



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2017; 4(2): 321-323  
© 2017 IJPESH  
www.kheljournal.com  
Received: 14-01-2017  
Accepted: 15-02-2017

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# International Journal of Physical Education, Sports and Health

## Relationship between mental health and personality among university students

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### Abstract

The present study examined the mental health and personality of students. The subjects were selected from university of Jammu, Jammu and Kashmir; there were 100 students (67 males and 33 females), the age group ranged from 19 to 25 years. To measure the psychological parameters: Mental Health Status Scale (Gireesan and Sam Sundarraj, 1988) for mental health, A Scale of Type-A Personality Pattern (Robert *et al*, 1998) for personality were administered. The collected data was statistically analyzed with Pearson Product Moment correlation. To test the hypothesis, the level of significance was set at 0.05.

**Key Words:** Mental Health, Personality

### Introduction

Human organism is an extremely complex nervous system with unimaginable functions. Nowadays more and more stress is being laid on the psychological researches, which modify human behavior. Sports psychology professionals are fascinated in how participation in sport, exercise, and physical exercise may increase personal development and well-being throughout the life span” (Le Unes, 2002) [2]. Historically, the coaching of athletes has largely stressed the development of technical ability and physical fitness to the neglect of critical psychological factors. Although it is widely admired that mental and emotional states can make the difference between winning and losing, the role of psychology in sports has largely been restricted to pre-match advice and instruction. Certain psychological characteristics and personality features facilitates participation in physical activities and acquiring proficiency and skills which intern may improve desirable psychological dimensions. A minimum level of I. Q, Emotional intelligence and mental health is imperative to achieve superiority in sports endeavor. People with the low intelligence experience slow in acquiring skills. Certain personality traits such as freedom from agitation, high need for social approval, lack of hostility to the environment are predictive of superior performance in sports endeavor. (Cofer and Johnson 1960) [3] recommend that athletes are a special breed in terms of personality and their special traits sort out the champions from those who are blessed with similar physical abilities. The study of personality trait as a predictor and determinant of success in athletic competition is an interesting, although indecisive, area of research in sport psychology. Personality studies are conducted on athletes, male and female, in individual sports and team sports. Football, swimming, basketball, track and field, volleyball, soccer and baseball are explore in an effort to determine the “personality type” that certain sports seem to attract or produce, and the subsequent differences in the degree to which specific personality traits apparent themselves differentially in successful athletes and unsuccessful athletes. In exploring the ingredients of superb job performance, Goleman emphasizes a common core of personal and social abilities-emotional intelligence. L.K. Zason Chian and John Wang (2008) [1] in their research on Motivational Profiles of Junior College Athletes: A cluster analysis recognize the motivational profiles underlying sport participation among young Singaporean college athletes, as well as to examine the relationships between motivational profiles and a range of mental, affective, and behavioral indices. Junior college athletes ( $N = 303$ , mean age = 17.64,  $SD = .60$ ) completed a questionnaire assessing achievement goal orientations, self-determination, sport ability beliefs, perceived ability, and other motivational indices.

Four meaningful clusters were identified and validated with differences in perceived motivational climates and other variables. The use of investigation analysis in the present study proved fruitful in identifying subgroups of athletes with differentiated motivational patterns. Paola Feher and Michael. C. (2003) [4] in their study on Psychological Profile of Rock climbers: State and Trait traits states that a positive correlation between various traits include increased self esteem, competitiveness, perfectionism, life satisfaction, and sensation seeking. In addition, individuals exhibiting a high level of sensation seeking have shown a marked tendency to underestimate risks. conducted a comparative study of the psychological profiles of Indian Railways and Madhya Pradesh National and International Level Male Cricket Players. The results show that there was a significant difference found that is, 2.8 in their Personality patterns, it means railways cricketers found were better in their personality parameters Personality Type-A and Type- B personality pattern represent two ends of a continuum representing the temperamental pattern of individuals. The Type- A personality pattern is found to show behavioral dispositions such as ambitiousness, aggressiveness, competitiveness, impatience, sense of time urgency, goal directedness without proper planning, and polyphasic behavior. Specific behaviors like muscle tenseness, alertness, rapid and emphatic vocal stylistics, accelerated pace of activities, and emotional responses such as irritation, hostility and increased potential for anger are also associated with Type-A personality pattern. The Type-B' s in contrast to the Type-A' s are more placid, patient, relaxed and better able to deal with stresses. A person with a score of 5 or above on "A scale of Type- A personality pattern" (Robert at. 1988) [9] is considered to be a Type- A individual.

The major characteristics of Type- A individuals are as follows.

- An intense sense of time urgency.
- In appropriate aggression / hostility.
- Poliphasic behavior.
- Goal directedness without proper planning.

Mental Health The variable mental health has been used generally in two ways

- Absence of mental illness, and
- Positive mental health.

In the clinical medical set up, mentally healthy person is an

individual free from mental illness. The positive mental health refers to behaviors, attitudes, the feelings that represent an individual's level of personal effectiveness, success and satisfaction. In this sense, it has no direct connection with the mental illness (Jahoda. 1958) [7]. Different theoreticians have suggested a multitude of criteria for defining mental health. A quick overview of related literature makes to say Jahoda (1958) [7] a most comprehensive among them. She summarizes a set of activities in current use are given below.

- Attitude towards the self
- Self-regulation
- Integration
- Autonomy
- Perception of reality, and
- Environmental mastery

The total score in the Mental Health Status Scale (Gireesan and Sam Sundarraj 1988) [8] considered as the mental health score of the individual sport person.

**Materials and Methods:** 100 subjects were selected from university of Jammu, Jammu And Kashmir randomly, the age group ranged between 19 to 25 years. All the subjects gave an informed consent after detailed protocol of the study, then non-invasive technique was explained to them. Questionnaires were imparted to each student for collection of data.

#### Mental Health Status Scale

"Some statements related to certain problems that we face in the daily life are given below. Indicate how far you agree or disagree with each statements with a "□" "mark. In the response sheet against the item number of each statement, five choices A, B, C, D and E are given. A denotes" Strongly Agrees B for 'Agree', C for Undecided, D for 'Disagree' and E for Strongly disagree. Give the first response comes to your mind using a tick mark".

#### A Scale of Type-A Personality Pattern

"This questionnaire contains 14 statements which describe certain characteristics 88 of our behavior. Indicate whether it is true to yourself. There are two options such as, 'Yes' or 'No'. Give the first response comes to your mind using a tick '□' mark".

#### Discussion and conclusion

**Table 1:** Correlation matrix of mental health and personality

Variables	Time urgency	Inappropriate Aggression and hostility	Poliphasic behavior	Goal directedness without proper planning	Type-A personality pattern
Attitude towards self	-0.042	-0.040	-0.005	-0.161*	0.093
Self-actualization	0.007	0.053	0.097	-0.194**	-0.002
Integration	-0.118	-0.072	0.098	-0.270**	-0.130*
Autonomy	0.053	0.025	0.059	-0.107	0.026
Perception of reality	0.062	0.010	0.083	-0.175*	0.012
Environmental mastery	-0.085	-0.129*	0.076	-0.209**	-0.143*
Mental health	-0.035	-0.043	0.104	-0.290**	-0.095

It can be found that the first element of mental health which can be explained by psychological profiles such as self acceptance, attitude towards self, confidence and self - respect, reveals a negative trend with all the components of Type-A personality. However, among the four only one 'goal directedness' without proper planning is significantly

correlated (-0.161) at 0.05 level which means that the inclination of sport persons to rush into work without really knowing how to achieve level of personal effectiveness success and satisfaction from the literature it seems clear that Type - A people are at higher risk for various physical ailments. Taking this aspect for granted, it can be assumed

logically that mental health and Type- A personality are associated. The correlation status of these variables in a sport population is interesting as well. The desired results and usually that ends in incomplete work or work with many errors may be the reason for low self-acceptance, low self-confidence and self-respect. The next component, self-actualization is concerned with what a person does with his/her self over a period of time. In this concept the maximum development of the basis equipment of the individual is emphasized. The matrix reveals that this aspect of mental health positively correlates with components of personality viz, 'time urgency', "unsuitable aggression and hostility and polyphasic behavior". Coefficients are negligible and more or less equal to zero. Hence a linear relationship of these components of personality with self utilization seems impossible. Again "goal directedness without proper planning" is the single component negatively correlates with 'self-actualization'. The correlation coefficient is -0.194, significant at 0.01 level. It is reasonable to brief that an aspiring sport person should develop the habit of proper goal setting. It is clear from the matrix that, one of the components of mental health correlates significantly with total score of personality profile is 'Integration'. Resistance to stress, a unifying outlook of life and a balance of psychic forces, all these are included under 'Integration'. The correlation (-0.150) between Type A personality score and "Integration". Which is negative and significant at 0.05 level means that higher the "Integration" of the person lower the possibility to be classified as Type - A. Low "integration" also reflects the absence of cognitive aspects of 'Integration', incongruent ideas, vague thoughts etc. This aspect is related to the sport person's goal orientation. This fact is evident in a statically significant negative correlation (-0.270) at 0.01 level between goal directedness without proper planning and integration. The term 'autonomy' denotes a relation between individual and environment with regard to decision making. This aspect of mental health does correlate significantly with none of the Type - A personality dimensions. A statistically significant negative correlation is found out between 'perception of reality' and 'goal directedness without proper planning'. Being an aspect of mental health 'perception of reality' is called mentally healthy when, what the individual see's corresponds to what is actually there. Again 'goal directedness without proper planning' stands out among the other aspects of Type - A personality with a negative correlation (-0.175) at 0.05 level of significance. Efficiency in problem solving, capacity for adaptation and adjustment, adequacy in interpersonal relationship are some of the factors constitute 'environmental mastery'- one aspect of mental health. This aspect negatively correlates with inappropriate aggression (-0.129) with 0.05 level of significance contributes low mental health and 'goal directedness without proper planning' (-0.209) with 0.01 level of significance. These correlations indicate the inaccuracy of sport persons in problem solving, adaptation, and interpersonal relations due to inappropriate aggression and absence of proper planning. The correlations between the total mental health score and the aspect of Type - A personality gives a clear idea about the interrelatedness between the variables. Negative correlation is found between mental health and 'time urgency', 'inappropriate aggression', 'goal directedness without proper planning' and the total score of Type - A personality. The statistically significant correlation (-0.290) between goal directedness about proper planning and mental health suggests one possibility that the tendency of the sport persons

to rush into work without really knowing how to accomplish the desired result may end in unwanted pressure and stress that contributes low mental health. The profile polyphasic behavior correlates (0.104) positively with mental health irrespective of statistical significance. It can be asserted that the tendency to undertake two or more tasks simultaneously at inappropriate times positively correlates with mental health than any other components of Type-A personality. To put it in another way, some individuals are prone to lack of mental health by virtue of the emotional intelligence or personality characteristics. There are aspect of empirical, evidence unrevealed the positive relationship between Type-A personality pattern and bodily ailments- like coronary heart disease (Mark P. Petticrew *et al* 2012) <sup>[6]</sup> and high blood pressure.

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