COMPARATIVE STUDY OF MENTAL HEALTH AND SELF-CONFIDENCE BETWEEN SPORTS AND NON SPORTS PERSONS BULDANA DISTRICT OF MAHARASHTRA STATE

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Abstract:

The present study was undertaken to measure and compare the Mental Health and Self-Confidence between Sports and Non Sports Persons of Buldana District of Maharashtra State, and to find the difference between Mental Health and Self-Confidence between Sports and Non Sports Persons of Buldana District. The allied purposes of the study were to find out Mental Health and Self-Confidence between Sports and Non Sports Persons of Buldana District. The data obtained from the responses of Mental Health given by students through standard questionnaire. The data was collected qualitatively on two tests Mental Health and Self-Confidence of Sports and Non Sports Persons. Sports persons (N=30), and no sports persons (N=30), from the affiliated colleges of Buldana, 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 and the subjects were selected by using simple Random sampling method. 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 games and sports.

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

Introduction:

The term education is so broad in its spectrum that providing a precise meaning and definition is quite difficult as it deals with ever progressing man in the ever changing society. In different life situations, Education has been defined differently. It is generally believed that word education has been derived from the Latin word 'Educare' which means 'to bring up' There is another Latin word 'Educare' which means 'to lead out, to draw out, to bring forth' the purpose of education is thus to bring up, lead and draw out the inner knowledge, inner power, inner ability and bring for the best in the man. In the narrow sense the term education mean s the

training or studies undertaken for a few years in some educational institution. This restricted meaning implies that education is provided according to some consciously designed curriculum at a specific time and at a specific place. This formal type of education starts with a school is the basic institution of formal education as it imparts education directly and systematically.

Today physical education is accepted as an essential of education. It is education through physical activities for the development of total personality of the child to its fullness and perfection in body, mind and spirit. Directly it is concerned with the development of physical fitness. Physical education has necessarily to train the individual in mental and moral qualities. Promote his emotional development and enhance various qualities such as alertness, presence of mind, resourcefulness, discipline, co-operation, spirit of repeat, sympathy and curiosity to explore the unknown qualities. These are essential for a happy and well adjusted life in a free and democratic world.

Objective of the Study:

The present study was undertaken to measure and compare the Mental Health and Self-Confidence between Sports and Non Sports Persons of Buldana District of Maharashtra State.

Methodology:

As every research demands a systematic method and procedure like-wise this chapter adopts the following procedures including information regarding research design, source of data, selection of subjects, sampling method, collection of data, criterion Measures etc. A research become successful accompanied and supported by some reliable and authentic data. The statistical analysis of the gathered data provides a well-knit picture of a complete and successful hypothesis as pre-selected by the researcher. The chapter has been divided into the following headings:

    a. Source of data.
    b. Selection of Subjects.
    c. Sampling Method.
    d. Collection of data.
    e. Criterion Measures.

Source of Data:

For the present study subjects were selected from sports person and non sports person in Buldana district for the collection of data.

Selection of Subjects:

Sixty (60) subjects were selected for the collection of data which include thirty (30) sports persons and thirty (30) non sports persons in Buldana.

Sampling Method:

The subjects were selected by using available sampling method.

Collection of data:

The data was collected by standard questionnaire.

Criterion measures:

This inventory was developed and standardized by M. Basavanna, Professor, Dept. of Psychology, S.V. University, Tirupati. 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. 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. Senior most teacher educators working in colleges of education and university departments of education were consulted for the finalization of tool. 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. Copy of the mental health inventory was presented in Appendix.

Positive and negative statements of the mental health inventory

Table-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. The over lined items are negative while remaining positive.

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.

Level of Significance:

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:

The data was collected from the 60 subject's i.e. 30 subjects from Sports and 30 Non Sports Persons and after that the collected data was analyzed by comparing the means of Sports and Non Sports Persons and was again 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'. This is used for testing of hypothesis which was given by the researcher previously.

Table - III
Comparison of Mental Health between Sports and Non Sports Persons of Buldana District

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Sports Person	57.96	9.77	1.36	.98	8	.274	2.00
Non Sports Person	56.6	8.80					

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 of Buldana District the data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between Sports And Non Sports Persons of Buldana District. 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 –III
Showing the Mean Score of Mental Health between Sports and Non Sports Persons of Buldana District
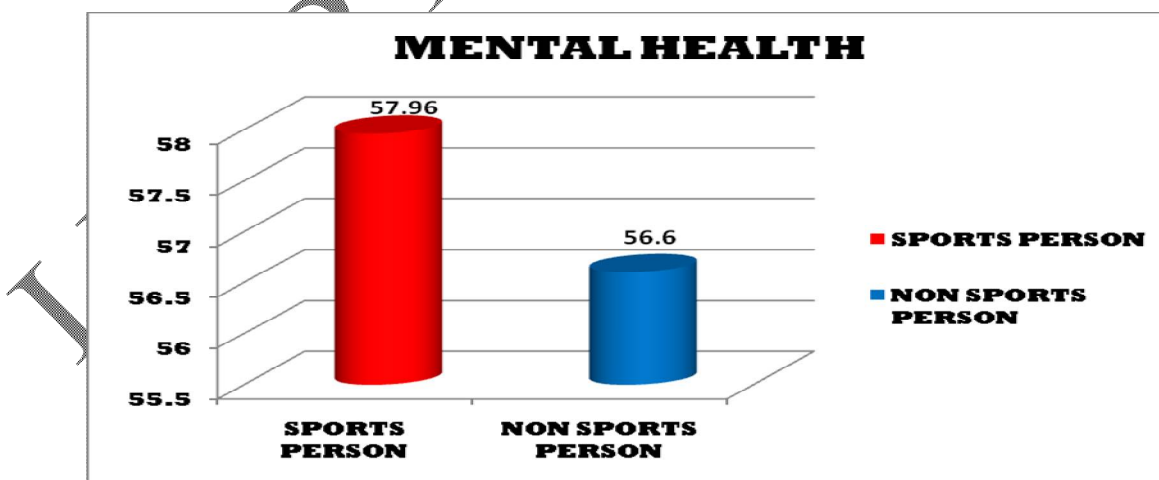
Table-IV

Comparison of Self Confidence of Sports and Non Sports Persons of Buldana District

| Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Sports Person	15.46	10.27					
Non Sports Person	16.2	.75	0.73	.58	8	.28	2.00

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 -IV

Showing the Mean difference of Self Confidence between Sports and Non Sports Persons of Buldana District
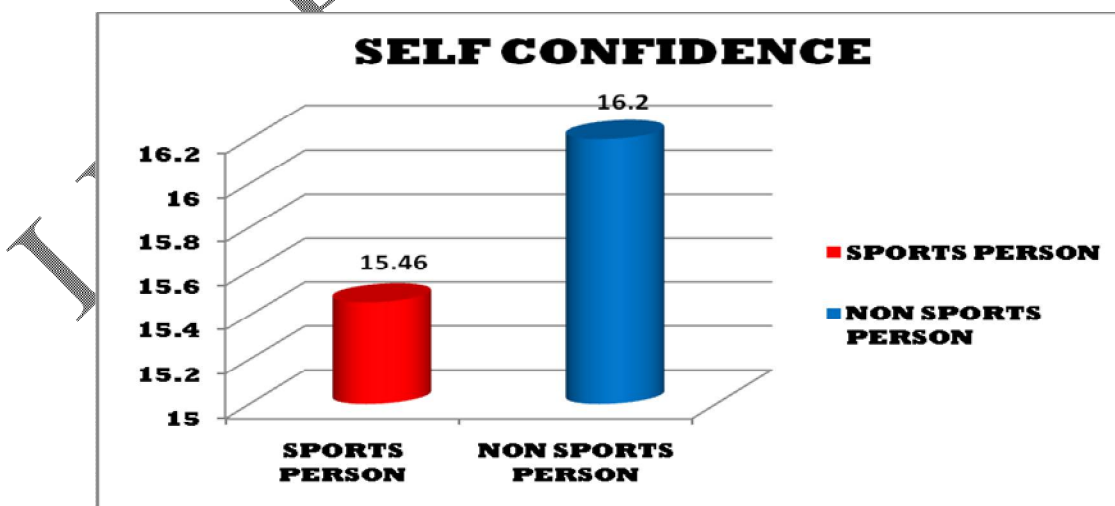
Conclusion:

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 Buldana district of Maharashtra 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.

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