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**Ramandeep kaur**  
Research scholar, Physical  
Education Dept., PU  
Chandigarh, India

**Dr. Anu Sharma**  
Associate professor phy.  
Education P.G.C.C.G.  
Chandigarh, India

## A comparative study of mental health among nautical, combative and ball game players

**Ramandeep kaur and Dr. Anu Sharma**

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### Abstract

Among other psychological variables Mental health which today is recognized as an important aspect of one's total health status it is a basic factor that contributes to maintain balance between physical health and social effectiveness. The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." To Find out the Mental health of Nautical, Combative and Ball Game players of college level players, randomly took the sample involves 300 subjects' age reaching between 18-24 years, taken erratically from diverse colleges of Panjab university, Chandigarh. Who must have participated at inter-college level. It comprises 100 Nautical Sports players (50 kayaking & 50 rowing) 100 Combative Sports players (50 Taekwondo & 50 Boxing) 100 Ball Game players (50 basketball & 50 Volleyball). To know the Mental health among the participants "Mental health Battery" established by Arun kumar singh & Alpana sen gupta, (2008), was used. The results displayed a significant difference among nautical, combative sports and ball games players on mental health as  $F(2,297)=13.171$ ,  $p=0.0001$  at 0.01 level of significance. Similarly, a significant difference among nautical, combative sports and ball games players on emotional stability ( $F=28.439$ ,  $p=0.0001$ ), security-insecurity ( $F=4.043$ ,  $p=0.019$ ), self-concept ( $F=10.306$ ,  $p=0.0001$ ) and intelligence ( $F=4.543$ ,  $p=0.011$ ) was shown at 0.05 level of significance. While there was no significant difference among nautical, combative sports and ball games players on overall adjustment ( $F=1.148$ ,  $p=0.319$ ) and autonomy ( $F=2.653$ ,  $p=0.072$ ) at 0.05 level of significance.

**Keywords:** WHO's, mental health, sports players, psychological variables, ball games

### Introduction

Among other psychological variables Mental health which today is recognized as an important aspect of one's total health status it is a basic factor that contributes to maintain balance between physical health and social effectiveness. The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Man is an integrated psychosomatic unit, whose behaviour is determined by both physical and mental factors. It is the normal state of well-being, and in the words of Johns, Sutton and Webster, "Mental health is a positive but relative quality of life". Menninger (1945) [2]. Writes, "Mental health as the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness". There have been many attempts to describe mental health in ideal terms which have generally led to list of qualities which characterize the mature healthy, fully functioning, self-actualization.

### METHODS

The sample involves of 300 subjects' age reaching between 18-24 years, taken erratically from diverse colleges of Punjab University, Chandigarh. Who must have participated at inter-college level. It comprises 100 Nautical Sports players (50 kayaking & 50 rowing) 100 Combative Sports players (50 Taekwondo & 50 Boxing) 100 Ball Game players (50 basketball & 50 Volleyball). To know the Mental health among the participants "Mental health Battery" established by Arun kumar singh & Alpana sen gupta, (2008) [4], was used.

**Corresponding Author:**  
**Ramandeep kaur**  
Research scholar, Physical  
Education Dept., PU  
Chandigarh, India

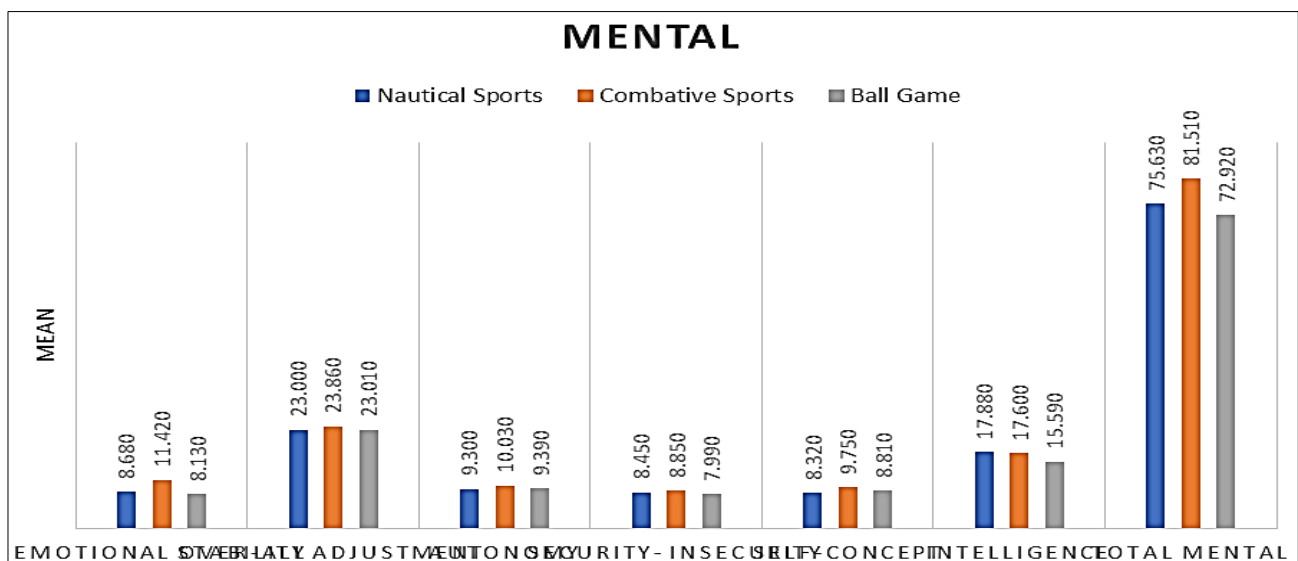
**Results and Findings**

**Table 1:** Descriptive Statistics of Mental Health among Different Sports Players

		N	Mean	Std. Deviation
<b>Emotional stability</b>	Nautical Sports	100	8.680	2.640
	Combative Sports	100	11.420	4.497
	Ball Game	100	8.130	2.360
<b>Over-all Adjustment</b>	Nautical Sports	100	23.000	4.675
	Combative Sports	100	23.860	5.166
	Ball Game	100	23.010	3.894
<b>Autonomy</b>	Nautical Sports	100	9.300	2.435
	Combative Sports	100	10.030	2.791
	Ball Game	100	9.390	2.049
<b>Security- Insecurity</b>	Nautical Sports	100	8.450	1.844
	Combative Sports	100	8.850	2.779
	Ball Game	100	7.990	1.617
<b>Self-Concept</b>	Nautical Sports	100	8.320	1.979
	Combative Sports	100	9.750	2.904
	Ball Game	100	8.810	1.739
<b>Intelligence</b>	Nautical Sports	100	17.880	5.481
	Combative Sports	100	17.600	6.184
	Ball Game	100	15.590	5.895
<b>Total Mental</b>	Nautical Sports	100	75.630	10.507
	Combative Sports	100	81.510	15.356
	Ball Game	100	72.920	9.646

An appraisal of table-1 revealed that the mean score of emotional stability among nautical, combative sports and ball games were 8.680, 11.42 and 8.13 with standard deviation 2.64, 4.497 and 2.360 respectively, which indicated that emotional stability were better in combative sports players as compared to nautical sports and ball games players. While average score of overall adjustment among nautical, combative sports and ball games were 23, 23.86 and 23.01 with standard deviation 2.64, 4.497 and 2.360 respectively, thus overall adjustment was same in nautical, combative sports and ball games players. Similarly, autonomy was approximately same among nautical, combative sports and ball games players as, mean score for autonomy among nautical, combative sports and ball games were 9.3, 10.03 and 9.39 with standard deviation 2.435, 2.049 and 1.844 respectively. However average score for security-insecurity among nautical, combative sports and ball games were 8.45, 8.85 and 7.99 with standard deviation 1.844, 2.779 and 1.617

respectively, therefore security-insecurity were better in combative sports players as compared to nautical sports and ball games players. The mean score for self-concept among nautical, combative sports and ball games were 8.32, 9.75 and 8.81 with standard deviation 1.979, 2.904 and 1.739 respectively, hence it indicated that self-concept were better in combative sports players as compared to nautical sports and ball games players. Whereas intelligence was better in nautical sports players as compared to combative sports and ball games players as, mean score for intelligence among nautical, combative sports and ball games were 17.88, 17.6 and 15.59 with standard deviation 5.481, 6.148 and 5.895 respectively. The average score for mental health among nautical, combative sports and ball games were 75.63, 81.51 and 72.92 with standard deviation 10.507, 15.536 and 9.646 respectively. Thus mental health were better in combative sports players as compared to nautical sports and ball games players.



**Fig1:** depicting the mean score of different sports groups on the variable mental health

**Table 2:** Analysis of variance (ANOVA) of Nautical Sports, Combative Sports and Ball Game on Mental Health

ANOVA						
		Sum of Squares	df	Mean Square	F-value	p-value
Emotional stability	Between Groups	621.140	2	310.570	28.439	.0001**
	Within Groups	3243.430	297	10.921		
	Total	3864.570	299			
Over-all Adjustment	Between Groups	48.740	2	24.370	1.148	.319
	Within Groups	6307.030	297	21.236		
	Total	6355.770	299			
Autonomy	Between Groups	31.687	2	15.843	2.653	.072
	Within Groups	1773.700	297	5.972		
	Total	1805.387	299			
Security- Insecurity	Between Groups	37.040	2	18.520	4.043	.019*
	Within Groups	1360.490	297	4.581		
	Total	1397.530	299			
Self-Concept	Between Groups	105.620	2	52.810	10.306	.0001**
	Within Groups	1521.900	297	5.124		
	Total	1627.520	299			
Intelligence	Between Groups	312.087	2	156.043	4.543	.011*
	Within Groups	10200.750	297	34.346		
	Total	10512.837	299			
Total Mental	Between Groups	3856.887	2	1928.443	13.171	.0001**
	Within Groups	43485.660	297	146.416		
	Total	47342.547	299			

The results from table-2 displayed a significant difference among nautical, combative sports and ball games players on mental health as  $F(2,297)=13.171$ ,  $p=0.0001$  at 0.01 level of significance. Similarly, a significant difference among nautical, combative sports and ball games players on emotional stability ( $F=28.439$ ,  $p=0.0001$ ), security-insecurity ( $F=4.043$ ,  $p=0.019$ ), self-concept ( $F=10.306$ ,  $p=0.0001$ ) and intelligence ( $F=4.543$ ,  $p=0.011$ ) was shown at 0.05 level of significance. While there was no significant difference among nautical, combative sports and ball games players on overall adjustment ( $F=1.148$ ,  $p=0.319$ ) and autonomy ( $F=2.653$ ,  $p=0.072$ ) at 0.05 level of significance.

### Conclusion and Discussion of findings

The results displayed a significant difference among nautical, combative sports and ball games players on mental health as  $F(2,297)=13.171$ ,  $p=0.0001$  at 0.01 level of significance. Similarly, a significant difference among nautical, combative sports and ball games players on emotional stability ( $F=28.439$ ,  $p=0.0001$ ), security-insecurity ( $F=4.043$ ,  $p=0.019$ ), self-concept ( $F=10.306$ ,  $p=0.0001$ ) and intelligence ( $F=4.543$ ,  $p=0.011$ ) was shown at 0.05 level of significance. While there was no significant difference among nautical, combative sports and ball games players on overall adjustment ( $F=1.148$ ,  $p=0.319$ ) and autonomy ( $F=2.653$ ,  $p=0.072$ ) at 0.05 level of significance.

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