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## Impact of sports on mental health status of girl students of rural area

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#### Abstract

A considerable number of children and adolescents worldwide report the presence of poor mental health complications, which frequently endure into adulthood. Several researches conducted on children, adults, and adolescents showed that participation in sports creates favorable mental health consequences, nonetheless particulars about the association between sports participation and mental health is not adequate. The purpose of the study was to determine the impact of sports on mental status of rural girls. The study was confined to the Girl students of rural area of Agra District from age group of 9 to 14 years who have the BMI between 15.31 to 22.25 by using purposive sampling. Measurement of mental health was completed using the Self-made Questionnaire. The data was collected from the subject and analyzed by using the Pearson's' product moment correlation. The result of analysis indicated a significant enhancement in mental health of the rural girls due to participation of sports

**Keywords:** Mental health, Sense of Accomplishment, Self-perception, Personal identity and BMI

#### Introduction

Although India had been the first nation since antiquity that provided national health care as a uniform right to all its citizens, in the current scenario the rural health care of India has been found to face severe crisis, which is unparalleled to other social sectors. As much as 86% of the entire proportions of medical visits that occur in India are comprised by the rural regions (Singh and Badaya 2014) [19]. In addition, the majority of the rural inhabitants of the nation have to travel for more than roughly 100 km, with the aim of gaining access to necessary health care amenities, of which an estimated 70-80% is attributed to out of pocket expenses that subsequently leads to poverty. There is mounting evidence for the fact that several people living in rural and remote locations suffer from a plethora of psychosocial issues that often progress to adulthood and directly worsen the overall health and wellbeing of the affected individuals (Hirve, *et al.* 2015) [11]. In addition, living conditions i have also been identified to create a direct effect on public wellbeing. One of the major challenges that are faced by rural communities includes the multitude of health hazards that they are subjected to, due to poor socioeconomic conditions (Xu, *et al.* 2015) [26].

Some of the basic characteristics of the living conditions in rural regions of India encompass namely, poor ventilation, decrepit and derelict housing edifices, serious over-crowding, water logging, scarcity of safe and clean drinking water, non-availability of medical and social services, and lack of lavatory facilities (Bain, *et al.* 2014) [3]. Taking into consideration the fact that psychosocial health encompasses several dimensions that are spiritual, social and emotional, and enhancement of psychosocial health in the rural population of India would help in bringing about an improvement of the overall health and wellbeing, thus reducing the disease burden in the vulnerable population.

Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term "mental health" to mean the absence of a mental disorder. Mental health can affect daily living, relationships, and physical health.

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The WHO stress that mental health is “more than just the absence of mental disorders or disabilities.” Peak mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness. They also emphasize that preserving and restoring mental health is crucial on an individual basis, as well as throughout different communities and societies the world over.

In 2017, an estimated 11.2 million adults trusted Source in the U.S., or about 4.5% of adults, had a severe psychological condition, according to the National Institute of Mental Health (NIMH). Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.

A sense of accomplishment" means to feel like you've achieved something great. Here are some events that might make you feel a sense of accomplishment. The definition of an accomplishment is something positive which you have achieved. Gaining a sense of accomplishment, and feeling proud of the work that is done, helps people feel like they're progressing in their work. When you feel a sense of accomplishment, you naturally become more engaged in your work, and more motivated to maintain and improve their good work. Accomplishments are an important foundation for communicating what you have done, why you fit, and what you offer an organization. Accomplishments indicate specifically what you have achieved during your career. For example: – A task you performed on a regular basis or a project you managed. Achievements are goals or landmarks that have been reached.

Self-perception is an account of attitude formation developed by psychologist Daryl Bem. It asserts that people develop their attitudes (when there is no previous attitude due to a lack of experience, etc. and the emotional response is ambiguous) by observing their own behavior and concluding what attitudes must have caused it. Self-perception is the idea that you have about the kind of person you are. Self-perception theory describes the process in which people, lacking initial attitudes or emotional responses develop them by observing their own behavior and coming to conclusions as to what attitudes must have driven that behavior. High self-esteem and good self-perception are what helps us avoid getting crushed by rejection and what motivates us to keep pushing for our dreams. Self-perception can be improved by becoming aware of how schema, socializing forces, self-fulfilling prophecies, and negative patterns of thinking can distort our ability to describe and evaluate ourselves.

Specific steps to develop a positive self-perception are -

1. Take a self-image inventory
2. Make a list of your positive qualities
3. Ask significant others to describe your positive qualities

4. Define personal goals and objectives that are reasonable and measurable
5. Confront thinking distortions

The term “personal identity” means different things to different people. Psychologists use it to refer to a person's self-image—to one's beliefs about the sort of person one is and how one differs from others. Personal identity deals with philosophical questions that arise about us by virtue of being people. This contrasts with questions about ourselves that arise by virtue of our being living things, conscious beings, material objects, or the like. Personal identity is the concept you develop about yourself that evolves over the course of your life. This may include aspects of your life that you have no control over, such as where you grew up or the color of your skin, as well as choices you make in life, such as how you spend your time and what you believe.

The simple view of personal identity, which on some variants is called the soul view, identifies persons with souls or some other immaterial mental thing. The simple view of persons says that persons are not reducible to matter, nor are a bundle of both material and non-material qualities. The concept of personal identity is sometimes referred to as the diachronic problem of personal identity. The problem of personal identity is at the center of discussions about survival of death and immortality. In order to survive death, there has to be a person after death who is the same person as the person who died.

Personal identity is the unique numerical identity of a person over time. Discussions regarding personal identity typically aim to determine the necessary and sufficient conditions under which a person at one time and a person at another time can be said to be the same person, persisting through time. It is the concept you develop about yourself that evolves over the course of your life. This may include aspects of your life that you have no control over, such as where you grew up or the color of your skin, as well as choices you make in life, such as how you spend your time and what you believe.

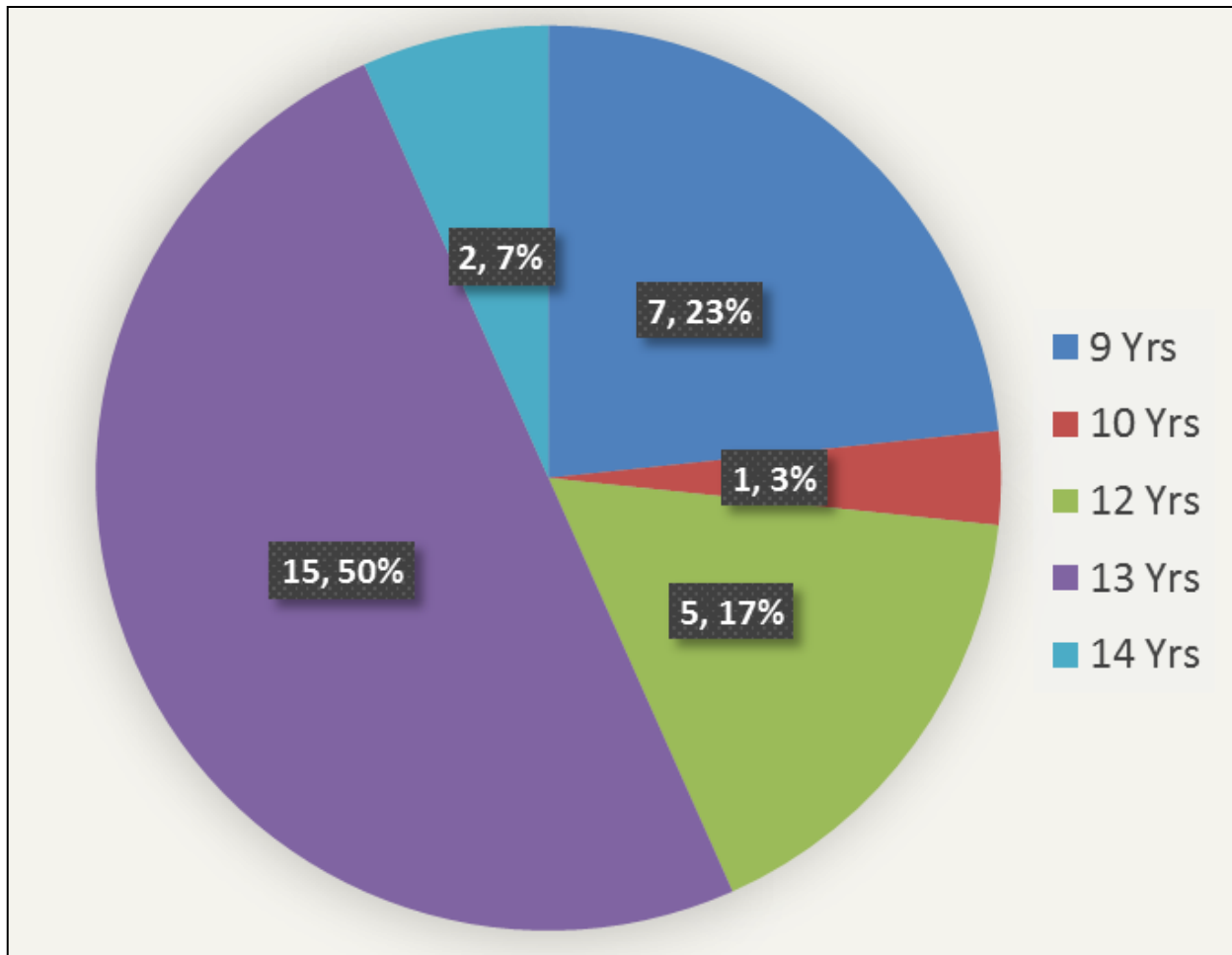
### Material and Methods

The total 30 girl students who belongs to rural area of Agra district of Uttar Pradesh and never indulged in any kind of sports activities were recruited as subjects, with their age group ranging between 9-14 years through purposive sampling process. In order to ensure that all of them have the equal opportunity of getting enrolled in the sample, voluntary consent was also obtained from the parent or guardian for participation of their children in the research. For the purpose of the research the Girls having residence in the rural area of district Agra of Uttar Pradesh and have BMI between 15.31-22.25 were recruited as subjects.

The research focused to determine the impact of sports activities on Mental Health and Social Wellbeing of the girls who belongs to the rural area. Sense of Accomplishment, Self-perception and Personal Identity were chosen as testing variable to assess the mental health of the subjects.

The data was collected in person by the researcher from the girls of rural area through Mental Health Inventory. The descriptive statistics and Pearson product movement correlation was applied to find out the impact of sports on mental health. The level of significance was set at 0.05 in all the cases.

**Age distribution of subjects**



**Analysis of data**

**Impact of sports on mental health of rural girls**

Content		How long do you wish to continue your sport?	Do you think playing the sport keeps you refreshed?	Do you feel frustrated after losing a game?	Did you ever feel that you must quit the sport you are into?	Did your body pattern improve after playing outdoor games?	Do you suffer from physical pain from playing your sport?	Are you able to sleep after losing a game?
How long do you wish to continue your sport?	Pearson Correlation	1	-.069	-.192	.137	.140	.179	-.118
	Sig. (2-tailed)		.719	.310	.471	.462	.343	.535
Do you think playing the sport keeps you refreshed?	Pearson Correlation	-.069	1	.202	-.372*	-.058	.088	-.018
	Sig. (2-tailed)	.719		.284	.043	.759	.642	.923
Do you feel frustrated after losing a game?	Pearson Correlation	-.192	.202	1	-.318	-.262	.175	.544**
	Sig. (2-tailed)	.310	.284		.087	.162	.355	.002
Did you ever feel that you must quit the sport you are into?	Pearson Correlation	.137	-.372*	-.318	1	.054	-.031	-.161
	Sig. (2-tailed)	.471	.043	.087		.778	.869	.394
Did your body pattern improve after playing outdoor games?	Pearson Correlation	.140	-.058	-.262	.054	1	.012	-.311
	Sig. (2-tailed)	.462	.759	.162	.778		.949	.095
Do you suffer from physical pain from playing your sport?	Pearson Correlation	.179	.088	.175	-.031	.012	1	.109
	Sig. (2-tailed)	.343	.642	.355	.869	.949		.567
Are you able to sleep after losing a game?	Pearson Correlation	-.118	-.018	.544**	-.161	-.311	.109	1
	Sig. (2-tailed)	.535	.923	.002	.394	.095	.567	

\*. Correlation is significant at the 0.05 level (2-tailed).

**Results and Discussion**

From the result, it can be found that the body pattern improved due to sports having thus, it has a positive impact on wellbeing. Another significant aspect that has been found

in this result was sleeping after losing a game is statistically significant (0.002) with respect to being frustrated at losing a game. This indicated that sports have an impact on the psychological aspects of those indulge in physical activities

and played sports and games either as recreation or professionally. It affects their sleep and increase frustration level to a large extent.

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