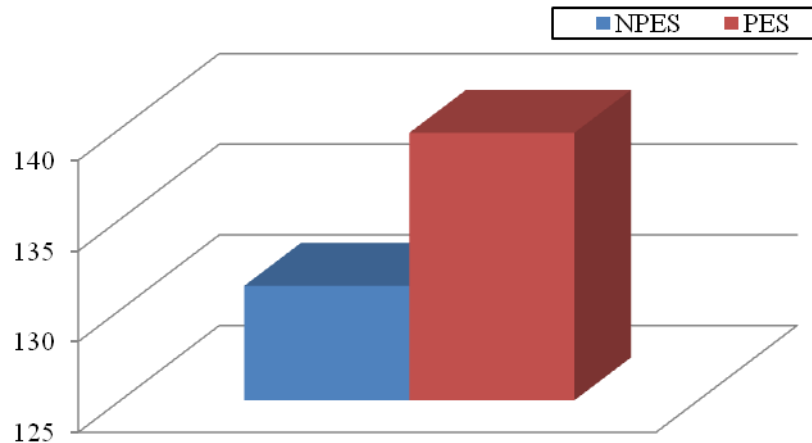


Fig. No.-1. Mean comparison of mental health between non-physical education and physical education students

DISCUSSION ON FINDINGS

After statistical analysis, it was observed that mean score of art and commerce students was lower, it mean that there mental health status was very poor level as compare to mental health status of physical education students.

CONCLUSION

There was significant difference between physical education students (NPES) and non-physical education students (PES).

REFERENCES

- WHO (1986), Concepts of Health Behavior Research, SEARO, New Delhi Reg. Health Paper No.13.
- Hales, D., & Hales, R. E. (1995). Caring of the Mind: The Comprehensive Guide to Mental Health. New York: Bantam Books.
- Mental Health National Outcomes and Casemix Collection: Overview of clinician-rated and consumer self-report measures, Version 1.50. Department of Health and Ageing, Canberra, 2003.
- Davies AR, Sherbourne CD, Peterson JR and Ware JE (1998). Scoring manual: Adult health status and patient satisfaction measures used in RAND's Health Insurance Experiment. Santa Monica: RAND Corporation.
- Ruchi Sah, Vinay Pawar, Keshav Singh Gurjar, (2013). A Comparative Study Of Self-Concept Between Female Physical Education And Non-Physical Education Students IJMESS, 2 (2), P-ISSN: 2278-0793 And E-ISSN: 2321-377.