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Study of positive mental health among female athletes and non-athletes secondary students

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Abstract

Positive mental health of female athletes and non-athletes studying in secondary school was compared in the present study. To conduct the study, 40 female secondary student athletes (Ave. age 15.33 yrs.) with regular participation in competitive sports events were selected as sample. 40 female secondary student non-athletes (Ave. age 15.11 yrs.) were also selected as sample. The sample for the present study was collected from secondary schools operational in Bilaspur. Junior Positive Mental Health Inventory prepared by Agashe and Helode (2013) was used as psychological instrument in the present study. Results indicate that positive mental health of female secondary student did differ significantly on the basis of their participation in sports. It was concluded that participation in sports enhance positive mental health of female students studying in secondary schools.

Keywords: Positive mental health, secondary students, athletes, non-athletes

1. Introduction

Manninger's (1930) ^[1] defined mental health as the adjustment of human-beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behaviour and happy disposition. A person with positive mental health uses interpersonal assets and skills to function successfully in his or her daily life. Mental health problems emerge when these assets and skills begin to deteriorate, resulting in a struggle to cope with life's challenges and responsibilities. The beneficial effect of participation in sports on overall psychological well-being has been documented by researchers like Gahlawat and Gahlawat, 2012 ^[2], Sidhu *et al.* 2013 ^[3], Singh *et al.* 2013 ^[4], Mittal, 2014 ^[5], Laborde *et al.*, 2016 ^[6], Naikoo *et al.*, 2016 ^[7]. In contrast to this it was noted by researchers like Hudd, *et al.* (2000) ^[8] that due to time constraint, student athlete tend to feel stressed in their student life and that affect their overall psychological well-being. To get more information on this debatable issue, the present study was planned to compare positive mental health of female student athletes and non-athletes studying in secondary schools.

1.1 Hypothesis

It was hypothesized that participation in sports will influence positive mental health of female secondary students.

2. Method

To test the abovementioned hypothesis, following methodological steps were taken.

2.1 Sample

To conduct the study, 40 female secondary student athletes (Ave. age 15.33 yrs.) with regular participation in competitive sports events were selected as sample. 40 female secondary student non-athletes (Ave. age 15.11 yrs.) were also selected as sample for the present study. The sample for the present study was collected purposively from secondary schools operational in Bilaspur.

2.2 Tools

To measure positive mental health, junior positive mental health inventory prepared by Agashe and Helode (2013) was used. It consists of 36 items and the inventory is highly reliable and valid.

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2.3 Procedure

After identifying subjects prior permission was obtained from school authorities regarding administration of test. Junior Positive Mental Health Inventory prepared by Agashe and Helode was administered to each selected subject. Author's manual was used to score responses so obtained. After

tabulation of data, independent sample 't' was used to positive mental health of two pre-defined groups. Results presented in table 1.

3. Result and Discussion

Table 1: Comparison of Positive Mental Health between Female Secondary Student Athletes and Non-Athletes

Variable	Female Secondary Student Athletes (N=40)		Female Secondary Student Non-Athletes (N=40)		t	Level of Significance
	M	S.D.	M	S.D.		
Positive Mental Health	23.42	3.81	20.97	5.37	2.37	.05

A perusal of entries presented in table 1 indicate that positive mental health of female secondary student athletes is significantly superior (M=23.42) as compared to non-athlete female secondary students (M=20.97). The calculated t=2.37 also confirms this finding statistically.

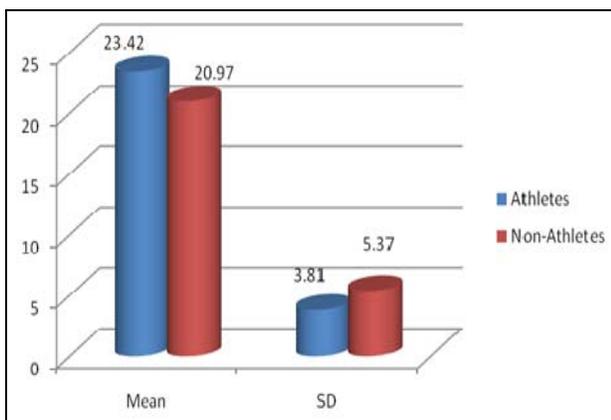


Fig 1: Graphical Representation of Positive Mental Health between Female Secondary Student Athletes and Non-Athletes

4. Discussion

The result of the present study also reiterates the fact that participation in competitive sport enhance overall psychological well-being of students. The reason may be attributed to facets boosted by participation in sports such as self-acceptance, ego strength and personality development.

5. Conclusion

On the basis of results it may be concluded that participation in competitive sport is an important medium for enhancement of positive mental health among female secondary students.

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