

## Mental Health among Volleyball and Kabaddi Players of College Students

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### ABSTRACT

The present study aimed to know the mental health among Volleyball and Kabaddi Players of College Students. The mental health prepared by Dr. D.J. Bhatt and Shilpa (2007) was used. The sample constituted total 140 players of college students out of which 70 were from volleyball players of college students (35 boys and 35 girls) and 70 were from Kabaddi players of college students (35 boys and 35 girls). The data was collected from various colleges of Ahmedabad city. The data was scored, analyzed as per the manual. 't' test was being calculated. The result showed that (1) There is no significant difference in the mean score of the mental health among Volleyball and Kabaddi Players of college students. (2) There is significant difference in the mean score of the mental health among boys and girls players of college students. The result it could be said that, the boys players of college students have good mental health than girls players of college students, (3) There is no significant difference in the mean score of the mental health among boys and girls of college students of Volleyball players and (4) There is no significant difference in the mean score of the mental health among boys and girls of college students of Kabaddi players.

**Keywords:** *Mental health, Volleyball and Kabaddi Players, Boys and Girls.*

**H**ealth is important for development of the country. World health Organization (WHO) defines health as “a state of physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity”. WHO defines mental health as mental well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.

Sports competition is becoming nothing but violence of a cultured man, whereas he is supposed to have intellectual quests. This keep struggle for the excellence has made researchers to explore and emphasize more and more on the psychological makeup; as these factors play an important role in determining the athlete's performance. Thus mental health is one such socio psychological attribute, which does affect an athlete's performance in the competition. The word mental usually implies something more than the purely

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cerebral functioning of a person, it also stand for his emotional affective status, the relationship he establishes with other and a quite general quality that might be called equilibrium in his socio cultural contest similarly, “health” refers to more than physical health it also connotes the individual’s intra psychic balance, the fitting of his psychic structures with the external environment and his social functioning. Mental health is the ability to maintain an even temper, an alert intelligence, socially considerate behavior and a happy disposition.

More than 450 million people suffer from mental disorders. According to WHO, by the year 2020, depression will constitute the second largest disease burden worldwide (Murray & Lopez, 1996). Global burden of mental health will be well beyond the treatment capacities of developed and developing countries. The social and economic costs associated with growing burden of mental ill health focused the possibilities for promoting mental health as well as preventing and treating mental illness. Thus the Mental Health is linked to behaviour and seen as fundamental to physical health and quality of life.

Physical health and mental health are closely associated and it is proved beyond doubt that depression leads to heart and vascular diseases;

- Mental disorders also affect persons health behaviour like eating sensibly, regular exercise, adequate sleep, engaging in safe sexual practices, alcohol and tobacco use, adhering to medical therapies thus increasing the risk of physical illness.
- Mental ill health also leads to social problems like unemployment, broken families, poverty, drug abuse and related crime.
- Poor mental health plays a significant role in diminished immune functioning.
- Medically ill patients with depression have worse outcome than those without.
- Chronic illnesses like diabetes, cancer, heart disease increases the risk of depression

Sravan Kr Singh Yadav, Surendra Kumar (2018) had studied was to compare the mental health differentials between male kabaddi and football players. The results revealed with regard to emotional stability, adjustment, self-concept and intelligence were found highly significant between kabaddi and football male players.

Pukhraj Singh (2018) had conducted the study was to compare the aggression and sports competition anxiety between inter-university level male badminton and basketball players. The results show that university level basketball players had significantly greater aggression than badminton players. Similarly, university level basketball players.

### ***Objective :***

The objectives are:

1. To know whether mental health is more among Volleyball and Kabaddi Players of college students.
2. To compare the mental health among boys and girls players of college students.
3. To know whether mental health is more among boys and girls of college students of Volleyball Players of college students.
4. To know whether mental health is more among boys and girls of college students of Kabaddi Players of college students.

## **METHODOLOGY**

### ***Hypotheses:***

1. There will be no significant difference in the mean score of the mental health among Volleyball and Kabaddi Players of college students.

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2. There will be no significant difference in the mean score of the mental health among boys and girls players of college students.
3. There will be no significant difference in the mean score of the mental health among boys and girls of college students of Volleyball players.
4. There will be no significant difference in the mean score of the mental health among boys and girls of college students of Kabaddi players.

### Sample :

The sample constituted total 140 players of college students out of which 70 were from volleyball players of college students (35 boys and 35 girls) and 70 were from Kabaddi players of college students (35 boys and 35 girls).

### Research Design :

A total sample of 140 players of college students equally distributed between types of players and gender from various colleges from Ahmedabad city selected for the research study.

### Showing the table of Sample Distribution :

Gender	Types of Players		Total
	Volleyball	Kabaddi	
Boys	35	35	70
Girls	35	35	70
Total	70	70	140

### Variable :

#### Independent Variable

1. Types of Players : Volleyball and Kabaddi players
2. Gender : Boys and Girls

**Dependent Variable :** Mental Health Score.

### Tools :

Mental health inventory prepared by Dr. D.J. Bhatt and Shilpa (2007) was used. In this inventory there are 40 statements/questions having 3 alternatives to decide the response as agree or disagree. The testee is supposed to decide his response on the basis of the alternatives and put a  mark in the Questionnaire. Reliability of this test is computed by test – retest method. Reliability shown there is 0.95 respectively.

### Procedure :

The permission was granted from various colleges for data collection in Ahmedabad city after the establishment of rapport, personal information and the 'Mental Health Inventory (MHI)' was administrated the data was collected, scored as per the manual and analyzed. The statistical method 't' test was calculated and results were interpreted.

## RESULT AND DISCUSSION

*Table – 1 : Showing mean, SD and "t" value of Volleyball and Kabaddi players of college students :*

Group	N	Mean	SD	"t" - value	Sign. level
Volleyball players	70	93.30	11.49	0.23	N.S.
Kabaddi players	70	93.77	12.69		

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As can be seen from the above table that “t” value of 0.23 is not significant at 0.05 level. This means that the two groups under study does not differ significantly in relation to mental health. The mean score of the volleyball players of college students group is 93.30 and SD is 11.49 as against the mean score of 93.77 and SD is 12.69 of the Kabaddi Players of college students group. The hypotheses no.1 “There is no significant difference in the mean score of the mental health among Volleyball and Kabaddi Players of college students” is accepted.

**Table – 2 : Showing mean, SD and “t” value of boys and girls players of college students :**

Group	N	Mean	SD	“t” - value	Sign. level
Boys players	70	95.97	12.37	2.59	0.05
Girls players	70	90.57	12.27		

As can be seen from the above table that “t” value of 2.59 is significant at 0.05 level. This means that the two groups under study does not differ significantly in relation to mental health. The mean score of the boys players of college students group is 95.97 and SD is 12.37 as against the mean score of 90.57 and SD is 12.27 of the girls players of college students group. It should be remembered here that, according to scoring pattern, higher score indicated high mental health. Thus from the result it could be said that, the boys players of college students have good mental health than girls players of college students. The hypotheses no.2 “There is no significant difference in the mean score of the mental health among boys and girls players of college students” is rejected.

**Table – 3 : Showing mean, SD and “t” value of boys and girls college students of Volleyball players :**

Group	N	Mean	SD	“t” - value	Sign. level
Boys players	35	95.06	10.49	0.56	N.S.
Girls players	35	96.40	9.48		

As can be seen from the above table that “t” value of 0.56 is not significant at 0.05 level. This means that the two groups under study does not differ significantly in relation to mental health. The mean score of the boys college students of volleyball players group is 95.06 and SD is 10.49 as against the mean score of 96.40 and SD is 9.48 of the girls college students of volleyball players group. The hypotheses no.3 “There is no significant difference in the mean score of the mental health among boys and girls of college students of Volleyball players” is accepted.

**Table – 4 : Showing mean, SD and “t” value of boys and girls college students of Kabaddi players :**

Group	N	Mean	SD	“t” – value	Sign. level
Boys players	35	94.09	11.13	1.35	N.S.
Girls players	35	97.46	9.73		

As can be seen from the above table that “t” value of 1.35 is not significant at 0.05 level. This means that the two groups under study does not differ significantly in relation to mental health. The mean score of the boys college students of Kabaddi players group is 94.09 and SD is 11.13 as against the mean score of 97.46 and SD is 9.73 of the girls college students of Kabaddi players group. The hypotheses no.4 “There is no significant difference in the mean score of the mental health among boys and girls of college students of Kabaddi players” is accepted.

## CONCLUSION

1. There is no significant difference in the mean score of the mental health among Volleyball and Kabaddi Players of college students.
2. There is no significant difference in the mean score of the mental health among boys and girls players of college students. The result it could be said that, the boys players of college students have good mental health than girls players of college students.
3. There is no significant difference in the mean score of the mental health among boys and girls of college students of Volleyball players.
4. There is no significant difference in the mean score of the mental health among boys and girls of college students of Kabaddi players.

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