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## Relationship between attitude towards life and mental health among regular physical activity participants in Pune city

**Amol B Jadhav and Dadasaheb B Dhengale**

### Abstract

The purpose of this study was to examine the relationship between Attitude towards life and Mental Health among Regular physical activity Participants in Pune City. Data were collected from 40 male regular physical activity participants from Maharashtra mandal, Sanas ground, Azam campus in Pune city. Optimism and Pessimism Questionnaire was used to measure Attitude towards life, Positive Mental Health Inventory was used to measure Mental Health. Descriptive Correlation Methods was used to examine the relationship between attitude towards life and mental health among regular physical activity participants in Pune city. Statistical test included the Pearson Correlation coefficient. The Pearson ATL  $r = 0.442$  and MH  $r = 0.004$  value found a significant correlation between attitude towards life and mental health. The findings from this study indicate a significant correlation between attitude towards life and mental health suggesting that participants who are in the regular physical activity who have positive attitude towards life better mental health than participants not in regular physical activity. Finally it is recommended a focus that future research includes longitudinal study that examines the relationship between attitude towards life and mental health among regular physical activity participants.

**Keywords:** Attitude towards life (ATL), mental health (MH), regular physical activity

### Introduction

Health-related quality of life (HRQL) is a multi-dimensional concept that includes domains related to physical, mental, emotional, and social functioning. It goes beyond direct measures of population health, life expectancy, and causes of death, and focuses on the impact health status has on quality of life. Additionally, one's attitude toward life also appears to contribute significantly toward achieving optimum health and functioning (Seligman, 1998; [8] Goodloe & Arreola, 1992) [5]. Your attitude determines the state of the world you live in. It is the foundation for every success and every failure you have had and will have. It will make you or break you. Your attitude controls your life. But the good news? You control your attitude. Attitude creates the way you feel about people and situations. Your actions are a result of your attitude which in turn creates a reaction from others. It is your attitude toward others and the universe that determines the resulting attitude toward you. Have a positive, joyful attitude and you'll have positive, joyful results. Put out a bad, negative attitude and you've failed before you begin. Basically, what you think is you get. Maintaining a positive attitude toward life can often be difficult, especially when individuals are trying to meet the everyday demands of their hectic lives. Therefore, an awareness of one's attitude toward life and how it might affect one's mental health and well-being appears to be important. Where do negative attitudes come from? Negative attitudes come from thinking negative thoughts over and over until they become part of your subconscious, part of your personality—they become habitual. You may not even realize you have a negative attitude because it's been with you for so long. Once you have a bad attitude, you expect failure and disaster. And that expectation turns you into a magnet for failure and disaster. Then it becomes a vicious cycle: You expect the worst, so you get the worst. Your negative beliefs are reinforced. So you expect the worst, and you get the worst. Studies suggest that individuals who perceive their lives to be more meaningful, purposeful, hopeful, and optimistic tend to experience better health (Goodloe & Arreola, 1992 [5]; Peterson, 2000 [7]; Seligman, 1998 [8]; Witmer & Sweeney, 1992) [10].

Witmer, Rich, Barcikowski, and Mague (1983) [11] identified optimism as one of the prime variables that characterized individuals who experienced less anxiety and fewer physical symptoms. Further, results from an intervention program that taught grade-school children to be more optimistic suggested that subsequent episodes of depression were less likely (Peterson, 2000) [7]. Optimism has also been linked to positive mood and good morale; to perseverance and effective problem solving; to academic, athletic, military, occupational, and political success; to popularity; and to long life (Peterson, 2000) [7]. So how do you shift your thoughts and create a positive attitude? It takes work, but creating anything of value takes work. In order to have a new attitude, you have to change your subconscious thinking. How? By analyzing every thought you have until positive thinking becomes habit. You're merely replacing an old habit with a healthy habit, much like replacing smoking with exercise. You can't just stop being negative you have to ones. Some people would say, "But negative situations are a reality. They just show up in everyday life. "This is absolutely not true. Situations are a reality, yes. They do show up, yes. It is your attitude that makes a situation positive or negative. It's time for you to realize that you are in control of how you think and feel no one else on earth has this power unless you give it away. Take control of your attitude.

**Materials and Method**

For the Present study Descriptive Co relational method was used to study the relationship between Attitude towards life and Mental Health among Regular Physical activity participants in Pune city. All the physical activity participants in Pune city consider as population of this study. Out of Pune city three grounds Maharashtra Mandal, Sanas Ground

Azam Campus was selected purposively. Total 40(n=40) regular physical activity participants age between 35-45 yrs. was selected with convenience sampling technique. The optimism and pessimism questionnaire. (Debar, Martin, Hummer, Howe, and Melton 1989) was used to measure the Attitude towards life of the participants this questionnaire was 4 point Likert scale containing 56 statements 1) Strongly agree 2) Agree 3) Disagree 4) Strongly Disagree. The Positive Mental Health Inventory (PMHI) By Agashe and Helode was Used to measure the Mental health of the Participants. PMHI Is comprised of three components i.e. Self –acceptance, ego strength and Philosophies of life. PMHI comprised of total 36 Question, 12 question for tapping each component. Each question was provided with two response Yes and no. A list of different fitness clubs societies, areas, sports clubs where member come to their physical activity. After researcher was go different sports clubs to seek the permission after getting the required permission from the authorities the sample was selected the selected sample briefed about the purpose of the study and instruction was given regarding the questionnaires All the participants encouraged to state their responses honestly and genuinely. There were two questionnaire optimism and pessimism questionnaire and positive mental health inventory the questionnaire was administered with sufficient time to ensure the authenticity of the responses. Collected data was analyzed using descriptive statistics mean, standard deviation and standard error of mean was computed for the score of attitude towards life and mental health. To investigate the correlation of attitude towards life and mental health Pearson coefficient of correlation was used.

**Result**

**Table 1:** Descriptive Statistics of the Attitude towards life and Mental Health among Regular Physical Activity Participants.

	Descriptive statistics			
	N	Mean	Std. Error of Mean	Std. Deviation
Attitude towards life	40	145.53	5.012	31.696
Mental Health	40	23.65	0.66	4.173

The table no.1 shows that the mean of ATL is 145.53(SD=31.69), Mean of MH is (SD=4.17). The standard

error of mean for ATL and MH is 5.0, 0.66 respectively.

**Table 2:** Coefficient of correlation between ATL and MH

Correlation	ATL r. (sig-2tailed)	MH r. (sig-2tailed)
Attitude towards life & mental health	0.442	0.004

The table no.2 shows that the coefficient of correlation value is .004 which is significant at 0.05 level of significance. Therefore it can be concluded that here is positive significant relationship between Attitude towards life and mental Health.

Seligman & Csikszentmihalyi, 2000) [8] seems to support this. As in this study, individuals who possess this negative attitude suffer with depression, low achievement, and bad health habits.

**Discussion**

The primary goal of the study was to determine if there is a relationship between attitude towards (ATL) life mental health (MH) among regular physical activity participants in Pune city. In the present study, the relationship between attitude towards life and mental health was examined. The researcher hypothesized that all variables would be positively correlated the current findings suggest that there is significant relationship between attitude towards life and mental health. Growing evidence suggests that positive emotional states may influence mental health (Peterson, 2000; [7] Seligman, 1998) [8] Research which suggests that a negative attitude or negative perception of life impacts mental health (Peterson, 2000; [7]

**Conclusion**

This research led to the following conclusion. There are significant relationships between Attitude towards life and Mental Health among regular Physical Activity participants. After correlate the result shows Regular physical activity Participants those have Optimistic Attitude towards life affects on Mental Health

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