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M Vijay Chandar
Lecturer, Department of
Physical Education, Sri
Venkateshwara B.P. Ed College,
Dubbak, Siddipet, Telangana,
India

P Madhu
Teacher, Department of Physical
Education, Z.P.H.S Vittalapur,
Damaragidda, Narayanpet,
Telangana, India

B Vamshi Krishna
Department of Physical
Education, Kakatiya University,
Warangal, Telangana, India

Corresponding Author:
M Vijay Chandar
Lecturer, Department of
Physical Education, Sri
Venkateshwara B.P. Ed College,
Dubbak, Siddipet, Telangana,
India

A study of physical fitness and mental health among sportsman and non-sportsman in Telangana State

M Vijay Chandar, P Madhu and B Vamshi Krishna

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Abstract

The present study was undertaken to investigate the relationship physical fitness and mental health among sportsman and non-sportsman. Sample of the study, 200 sportsmen and non-sportsmen were used. The purpose of the study was to examine the physical fitness and mental health among sportsman and non-sportsman. Hypothesis of the study is sportsmen who have significantly good physical fitness than non-sportsmen and another one is sportsmen who have significantly good mental health than non-sportsmen. C.G. Deshpande Mental Health test and for physical fitness measure through sit-ups. It was a conclusion that sportsman has significantly good physical fitness than non-sportsman and sportsman has significantly good mental health than non-sportsman.

Keywords: Physical, fitness, mental health, sportsman, non-sportsman

1. Introduction

Physical fitness comprises two related concepts: General fitness (a state of health and wellbeing) and specific (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through exercise, correct nutrition, and enough rest. It is an important part of life. However, as automation increased leisure time, changes are lifestyles following the industrial revolution rendered this definition in sufficient days, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

1.2. Mental Well-being

Mental health can be seen as a continuum, where an individual's mental health may have many different possible values. Mental wellness is generally viewed as a positive attribute such that a person can reach enhanced levels of mental health, even if they do not have any diagnosable mental health condition. This definition of mental health highlights emotional wellbeing, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. Positive psychology is increasingly prominent in mental health. A holistic model of mental health generally includes concepts based on anthropological, educational, psychological, religious and sociological perspectives, as well as theoretical perspectives from personality, social, clinical, health, and developmental psychology. Sandoval and Davis (1981), a school based mental health consultation curriculum many have been written about mental health consultation and school-based consultation, but little has been written about how consultants are to be prepared for their role.

2. Methodology

2.1. Aims and Objectives of the Study

This study aims to examine the mental health of sportsman and non-sportsman.

2.1.1. Hypothesis

Sportsman's has been significantly good physical fitness than non-sportsman

Sportsman's has been significantly good mental health than non-sportsman.

2.1.2. Sample: For the present study, 200 players were selected from Aurangabad. The effective sample consisted of 200 subjects, out of which 100 subjects were sportsman and 100 subjects were non-sportsman. The age range of subjects was 18–25 years

2.1.3. Tools

C.G. Deshpande Mental Health test: C.G. Deshpande Mental Health test was used for measuring frustration. All the 50 items of the scale are presented in simple and brisk style. Each of the 40 items has two answers (multiple choice) "YES" and "NO." This is a well known test having high reliability and validity coefficients

2.2. Physical Fitness Measure through Sit-ups**2.2.1. Procedures of data collection**

Each of the two instruments could be administered individuals as well as a small group: First are physical fitness measures through sit-ups. While collecting the data for the study, the later approaches were adopted. The subjects were called in a small group of 20–25 subjects and their seating arrangements were made in a classroom. Before administration of test or scale, through informal talk appropriate rapport from following the instruction and procedure suggested by the author of the scale and tests. The test was administered and field copies of each test were collected

2.2.2. Variables

Independent variable: (1) Group, (a) sportsman and (b) non-sportsman
Dependent variable: (1) Physical fitness and (2) mental health

2.3. Statistical Treatment: Data Sportsman and non-sportsman show the mean, S.D., and "t" value of factors "Physical Fitness (Sit-Ups)"

Table 1: Data sportsman and non-sportsmen shoe the mean sd and t value of factors physical fitness

Group	Mean	SD	n	DF	"t"
Sports man	3.49	18.89	100	198	6.22**
Non sports man	28.08	16.73	100		

The results related to the hypothesis have been recorded. The mean of physical fitness (sit-ups) score of the sportsman is 43.49 and that of the non-sportsman is 28.08. The difference between the two means is highly significant, "t" = 6.12, df = 198. Thus, the hypothesis is confirmed that sportsman has significantly good physical fitness than non-sportsman
Sportsman and non-sportsman show the mean, S.D., and "t" value of factors "Mental Health."

Table 2: Show the sportsman and non-sportsman show the mean SD and t value of Factors mental health

Group	Mean	SD	n	DF	"t"
Sports man	40.29	10.08	100	198	6.44**
Non-sports man	31.53	9.14	100		

The result related to the hypothesis has been recorded. The mean of mental health score of the sportsman is 40.29 and

that of the non-sportsman is 31.53. The difference between the two means is highly significant, "t" = 6.44, df = 198. Thus, the hypothesis is confirmed that sportsman has significantly good mental health than non-sportsman

3. Results

Sportsmen have significantly good physical fitness than non-sportsmen and Sportsmen have significantly good mental health than non-sportsmen

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