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A comparative study on mental health between basketball players and non-basketball female players of Rajasthan

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Abstract

The present study was conducted with the aim to compare level of mental health among Basketball and Non-Basketball players. Basketball players playing at different places in Rajasthan. For present study a total of forty (40) females, twenty (20) of Basketball players and twenty (20) non-Basketball players of age group 15 to 30 were selected with the help of purposive random sampling were selected as subjects for collection of data. Level of mental health was assessed with the help of a pre-established tool in form of a questionnaire Mental Health Inventory developed by Dr. Jagdish & Dr. A.K. Srivastava (1983). Data gathered was then assessed with the help of Descriptive statistics and t-test. Level of mental health was set at 95 %. Further the results revealed a significant difference between Basketball players (mean) and non- Basketball players (mean) which shows a significantly higher level of mental health among Basketball players in comparison to non-Basketball players subjects selected for the study.

Keywords: Mental health, basketball players, non-basketball players

Introduction

Our mental health determines how we think, feel and act. Good mental health is when you feel positive about yourself and cope well with the everyday pressures. If you experience issues dealing with everyday problems, it could be a sign of a mental health problem and should be addressed immediately.

Definition of Mental health

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities. Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.

Mental health questionnaire consist six sub variables like Self evaluation

Mental Health of the Player-Players have been called the makers of the nation. If the player himself does not enjoy good mental health, it is inevitable that he will do injustice towards his Players and his mental disorder will have an adverse influence upon the younger generation. As D.G. Rynas had pointed out, "Good players, those who are intelligent, skilful, sincere and understanding are a prime requisite for an enlightened productive and congenial society. (Ryans, 1964) It is essential for the successful player to possess the following qualities, described in a volume entitled "Who Succeeds as a player," published.

1. Love our profession: The successful player is always loyal to his profession; He does not go to the centre or college merely as formality or a compulsion. He keeps on trying out new methods and seeks to improve himself at every step.

2. Inculcate spirit of national service: The player is said to be the energy of the nation and hence, obviously, he should generate in himself the spirit of national service and feeling. He must protect himself from narrow-mindedness.

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Research Methodology

Selection of Respondents: The present study is based on a comparative study carried out on 40 female Players playing at various centres at Rajasthan. For the purpose of the study twenty (20) of Basketball players and twenty (20) non-Basketball players of age group 15 to 30 were selected with the help of purposive random sampling were selected as subjects for collection of data. Consent for being the part of study was also acquired from subjects for this study. The Players were given questionnaire in order to take their responses, questionnaire were given through email and personally. However, responses given by subjects are purely on jurisdiction of subject and it is also a delimitation of the study but researcher tried to gather the correct responses by explaining them the importance of their response for present study. The respondents were explained thoroughly by the scholar to any queries to her. The main aim and purpose of the study is to compare the level of mental health of Basketball players and Non-Basketball players.

Selection of Tools of Survey

The researcher used questionnaire Mental Health Inventory developed by Dr. Jagdish & Dr. A.K. Srivastava (1983) [3] to yield the response.

Administration of Questionnaire

The Players were given questionnaire in order to take their

responses, questionnaires were given through email and personally. The research scholar informed all the respondents that the information/response supplied by the strictly kept confidential and will be used for research purpose only. The respondents got sufficient time to fill up the questionnaire. The researcher requested to respondents to present true and authentic information.

Statistical technique employed in the study

Researcher collected the filled questionnaire back after the completion and analysis was done. The appropriate statistical technique i.e. descriptive analysis and t-test was used for analysing the data. The collected data from different respondents were analysis with the help of analytic software SPSS 2019 version and were also present in the tabular form, bar diagrams, wherever considered helpful to do so.

Result and Analysis

Analysis of the data conducted in a phased manner so that each fact of the study may reveal. In first phase tables showing the descriptive analysis between Basketball players and non-Basketball players. Subjects selected for the study, second phase table shows the Comparative analysis between Basketball players and non-Basketball players Subjects selected for the study.

Result and Interpretation of Data

Table 1: Group Statistics

	Players type	N	Mean	Std. Deviation	Std. Error Mean
Mental-Health	1.00	20	140.8500	23.68938	5.29711
	2.00	20	125.7000	21.46257	4.79918

Table-1 shows the mean value of mental health of Basketball players (1) and non- Basketball players (2). The mean value of Basketball players is found (140.8500) value for non- Basketball players is (125.7000). The value of standard deviation is found (23.68938) and for non-Basketball players is (21.46257) that means there is not a

big range of variance and there would be homogeneity of variance found in the sample population, which means that there would not be a significant difference.

Graphical Presentation of Mental Health

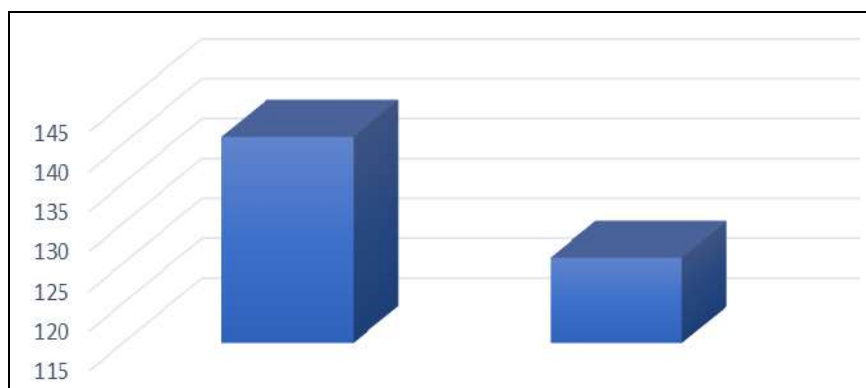


Fig 1: Mean value

Table 2: Independent Samples Test

		Levine's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
Mental Health	Equal variances assumed	.419	.521	2.120	38	.041	15.15000	7.14783	.67998	29.62002
	Equal variances not assumed			2.120	37.636	.041	15.15000	7.14783	.67538	29.62462

Table-2 shows the independent t-test value of the data collected from Basketball players and non- Basketball players of Rajasthan. The t-value is found (2.120) which is not found significant at 0.005 level with df 38, which means there is not significant difference in mental health between Basketball players and non- Basketball players. f value is found 4.19 and significant level is 5.21 both the values are not found significant at 0.005 level.

Findings and discussion

Findings of the present study shows insignificant differences in terms of metal level between Basketball players and Non-Basketball players in various centres of Rajasthan. It shows there is not a big difference in mental level between both the categories. The result seen in present study may be due to various reasons, few of them are discussed.

- Basketball players and Non-Basketball players both are playing in the same condition in their fields.
- Basketball players and Non-Basketball players mental health generally associated with ongoing stressful life event, performance stress and result improvement pressure on players and these factors might be responsible for affect mental health level between Basketball players and Non-Basketball players.

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