Comparative Study of Mental Health and Self-Confidence between Sports and Non-Sports Persons

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Abstract: A healthy individual is not only physically healthy, but also mentally healthy. The modern concept of health extends beyond the proper functioning of the body. Health is a state of being, sound or whole in body and mind. Self-confidence is the expected probability that a person will achieve a goal in a certain situation. Self-confidence has to do with how confident or assured you feel in a new or challenging situation. To find out the mental health of the sports persons. To find out the mental health of the non-sports persons. It is hypothesized that there will be significant difference between mental health and self-confidence between sports and non-sports persons.

INTRODUCTION

Physical Education, as a part of human education has always existed in the human society in one form or the other. Since time immemorial, even before the dawn of civilization and culture, physical exercise has been every important aspect of human existence. In the primitive societies the necessity for survival i.e. protection from hostile environment and beasts, motivated man to keep himself more physically fit and strong enough in comparison to stronger forces of nature.

The word physical refers to the body. It is often use in regard to various bodily characteristics such as physical strength, physical development, physical health and physical appearance. It refers to the body as contrast to the mind. Therefore when the word ‘education’ is added to the word physical it becomes physical education. It refers to the process of education that concerns with activities that develop and maintain human body.

“Physical education an integral part of the total educational process is a field of Endeavour that has its aim, the improvement of human performance through the media of physical activities that have been selected with a view to releasing this outcome”.

Today physical education is accepted as an essential of education. It is education through physical activities for the development of total personality of the child to its fullness and perfection in body, mind and spirit. Directly it is concerned with the development of physical fitness. Physical education has necessarily to train the individual in mental and moral qualities. Promote his emotional development and enhance various qualities such as alertness, presence{of mind, resourcefulness, discipline, co-operation, spirit of repeat, sympathy and curiosity to explore the unknown qualities. These are essential for a happy and well-adjusted life in a free and democratic world.

Among the various objectives of physical education physical fitness is the most important one and this can be well developed only by good program of physical education.

Besides developing physical fitness, one must also be socially and mentally fit to be able to adapt himself to the demands of his environment. Physical fitness involves both the qualities of man and his ideals. “The picture of a man who is physically fit reveals unmistakable signs of confidence, courage, alertness, initiative, pride, discipline and good picture”.

Physical is the sum of man’s physical activities selected to kind, and conducted as to outcome since physical education is to be considered as a means of education. Through physical rather than education of physical observed the later, the phrases related as to king and conducted as to outcome assume considerable importance. Physical education has an important role to play in developing a well-integrated personality. Muscular activities play a major role in the development of organic system of the body such as digestive, circulatory, excretory, cardiovascular, respiratory and other system of human body. Through vigorous muscular activities, muscular system can be properly developed and can enable the child to perform his
daily activities in a better way and can help him to live to healthful living. Therefore, for physical education people say that if one wants to play he must be physically fit and if one wants to be physically fit he must play.

Self-Confidence:
Self-confidence is the expected probability that a person will achieve a goal in a certain situation. For example, if a student estimates that his probability of achieving an exam is 90%, we would conclude that the student had high self-confidence in his ability to do well on an exam. If he had estimated 10%, then we would say he had low self-confidence about his ability to do well on the exam. Self-confidence is situational-not absolute. It is important to remember that self-confidence is always relative to the task and situation. We have different levels of confidence in different situations. For example, a student might be confident in mathematics but lack confidence in English. He may also lack confidence in meeting people. He may estimate that his probability of success when he meets someone is only 10% (relative to a goal of making a new friend). Confidence is relative to the prescribed situation, task and expectation.

Mental Health:
A healthy individual is not only physically healthy, but also mentally healthy. The modern concept of health extends beyond the proper functioning of the body. It includes a sound, efficient mind and controlled emotions. Health is a state of being, sound or whole in body and mind. It means that both body and mind are working efficiently and harmoniously. Man is an integrated psychosomatic unit, whose behavior is determined by both physical and mental factors. Mental health which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. It is the normal state of well-being, and in the words of Johns, Sutton and Webster, is a positive but relative quality of life. It is a condition which is characteristic of the average person who meets the demands of life on the basis of his own capacities and limitations. By the word relative it implied that the degree of mental health which an individual enjoys at a time is continuously changing. It is not mere absence of mental illness that constitutes mental health. On the other hand, it is a positive, active quality of the individual's daily life. This quality of life is manifested in the behavior of an individual whose body and mind are working together in the same direction. His thoughts, feelings and actions function harmoniously towards the common end. It means the ability to balance feelings, desires, and ambition.

MATERIALS AND METHODS
As every research demands a systematic method and procedure like-wise this chapter adopts the following procedures including information regarding research design, source of data, selection of subjects, sampling method, collection of data, criterion Measures etc. A research become successful accompanied and supported by some reliable and authentic data. The statistical analysis of the gathered data provides a well-knit picture of a complete and successful hypothesis as pre-selected by the researcher. The chapter has been divided into the following headings:

a. Source of data.
b. Selection of Subjects.
c. Sampling Method.
d. Collection of data.
e. Criterion Measures.

Source of Data:
For the present study subjects were selected from sports person and non sports person in Amravati district for the collection of data.

Selection of Subjects:
Sixty (60) subjects were selected for the collection of data which include thirty (30) sports persons and thirty (30) non sports persons in Amravati.

Sampling Method:
The subjects were selected by using available sampling method.

Collection of data:
The data was collected by standard questionnaire.

RESULT AND DISCUSSION
Tables and Figures

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>S.D.</th>
<th>M.D.</th>
<th>S.E.</th>
<th>D.F.</th>
<th>O.T.</th>
<th>T.T.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Person</td>
<td>57.96</td>
<td>19.77</td>
<td>1.36</td>
<td>4.98</td>
<td>58</td>
<td>0.274</td>
<td>2.00</td>
</tr>
<tr>
<td>Non Sports Person</td>
<td>56.6</td>
<td>18.80</td>
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Figure No. 1.
Showing the Mean Score of Mental Health Between Sports And Non Sports Persons of Amravati District

Table No- 2
Comparison of Self Confidence of Sports And Non Sports Persons of Amravati District

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>S.D.</th>
<th>M.D.</th>
<th>S.E.</th>
<th>D.F.</th>
<th>O.T.</th>
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</thead>
<tbody>
<tr>
<td>Sports Person</td>
<td>15.46</td>
<td>10.27</td>
<td>0.73</td>
<td>2.58</td>
<td>58</td>
<td>0.28</td>
<td>2.00</td>
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<tr>
<td>Non Sports Person</td>
<td>16.2</td>
<td>9.75</td>
<td></td>
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Figure no. 2
Showing the Mean difference of Self Confidence Between Sports And Non Sports Persons of Amravati District
CONCLUSION

From the above study it is concluded that in Mental Health the sports persons are having sharp mind and they are doing exercise regularly so they did not feel the mental fatigue easily and the non sports persons would feel easily as they are not attached with games and sports.

It is also concluded that the sports persons are reliable and having beliefs on their own abilities where as the Non sports persons are undependable and negligent towards games and sports because the game and sports gives full confidence with the help of competitions.

With the limitations of the study and from the statistical analysis of the collected data it is concluded that there was found insignificant difference in both variables mental health and self confidence of Sports and Non-Sports persons while applied ‘t’ test.

The researcher initially pre assumed that there will be a significant difference in the mental health and self confidence of sports and non sports persons of Amravati district. After the statistical analysis interpretation of data it was found that there is insignificant difference. Because for both cases the calculated ‘t’ is less than tabular ‘t’ at the level of significance 0.05, so the pre assumed has been rejected.

REFERENCES


