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An investigation on the effect of age maturity and income on mental health of national handball officials

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Abstract

Sports form an important aspect of life and play vital role in bringing about physical, mental and social growth of nation. The past few decades have witnessed man on innovation in this area. Sports are becoming increasingly sophisticated, technical and gaining popularity as separate profession with the expansion of educational facilities in the country. More and more young people are taking part in sports as a daily feature of their life. The participation in Sports and Physical Education activities promote good health, high degree of physical fitness and increase an individual's productivity besides promoting social harmony and discipline.

The main purpose of the study is to assess the impact of age maturity and income on the mental health of national Handball officials. To achieve the purpose of the study the investigator used The Mental Health Scale developed by Dr. Jagadish and Dr. A. K. Srivastava in the present study. The inventory was administered on 40 national Handball officials of different age group of below 31 years and above 31 years during the Junior State and National Handball Championship 2016. It is found that there is a significant difference in their mental health between different age group of officials. It is due to more participation in sports as official and age maturity provides lot of opportunity to face the challenges and have plenty of experience and try to overcome from the critical sports situation. The obtained value reveals that income plays very less role on the officiating of the officials. Hence, the age maturity and income of a person or a officials play decisive role in shaping the personality of an individual. And participation in sport cultivates skills and mastery over the emotion to control and regulate effectively in sports situation and life situation.

Keywords: Age maturity, income, mental health, national handball officials

Introduction

Sport is one of the most enduring of all human activities. Virtually from the beginning of any written Sports are an important part of the society and an integral feature of everyday life. Sports and Physical Education play an important role in human development. Games and other outdoor activities, properly planned and executed, promote social harmony, discipline and increased productivity.

These activities develop right attitudes and values in students and help them grow into balanced, integrated and healthy citizens. Participation in physical activities and sports is a fundamental right of every citizen. Physical education and sports are essential elements of educational processes which promote among the participants' health, physical fitness and quality of life. Sports are an inspirable phenomenon of our social life and are at the apex of human civilization because of the trials, competitive events and scope of improving personality. They play a very prominent role in the modern society. It is good to see that nowadays many people are realizing the fact and understanding the importance of sports in their lives. They are considered as one of the mediums for entertainment but are also considered as a solution to maintain and improve good health. They also develop a person's mental as well as physical ability. In the past it was believed that sports had only physical effects, but later on it was revealed that sports also plays a vital role in psychological and physiological development.

Sports and games are parts of physical education and essential elements for the growth and development of physical, mental and psychological aspects of an individual. Kamlesh (1993) considers that education aims to improve and develop the total personality of individual.

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But the role of play, in this process, is not of less significance – “No other activity is wholesome as play. In the absence of play from the human life, living would be dull and drab, most uninteresting and uninspiring”. Physical activities and movements in sports, games and competitive events increase the worth and charm of life, enlighten new vistas besides increasing development of human organs – development of tissues, nerves, muscles and bones etc.

Sports form an important aspect of life and play vital role in bringing about physical, mental and social growth of nation. The past few decades have witnessed man on innovation in this area. Sports are becoming increasingly sophisticated, technical and gaining popularity as separate profession with the expansion of educational facilities in the country. More and more young people are taking part in sports as a daily feature of their life. The participation in Sports and Physical Education activities promote good health, high degree of physical fitness and increase an individual's productivity besides promoting social harmony and discipline.

The rises of professionalism in sport and the human craze and quest for “winning” have transformed highly enjoyable sport into a complex behavioral conundrum. The athletes and coaches have to prepare themselves to face the extraordinary emotional and psychological situations to reach new horizons in performance. In sport, competition has gained ascendance over all its other worthily objectives-fitness, health, intellection, socialization, ethics and morality.

Mental Health

Mental health means ability to balance in one's daily living. In other words it is the ability to face and balance the reality of life (Bhatia, 1982). Mental health is a complex phenomenon depends on a set of familiarly personal, psychological and social variables. Mental health is as an important feature as the physical health of a person to make him complex with balance mental disposition of the children to cope with life more effectively and productively. Good mental health depends on the good state of both mind and body. Each exert a direct influence on the other, but owing to the power of matter, good mental health is of supreme importance according to Hadfield (1952) mental health is the harmonious functioning of the whole personality.

All kinds of insecurities - physical, mental, social etc., have engulfed the psyche of the people who are mad for more and more materialistic possessions in order to live luxuriously and also to leave the same for generations to come. Today's men are unnecessarily running from early morning till late at night for minting money and amassing wealth with their never-ending lust.

Out of four components of total health of the individual mental health is vitally important because our entire thought process takes place in mind, our all ideas originate from our mind and all kinds of directions are issued from mind which guide, shape and regulate our communication, conduct and behavior and determine our personal and social functioning as well as adjustment.

Mental health is not static but it undergoes change in accordance with time and space and the pendulum of mental health continually oscillates as a continuum of optimism on the one hand and minimal on the other. Further, mental health has to be understood as different from mental disorders which represent a mental state as reflected through varied kinds of symptoms which are relatively enduring, which disrupt the social functioning and are beyond the control of the person who becomes their victim.

Objectives of the Study

- To understand the level of Mental Health among men Handball officials.
- To know the effect of income on Mental Health among men Handball officials.
- To know the age factor influence on Mental Health among men Handball officials.

Materials and Methods

Personal Data Schedule is framed to collect information regarding the personal and socio demographic status of the sample. The Mental Health Scale was used in the present study. The responses are scored with the help of manual.

Selection of Subjects

Keeping the objectives in view, appropriate research design is adopted. The 40 officials as sample for the present study are drawn from Karnataka Handball Association and were administered Mental Health scale to assess the differences.

Selection of Variables

- Dependent: Mental Health.
- Independent: Age and Income.

Collection of Data:

The data were collected from the men Handball officials who were worked in National Volley ball Championship and they were administered the Mental Health scale during the sports competitions. Following tools were used in this present study, Personal Data Schedule: This is framed to collect information regarding the personal and socio demographic status of the sample. Mental Health scale developed by Dr. Jagadish and Dr. A. K. Srivastava was used in the present study. The inventory contains 56 questions. The responses are scored with the help of manual.

Statistical Procedure

Keeping the objectives of the study in view, the statistical techniques Mean, SD and t-value were applied.

Results and Discussions

In this present study, an attempt is made to examine the extent to which the respondents differ on mental health level. This can be achieved by computing the mean scores of mental health on two sample sub-groups of age and family income. The data are arranged and presented in the following tables.

Table 1: Mean SD and t-values of Mental Health in Age (N=40)

Category	M	SD	t-value
Below 31 years	54.06	3.56	4.59**
Above 31 years	49.04	2.64	

**significant at 0.01 level

Table 1 presents the data of two age group respondents in respect of mental health variable. Again both age groups (N=40) are divided into two categories, i.e., above 31 years and below 31 years. As per the norms of the mental health scale, one who scores high is categorized as low mental health while one who scores low is considered to be of high mental health.

In table 1 it can be noticed that the respondents of above 31 age group have scored a mean of 54.06 in mental health level while the below 31 age group have scored a mean 49.04. The t-value is 4.59 which is significant 0.01 level. This shows that there is significant difference in mental health level of volley

ball officials in relation to their age factor. Thus, higher age respondents have more organized perceptions and mentally healthy than those of lower age counterparts.

Table 2: Mental Health Level of Sample in relation to their Income (N=40)

Category	M	SD	t-value
Below 50 thousand	53.14	2.96	5.02**
Above 50 thousand	50.12	2.25	

**Significant at 0.01 level

It can be seen through table 2 that the respondents of above 50 thousand income group have scored a mean of 50.12 in mental health level while the below 50 thousand income group have scored a mean 53.14. The t-value is 5.02 which is significant 0.01 level. This shows that there is significant difference in mental health level of volley ball officials in relation to their income factor. Thus higher income sample are more mentally healthy than the lower income sample.

Conclusions

- The above 31 age group officials have better mental health than the below 31 age group Handball officials.
- The above 50 thousand income Handball officials have better mental health than the below 50 thousand income.

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