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“MENTAL HEALTH AND STRESS AMONG BOYS AND GIRLS INTERUNIVERSITY PLAYERS”



Quadri Syed Javeed

INTRODUCTION

Good Physical Health improves Mental Health. Body-mind relationship is an established fact. Those who enjoy good physical health are most likely to have good mental health which includes mental poise and balance, emotional control etc. When we say ‘sound mind in a sound body’, we accept that adequate supply of oxygen – which is done only through vigorous exercise – to nerves, smooth muscles and the brain contributes to the maintenance of good mental health. We do not think with brain alone, even the amount of hemoglobin present in our blood affects our Thinking. Besides this, balanced diet and good physical exercise are the main factors of helping us maintain good mental health too. Participation in

ABSTRACT

Objective: to investigate the mental health and stress among boys and girls interuniversity players. Hypotheses: There will be no significant difference between boys and girls interuniversity players dimension on mental health. Second hypothesis: There will be no significant difference between boys and girls interuniversity players dimension on stress. Sample: For the present study 80 Sample were belongings to Aurangabad University, 80 players among them 40 boys interuniversity players and 40 girls interuniversity players. The age range of subjects was 18-25 years. Tools: 1) Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health. 2) Personal Stress source inventory (PSSI): Result: Boys’ interuniversity players have significantly good mental health than the girls’ interuniversity players. Girls’ interuniversity players have significantly good mental health than the boys’ interuniversity players.

KEYWORDS : Mental Health , Stress , Interuniversity Players.

Short Profile

Quadri Syed Javeed is Head & Associate Professor in Psychology in M.S.S. Art’s Commerce & Science College, Jalna (M.S.) India.

games and sports presents opportunities for promoting emotional health and preventing delinquency. Studies by Hardman and Kane have confirmed that athletes with higher performance are more emotionally sound and less anxious while studies by Sperling, Ruffer, Tilmann, Whiting and Stembridge, Brunner etc. reveal that extroversion is more prominent in athletes than in non-athletes.

Psychosocial stress is the result of a cognitive appraisal of what is at stake and what can be done about it. More simply put, psychosocial stress results when we look at a perceived threat in our lives (real or even imagined), and discern that it may require resources we don't have. Examples of psychosocial stress include

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things like a threat to our social status, social esteem, respect, and/or acceptance within a group; threat to our self-worth; or a threat that we feel we have no control over. All of these threats can lead to a stress response in the body. When psychosocial stress triggers a stress response, the body releases a group of stress hormones including cortisol, epinephrine (or adrenalin) and dopamine, which lead to a burst of energy as well as other changes in the body (see this article on the fight-or-flight response for more.)

Raglin JS. (2001) to investigate that the mental health model and psychological factors in sports performance. Studies have shown that between 70 and 85 of successful and unsuccessful athletes can be identified using general psychological tools of personality structure Longitudinal Mental health model research indicates that the mood state responses of athletes exhibit a dose response relationship with their training load, a finding potential for reducing the incidence of the staleness syndrome in athletes who undergo intensive physical training. Mental health refers to the full and harmonious functioning of our total personality as well as to our bio-socio-psychological and spiritual well being (Dandapani, 2000). It is related to the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders. Mental health is a term used to describe how well the individual is adjusted to the demands and opportunities of life. 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" (The World Health Report, 2001).

OBJECTIVE OF THE STUDY:

1)To investigate the mental health and stress among boys and girls interuniversity players.

Hypotheses:

- 1)There will be no significant difference between boys and girls interuniversity players dimension on mental health.
- 2)There will be no significant difference between boys and girls interuniversity players dimension on stress.

Methods:

Sample:

For the present study 80 Sample were belongings to Aurangabad University, 80 players among them 40 boys interuniversity players and 40 girls interuniversity players. The age range of subjects was 18-25 years.

Tools:

- 1) Chronoscope measure for visual reaction time.

Tools

- 1) Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health. 2) Personal Stress source inventory (PSSI):

Procedure of Data Collection

Two test administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable

Independent variable-

- i)Interuniversity Players
 - a)Boys
 - b)Girls

Dependent Variable

- 1)Mental Health
- 2)Stress

Statistical Analysis and Discussion

Mean SD and t value among interuniversity boys and girls players on dimension mental health and stress

	Boys			Girls			DF	't'
	Mean	SD	SE	Mean	SD	SE		
Mental Health	167.36	9.59	1.51	153.48	11.47	1.81	78	5.87
Stress	35.89	3.69	0.58	31.79	4.59	0.72	78	4.40

Result showed that the Mean of boys interuniversity players on dimension mental health was 167.36 and mean of outdoor game players mean was 153.48, the difference between the two mean was highly significant $t(78) = 5.87, p < .01$. It means boys' interuniversity players had significantly high mental health than the girls' interuniversity players.

Second Result showed that the Mean of boys interuniversity players on dimension stress was 35.89 and mean of outdoor game players mean was 31.79, the difference between the two mean was highly significant $t(78) = 4.40, p < .01$. It means boys' interuniversity players had significantly high stress than the girls' interuniversity players.

RESULTS:

- 1)Boys' interuniversity players have significantly good mental health than the girls' interuniversity players.
- 2)Girls' interuniversity players have significantly good mental health than the boys' interuniversity players.

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