

# A Comparative Study of Mental Health between Athlete and Non-Athlete

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**Abstract**-mental health is a term used to describe either a level of cognitive or emotional well or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. The aim of study is to find out the mental health between athlete and non-athlete. For the present study 200 Sample were selected from Mumbai City. The effective sample consisted of 200 subjects, out of whom 100 Athlete (Short distance runners, throwers: Short put, Javelin, Javelin thrower, and Discus throwers) and 100 non-Athlete (Football players, Cricket players, and Volleyball Players). The age range of players is 18-25 years. C.G. Deshpande Mental Health Test was used for measuring Mental Health. All the 50 items of the scale are presented in simple and brisk style. Each item has two answer (multiple Choice) 'YES' and 'NO' This is well known test having high reliability and validity coefficients. Athlete has significantly good mental health than the non-athlete. (Athlete:  $M = 45.26$ ,  $SD = 6.28$  and Non-Athlete:  $M = 37.59$ ,  $SD = 4.18$ ).

**Keywords:** sports, exercise psychology

## I. INTRODUCTION

Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of life. Our Mental Health is characterized by our personal growth, sense of purpose, self-acceptance, and positive relationship with other people. It is also highly affected by environmental factors like our family life, social life, and our life at work. Our general well-being is decreased by any negative experiences in any of these areas. Among the most common Mental Illnesses or Mental Disorders are Anxiety and Depression.

Mental Health is a concept that refers to the psychological and emotional well-being of a person. Being mentally healthy generally means that you are able to use your emotional capabilities to function well in society and go through everyday life with little or no difficulty. Direct participation in sport is one of the most enjoyable, and therefore powerful, means of motivating and mobilizing people to become physically active. In addition to enhancing overall physical fitness, regular physical activity, active play and sports can have a positive impact on other major health risk factors, such as high blood pressure, high cholesterol, obesity, tobacco use and stress.

A comparison between athlete and non-athlete student's stressors and their relationships with their mental health.

Introduction University students are the transitional stage from adolescence to adulthood [7]. During this period, university issues and psychological problems among students appear to have been overlooked largely. The purpose of this study was to compare the athlete and non-athlete students' stressors and their relationships with their mental health. Results testing the proposed hypothesis at the  $P < .05$  showed the following results: No significant difference was reported between female and male athlete and non-athlete students in their responses to the stressors. Significant differences were reported between athletes and non-athletes in their responses to dormitory stressors. The comparison between male athlete and non-athletes stressors and their mental health did not show a significant difference at  $P < .05$ . There was a positive and significant relationship between female and male athlete stressors with their mental health. This relationship was also significant for male non-athletes, but was not significant for female non-athlete. A multi-comparison between stressors and mental health showed that two factors (academic setting and living in dormitory) were considered better predictors of men athletes' mental health. However, factors like graduation and living in dormitory were better predictors of women athletes' mental health. Discussion/ Conclusions Based on the results of this study it is therefore recommended that higher education institutions prepare suitable conditions in which students can advance their knowledge and understanding and be able to live in such dormitories where they are able to reduce their mental stressors and increase their mental health. There will be significant difference between Athlete and non-athlete with respect to mental health.

## II. METHODS

For the present study 200 Sample were selected from Mumbai city. Subjects age range of 18-25 years. We used C.G. Deshpande Mental Health Mental Health test was used for measuring Mental Health. Mental health test administered individuals as well as a small group. The subjects were called in small groups prior to administration of test or scale, through informal talk and procedure suggested by the author for the scale and tests.

**TABLE I. ATHLETE AND NON-ATHLETE SHOWS THE DATA MENTAL HEALTH**

Group	MEAN	SD	SE	N	DF	't'
Athlete	45.26	6.28	0.63	100	198	10.17**
Non-Athlete	37.59	4.18	0.42	100		

Significant at 0.01 Level\*\*

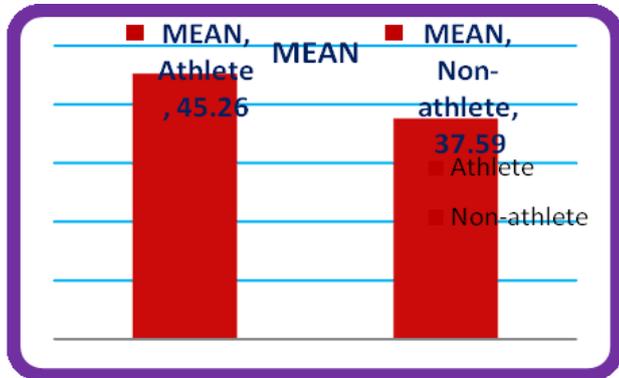


Fig. 1. Difference of mental health between athlete and non-athlete

The results related to the hypothesis have been recorded. Mean of mental health score of the athlete is 45.26 and that of the non-athlete is 37.59. The difference between the two mean is highly significant = 10.17, df =298. Thus the hypothesis is confirmed athlete have significantly high mental health than non-athlete. Athlete has significantly high Mental Health than the Non-athlete.

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