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A study of emotional unstability among sport/non-sport persons

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Abstract
The present study is an attempt to study the unstability dimension of mental health among sport/non-sport persons and gender. The sample is of a scattered nature and a list of sport/non-sport persons is prepared from the different colleges of Uttarakhand state. The total sample consisted of 300 sport/non-sport persons selected through random sampling. Mithila Mental Health status inventory (MMHSI): Dr. Anand Kumar, Dr. Giridhar P. Thakur (1984) is used to find out the emotional unstability dimension of mental health in sport/non-sport persons. Emotional unstability scale will indicate whether the person would be unhappy, nervous, emotionally labile, fearful, anxious and depressed. High score on this scale would indicate that the individual has serious personality problems and would need psychological and psychiatric assistance. Such people would have definite adjustment problems.
The results show that there was not significant difference between sport/non sport persons in respect of emotional unstability.

Keywords: Mental health, emotional unstability, sport, non-sport

Introduction
Sports is the most important factor of a healthy lifestyle. Physical education promotes the importance of a regular fitness activity in the routine. This helps the students to maintain their fitness, develop their muscular strength, increase their stamina. Sports helps to inculcate the importance of maintaining a healthy body, which in turn keeps them happy and energized. Sports promotes better functioning of digestion and all other physiological processes and hence results in all round fitness.

Pareek and Rao (1971) [3] suggested that mental health is not a separate entity but rather a latent hypothetical construct manifested in behaviour of an individual under various circumstances. By virtue of complexity of behaviour which is an indicator of mental health, it can be inferred that mental health is a conglomeration of a number of variables. They have given a list of twenty one such variables which can be classified into two broad categories, viz., those dealing with the adjustment towards various facets of life; adjustment being determined by the desirability of behaviour shown by the individual and those go a step further and make the individual active or creative interacting with the environment.

Mental health can be defined in positive terms as optimal perceptual flexibility. The physician is also apt to think of mental health as the absence of mental illness and such definition serve his purpose. Mental health in the broader sense suggests a degree of happiness and satisfaction under conditions that warrant such a state of mind, and a capacity for making satisfactory personal and social relationships. The concept of mental health is relatively recent having originated early in the present century. According to Burnham (1925) [1] "A mentally healthy person is one who has a wholesome and balanced personality, free from schisms and inconsistencies, emotional and nervous tensions, discards and conflicts." Every year tens of thousands of ordinary people break down under the stress of everyday life.

Methodology
Tools
Mithila Mental Health Status Inventory (MMHSI): Dr. Anand Kumar, Dr. Giridhar P. Thakur (1984) [2].

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Independent Measures
1) Sport/non-sport
2) Sex

Dependent Measures
Emotional unstability of mental health.
Emotional unstability scale was developed to indicate whether the person would be unhappy, nervous, emotionally labile, fearful, anxious and depressed. High score on this scale would indicate that the individual has serious personality problems and would need psychological and psychiatric assistance. Such people would have definite adjustment problems.

Sampling
Since the elements of the sample are of a scattered nature and are only a variable in 'clusters' (i.e. districts), a list of youths is prepared from the different Universities and affiliated colleges of Uttarakhand state. A list of 400 persons is prepared in the first instance of between 17 to 25 years. The

scale of Mithila Mental Health Status Inventory (MMHSI): Dr. Anand Kumar, Dr. Giridhar P. Thakur (1984) [2] scale test was administered over these 400 youths and 300 of these have been selected.

Table 1: PARADIGM

		Sport/Non-Sport		Σ
		Sport	Non-Sport	
Sex	Male	75	75	150
	Female	75	75	150
Σ		150	150	300

Results and Discussion
Preliminary results indicated that a two way analysis of variance (ANOVA) with repeated measures on male non-sport persons have high alienation tendency than male sport persons.
Alienation independent of sex significantly occurs in non-sport persons than sport persons.

Table 2: The anova summary ($P < .05$)

Source of variance	S.S	df	M.S	F	P
Treatment	21.19	3	7.06		
Sex	1.34	1	1.34	0.07	
Sport/Nonsport	5.34	1	5.34	0.28	
Interaction	14.51	1	14.51	0.77	
With in Error	5579.81	296	18.85		
Total		299			

$F_{.05}$ (1, 296)–3.87
$F_{.01}$ (1, 296)–6.72

Table 3: Research Paradigm

		Sport/Non-Sport		Σ
		Sport	Non-Sport	
Sex	Male	1781	1794	3575
	Female	1824	1771	3595
Σ		3605	3565	

Table 4: Showing Mean Value

S. No.	Variables	Mean
1.	Male	23.83
2.	Female	23.96
3.	Sport	24.03
4.	Non-sport	23.76

When the Table 4 was analyzed it was found that the mean score of male persons was 23.83 and female person was 23.96. Although there was difference between the two mean scores (0.13), even than this was non statistically significant

at any level. The calculated 'F' score 0.07 was less than reference 'F' value at .05 is 3.87 and at 0.01 is 6.72 (df = 1).
The Table 4 shows that the mean score of sport person was 24.03 and the mean score of non sport persons was 23.76. The difference in the mean scores (24.03 - 23.76 = 0.27) was statistically not significant. The reference 'F' value = 3.87 was higher than calculated 'F' value = .28 (df = 1). There was not significant difference between sport and non-sport persons.
The table 2 shows When the bivariate interaction (Sport/Non-sport × sex) was analyzed it was found that the calculated 'F' value = 0.77 was less than the reference 'F' Value = 3.57 (df = 1). There was not significant difference between sex and sport/non-sport persons.
Although interaction Sport/Non-Sport and Sex was not significant at any level even than the further breakup of results shows the significance:

Table 5: 't' Table

S. No.	Interaction	Mean	Std. Deviation	t	df	P
I	Male Sport	23.75	5.37606	.279	149	
	Male Non Sport	23.92				
II	Female Sport	24.32	6.53219	.937	149	
	Female Non Sport	23.61				
III	Male Sport	23.75	5.76610	.861	149	
	Female Sport	24.32				
IV	Male Non sport	23.92	6.31381	.421	149	
	Female Non Sport	23.61				
V	Male Sport	23.75	5.81780	.198	149	
	Female Non Sport	23.61				
VI	Male Non Sport	23.92	6.48283	.534	149	
	Female Sport	24.32				

$t_{.05}$ (df=149)= 1.98; $t_{.01}$ (df=149)= 2.61

Interpretation of significant results of 2 × 2 bivariate interaction

Male Sport and Male Non-sport

Table 5 revealed that the mean score of male sport persons was 23.75 and male non-sport person was higher than male sport persons. The difference between two mean scores was not statistically significant at any level as calculated 't' value = .279 was less than reference 't' value = 1.98 (df = 149). There was not significant difference between male sport and male non-sport persons in respect of emotional unstability.

Female Sport and Female Non-sport

When the collected information regard the emotional unstability factor was analyzed it was found that female sport person's mean score was 24.33 and female non-sport person's mean score was 23.61. The difference between these two scores was not significant at any level as calculated 't' value = 0.94 was less than reference 't' value = 1.98 (df = 149). There was not significant difference between female sport and female non-sport persons in respect of emotional unstability.

Male Sport and Female Sport

The Table 5 shows that the mean scores of male sport (23.75) was less than the mean score of female sport (24.32). Although there was difference between these two scores even than it was not statistically significant at any level as reference 't' value = 1.98 (df =1) was higher than the calculated 't' value = .861 (df=149). There was not significant difference between male sport and female sport persons in respect of emotional unstability.

Male Non-sport and Female Non-sport

After analyzed of Table 5 it was found that the mean score of male non-sport (23.92) and the mean score of female non-sport (23.61) was different. The differences between these two mean scores was non-significant at any level because the calculated 't' value = 0.42 was less than reference 't' value = 1.98 (df = 149). There was not significant difference between male non-sport and female non-sport persons in respect of emotional unstability.
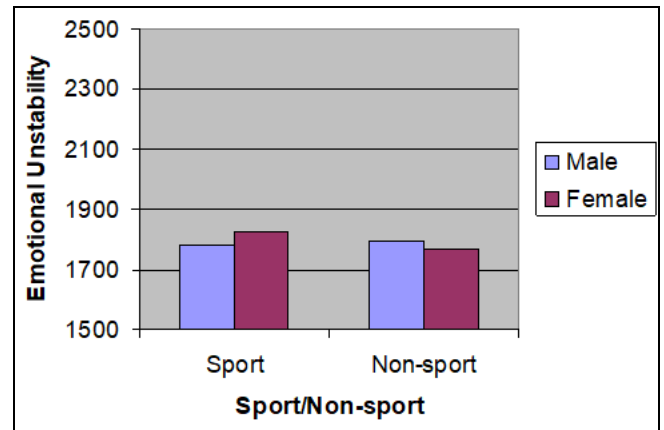
Male Sport and Female Non-sport

The mean score of male sport persons was 23.75 and female non-sport person was 23.61. The difference of mean (0.14) tells that there was non significant between mean score at any level. As calculated 't' value = 0.19 was less than reference 't' value = 1.98 (df = 149). There was not significant difference between male sport and female sport persons in respect of emotional unstability.

Male Non-sport and Female Sport

The Table 5 indicates that the male non-sport persons mean score was 23.92 and female sport person mean score was 24.32. Although there was difference (0.40) between these two mean scores even than it was not statistically significant at any level as calculated 't' value = .53 was less than reference 't' value = 1.98 (df = 149). There was not significant difference between male non-sport and female sport persons in respect of emotional unstability.

Graphical presentation of main effect & interaction

Graph 1: Emotional Unstability = ƒ Sport/Non-Sport and Sex (Main Effect)

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