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## Mastram

Research Scholar, Dept. of Phy.  
Education, P.U, Chandigarh.



## A comparative study of impact of gender on mental health and mental boldness among wrestlers

### Mastram

#### Abstract

The purpose of present study is to impact of gender on mental health and mental boldness among wrestlers. For the purpose of these study 80 male players as a subject (40 from boys and 40 from girls) was selected. The maximum participation of subjects was from District Rohtak, Haryana. The age of subject's was range from 19-26 years. Tools are measuring for mental health; Mental Health Inventory (MHI) is constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses and for measuring mental boldness, Multi Assessment Personality Series (MAPS) is constructed and standardized by Psy Com. It consists of 147 sentences and each item provide three alternatives. To compare Mental Health Inventory (MHI) and Multi Assessment Personality Series (MAPS) between Boys and Girls wrestlers 't' test was used and level of significance was set at 0.05. The results of the study show that there was significant difference was found between Boys and Girls wrestlers in relation to Mental Health Inventory (MHI) and Multi Assessment Personality Series (MAPS). It was concluded that Boys and Girls wrestlers having high Mental Health and Mental Boldness.

**Keywords:** Mental Health, Mental Boldness, Wrestlers, Physical Health.

#### Introduction

Mental health is a level of psychological well-being, or an absence of a mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

According to the World Health Organization, mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others." The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. A widely accepted definition of health by mental health specialists is psychoanalyst Sigmund Freud's definition: the capacity "to work and to love". It is considered to be a simple and more accurate definition of mental health.

Mental illnesses are more common than cancer, diabetes, or heart disease. Over 26 percent of all Americans over the age of 18 meet the criteria for having a mental illness. Serious mental disorders affect an estimated 6 percent of the adult population, or approximately 1 in 17 people. A little more than half receive treatment. A WHO report estimates the global cost of mental illness at nearly \$2.5 trillion (two-thirds in indirect costs) in 2010, with a projected increase to over \$6 trillion by 2030.

Evidence from the World Health Organization suggests that nearly half of the world's population are affected by mental illness with an impact on their self-esteem, relationships and ability to function in everyday life. An individual's emotional health can also impact physical health and poor mental health can lead to problems such as substance abuse.

Maintaining good mental health is crucial to living a long and healthy life. Good mental health can enhance one's life, while poor mental health can prevent someone from living an enriching life. According to Richards, Campania, & Muse-Burke, "There is growing evidence that is

#### Correspondence

#### Mastram

Research Scholar, Dept. of Phy.  
Education, P.U, Chandigarh

showing emotional abilities are associated with prosocial behaviors such as stress management and physical health." Their research also concluded that people who lack emotional expression are inclined to anti-social behaviors (e.g., drug and alcohol abuse, physical fights, vandalism), which are a direct reflection of their mental health and suppress emotions. Boldness is the opposite of fearfulness. To be bold implies a willingness to get things done despite risks. Fearful is a feeling induced by perceived danger or threat that occurs in certain types of organisms, which causes a change in metabolic and organ functions and ultimately a change in behavior, such as fleeing, hiding, or freezing from perceived traumatic events. Fear in human beings may occur in response to a specific stimulus occurring in the present, or in anticipation or expectation of a future threat perceived as a risk to body or life. The fear response arises from the perception of danger leading to confrontation with or escape from/avoiding the threat (also known as the fight-or-flight response), which in extreme cases of fear (horror and terror) can be a freeze response or paralysis.

In humans and animals, fear is modulated by the process of cognition and learning. Thus fear is judged as rational or appropriate and irrational or inappropriate. An irrational fear is called a phobia.

Psychologists such as John B. Watson, Robert Plutchik, and Paul Ekman have suggested that there is only a small set of basic or innate emotions and that fear is one of them. This hypothesized set includes such emotions as acute stress reaction, anger, angst, anxiety, fright, horror, joy, panic, and sadness. Fear is closely related to, but should be distinguished from, the emotion anxiety, which occurs as the result of threats that are perceived to be uncontrollable or unavoidable. The fear response serves survival by generating appropriate behavioural responses, so it has been preserved throughout evolution.

For example, in the context of sociability, a bold person may be willing to risk shame or rejection in social situations, or to bend rules of etiquette or politeness. An excessively bold person could aggressively ask for money, or persistently push someone to fulfil a request.

The word "bold" may also be used as a synonym of "impudent": for example, a child may be punished for being "bold" by acting disrespectfully toward an adult or by misbehaving.

Boldness may be contrasted with courageousness in that the latter implies having fear but confronting it. An example of personified boldness may be found in the Greco-Roman mythological character Philemon.

**Aim**

To investigate the mental health and mental boldness among wrestling players.

**Hypothesis**

- Boys’ wrestling players will be significant high Boldness than the girls’ wrestling players.
- Boys’ wrestling players will be significant high mental health than the girls’ wrestling players.

**Sample**

For the purpose of these study 80 male players as a subject (40 from boys and 40 from girls) was selected. The maximum participation of subjects was from District Rohtak, Haryana. The age of subject’s was range from 19-26 years.

**Tools**

For measuring mental health; Mental Health Inventory (MHI) is constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses and for measuring mental boldness, Multi Assessment Personality Series (MAPS) is constructed and standardized by Psy Com. It consists of 147 sentences and each item provide three alternatives.

**Procedure of Data Collection**

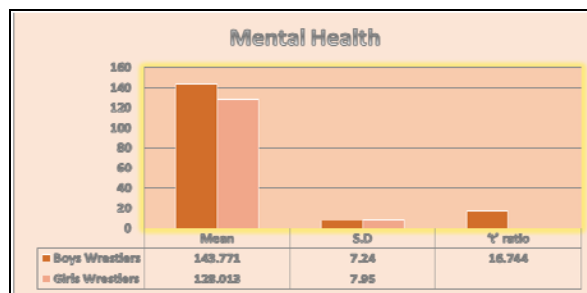
One appliance could be managed individuals as well as a small group. While accumulating the data for the study the later looms was adopted. The subjects were called in a small group of 15 to 20 subjects and there seating activities was prepared in a classroom. Prior to administration of test, through unceremonious talk suitable bond form. Following the directions and process is recommended by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

**Statistical Analysis and Discussion**

**Table 1:** Mean, S.D, and t value of Boys Wrestlers and Girls Wrestlers on Mental Health

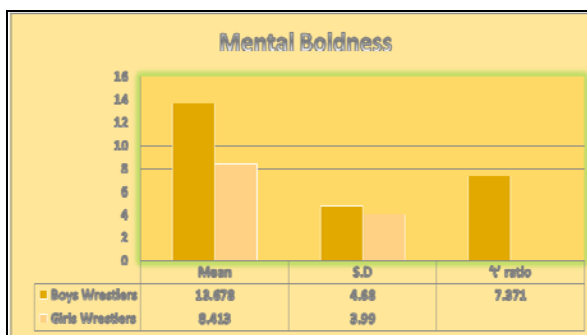
Mental Health	Mean	S.D	df	't' ratio	p value
Boys Wrestlers	143.771	7.24	78	16.744	0.01
Girls Wrestlers	128.013	7.95	78		

Significant at 0.01 level



**Fig 1:** Mean, S.D, and t value of Boys Wrestlers and Girls Wrestlers on Mental Health

Table I shows the mean of mental health score of boys’ wrestling players is 143.771 and the mean of mental health score of girls’ wrestling players is 128.013. The S.D of mental health score of boys’ wrestling players is 7.24 and the S.D of mental health score of girls’ wrestling players is 7.95. The difference between the two mean is highly significant at both level (‘t’= 16.744, df = 78, P < 0.01).



**Fig 2:** Mean, S.D, and t value of Boys Wrestlers and Girls Wrestlers on Mental Boldness

**Table 2:** Mean, S.D, and t value of Boys Wrestlers and Girls Wrestlers on Mental Boldness

Mental Boldness	Mean	S.D	df	't' ratio	p value
Boys Wrestlers	13.678	4.68	78	7.371	0.01
Girls Wrestlers	8.413	3.99	78		

Significant at 0.01 level

Table II shows the mean of mental health score of boys' wrestling players is 13.678 and the mean of mental boldness score of girls' wrestling players is 8.413. The S.D of mental boldness score of boys' wrestling players is 4.68 and the S.D of mental boldness score of girls' wrestling players is 3.99. The difference between the two mean is highly significant at both level ( $t = 7.371$ ,  $df = 78$ ,  $P < 0.01$ ).

### Conclusion

Boys' wrestling players had significant high mental health than the girls' wrestling players. Boys' wrestling players had significant high mental boldness than the girls' wrestling players.

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