



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2021; 8(6): 237-239  
© 2021 IJPESH  
[www.kheljournal.com](http://www.kheljournal.com)  
Received: 15-09-2021  
Accepted: 26-10-2021

**Dr. Achchhe Lal Yadav**  
Assistant Professor, Pt DDU  
Government P G College,  
Ghazipur, Uttar Pradesh, India

**Satya Nand Yadav**  
Research Scholar, VBS  
Purvanchal University, Jaunpur,  
Uttar Pradesh, India

**Corresponding Author:**  
**Dr. Achchhe Lal Yadav**  
Assistant Professor, Pt DDU  
Government P G College,  
Ghazipur, Uttar Pradesh, India

## Sports participation and mental health among student of different district of Uttar Pradesh

**Dr. Achchhe Lal Yadav and Satya Nand Yadav**

### Abstract

There is an acknowledged need for interventions that focus on prevention to foster mental health, and to fulfill this need, sports offer a promising way to promote mental health and avoid the beginning of a mental illness. In this study, a literature review is presented about the association between sports participation and mental health across the lifespan.

**Objectives:** To determine the Sports Participation and Mental Health among Student of different district of Uttar Pradesh and association between sports participation and mental health and get information about the mental health benefits that can be achieved by increased participation in sports, both by the general public and professional athletes at any age.

**Methods:** To conduct the literature review, a search on different databases was carried out for research articles with the key terms "sports participation" and "mental health" to find their association.

**Results:** Participation in sports was found to be positively associated with psychological well-being and connected with fewer mental health problems. Sports participation was associated with higher self-esteem and a lower risk of anxiety, depression, and social-behavioral inhibition in adolescents.

**Conclusions:** Participation in sports is beneficial to the mental health of children, adolescents, and adults. Team sports and sports clubs are especially advantageous for mental health due to social and psychological support. Creating opportunities for sports participation can lead to the promotion of mental health.

**Keywords:** Sports participation, mental health

### Introduction

Young people are blessed with exceptional mindsets amid this period. Juvenile improvement is influenced by the recorded time. Today, kids living in confined, socially homogenous networks are presented to more extensive universes by means of TV, daily papers and PCs and can interface with this world through Internet. Mental prosperity is critical in the life surprisingly as man lives in a universe of hot-line correspondence, logical supernatural occurrences and information blast, and so on. Emotional wellness identifies with inspirational states of mind and encounters that bring advancement and happiness regarding individuals. Different analysts and researchers have stamped pre-adulthood as a basic period, if not the most basic period in human improvement he crossroads, which everlastingly shapes an individual and humankind's predetermination. Puberty is the time of exceptional mingling (Dube, 1991) <sup>[16]</sup>. It is at this phase the social relationship achieves uplifted hugeness. Psychological well-being issues can profoundly affect personal satisfaction. Those with more issues, for instance, reliably had lower confidence and worked less well in school and associate exercises. Mental clutters among kids and youngsters additionally had a critical unfriendly effect on the lives of guardians and families (Sawyer *et al.*, 2000) <sup>[17]</sup>. Pre-adulthood is a voyage from the universe of the youngster to the universe of the grown-up. It is a period of physical and passionate changes as the body develops and the brain turns out to be all the more addressing and free. The second decade of the human life is a time of self-awareness nearly as quick as the first. Ten-year-olds are still kids, albeit many are as of now presented to difficulties from the grown-up world. By the age of 20, youngsters are contributing individuals from society, securing rights at an assortment of ages to wed, vote, drive, have intercourse, battle for their nation - or to go to jail. At first look, most youths appear to be splendid and cheerful; maybe their expectations are as yet unblemished. Indeed, even social preference and familial forbiddances can't pulverize their expectations.

Youthfulness is the formative stage that traverses the progress from moderately entire youngster like dependence on guardians to about total confidence for The administration of one's own life. Youthfulness is that extensive stretch of change among adolescence and adulthood and must be recognized from the physiological parts of pubescence.

### Objectives of the study

1. To find out the extent to which depression has affected young students
2. To find out possible reasons for Depression among this group.
3. To find out the role of social support group of the individual in promoting or preventing Depression.
4. To examine remedies followed by young generation to cure this problem and effectiveness of those methods on them.

### Hypotheses

The major hypotheses of the present research were as under

1. There is no significant deference between male sports participation sports and female sports participation sports youth with regard to health.
2. There is no significant deference between Azamgarh, Mau, Ballia sports participation sports and rural sports participation sports youth with regard to health.
3. There is no significant deference among sports participation sports youth of adulthood, late adulthood, adulthood ca early adulthood and adult tribe category with regards to health.
4. There is no significant interaction effect between gender and area of residence of sports participation sports youth with regards to health.

### Sampling design

Sample of the present research was selected randomly from the various areas of Azamgarh, Mau and Balia city of Uttar Pradesh early adulthood ate. Early adulthood those who have completed their graduation were included as Sports participation Sports youth in this research. The age range ofthesamplewas18to25years.Total sample was 600 which was further categorized into three groups of 200 each i.e. Adoleadulthoodence Late adoleadulthoodence, Early adulthood.

### Variables

#### Independent Variable

- Gender
- Area of Residence
- Category

#### Dependent Variable

- Mental Health

### Result Interpretation

The mean, median, mode and S.D. for the sample are given in Table. The early adulthood seems to be slightly positively skewed.

**Table 1:** Showing Mean, Median, Mode and S.D. for EUEYSS (N=600)

Mean	Median	Mode	S.D.
77.64	76.75	79.57	12.91

**Table 2:** Showing Skewness, Kurtosis and S.E. for EUEYSS (N=960)

Indices	Value	S.E.	P
Skewness	0.068	0.115	NS
Kurtosis	0.253	0.158	NS

The skewers and Kurtosis for the sample are found to be 0.068and 0.253respectively.

**Table 3:** Showing Analysis of Variance of Mental health in relation to Gender, Area of Residence and Category of Youth

Source of Variation	Sum of Square	df	Mean Sum of Square	F	Level of Sig.
A (Gender)	1113.920	1	1113.920	6.242	0.05
B(Area of Residence)	450.000	1	450.000	2.522	NS
C(Category)	365.005	3	121.668	0.682	NS
Ax B	4598.405	1	4598.405	25.768	0.01
Ax C	5051.590	3	1683.863	9.436	0.01
B x C	2289.670	3	763.223	4.277	0.01
Ax Bx C	681.165	3	227.055	1.27	NS
Error	139910.000	784	178.457	-	-
TSS	154459.755	799	-	-	-

Significant level of F-value

- 0.05level 3.85(df=1),0.01level6.66 (df=1)
- 0.05level 2.61(df=3),0.01level3.80 (df=3)

It could be seen from the tableNo.A:01that one main variable i.e. Gender (F = 6.24) was significantly influencing the mental health, while Area of Residence (F= 2.52) and Category (F= 0.68) variables were not found to be significant. These results are confirmed also by LSD test results intableNo.A:02(b),A:03(b),A:04(b).The closer examination of Gender in Table No.A:02(a)reveals that two group of Gender (Male and Female)are different on mean Ballia ore.

Significant level of, LSD "value

- 0.05level1.31
- 0.01level1.72

It is observed that the mean Balliaores in Table No. 03 (a) and Figure No-A:1 that the male Sports participation Youth indicate more Mental health (M=65.04) than Female Sports participation Youth (62.68). However, the outcomes are really amazing that male and female have much difference on mental health. The specific pair different among these two Gender groups were confirmed by LSD test in table No. A: 02 (b), where the pairs of A1Vs A2 (diff. = 2.36) were found significant. Table No. A:01 reveals that the mean Balliaores of two groups as regards Gender are differ each other on mental health and these difference are significant at0.05 level(F=6.24).

### Conclusions

1. Significant difference is existed between male and female sports participation youth on stress. Sports participation Non Sports participation youth have found to be more stress than sports participation youth.
2. Significant difference is not existed between Urban and Rural sports participation Youth.
3. Significant difference is not existed among Azamgarh, Mau, Ballia sports participation Youth.
4. Significant interaction effect is existed between Gender and Area of residence on stress. Sports participation unemployed rural male youth have found to be more stress than reaming groups of sports participation youth.

5. Significant interaction effect is existed between Gender and Category on stress. Sports participation non sports participation category youth have found to be more stress than reaming group of sports participation youth.
6. Significant interaction effect is existed between Areas of residence and Category on Depression. Sports participation unemployed-Rural azamgarh category youth have found to be more stress than reaming groups of sports participation non sports participated youth youth.
7. Significant interaction effect is not existed among Gender, Area of residence and Category on stress.
8. Significant different is existed between male and female sports participation on non sports participation youth on Depression. Male sports participation than non sports participation. Youth have more Depression than female sports participation non sports participation youth.
9. Significant difference is existed between urban and rural sports participation non sports participation youth on Depression. Urban sports participation non sports participation youth have more depression than Rural sports participation non sports participation youth.
13. Batson CD. The Altruism Question. Hill sdale, NT: Erlbaumk; c1991.
14. Baumeister RF. Suicide as Escape from Self. Psychological Review. 1990;97:90-113.
15. Baumeister RF.(ed.). Self-esteem: The Puzzle of Low Self-regard. New York: Plenum Press; c1993.
16. Kalra SP, Dube MG, Sahu A, Phelps CP, Kalra PS. Neuropeptide Y secretion increases in the paraventricular nucleus in association with increased appetite for food. Proceedings of the National Academy of Sciences. 1991 Dec 1;88(23):10931-5.
17. Sawyer RF, Harley RA, Cadle SH, Norbeck JM, Slott R, Bravo HA. Mobile sources critical review: 1998 NARSTO assessment. Atmospheric Environment. 2000 Jan 1;34(12-14):2161-81.

### Reference

1. Abramson LY, Alloy LB, Hogan ME, Whitestone WG, Gib BE, Hankin BL, *et al.* The Hopelessness Theory of Suicidality. In; c2000.
2. Joiner TE, Rudd MD. (Eds.), Suicide science: Expanding boundaries. Boston: Kluwer Academic.
3. Adahan M; c2014. Ego-strengthsandtheirAbsence.Retrievedon01/01/2015fromhttp://www.chabad.org/library/article\_cdo/aid/836605/jewish/Ego-Strengths-And-Their-Absence.html.
4. Allison S, Roeger L, Martin G, Keeves J. Gender Differences in the Relationship between Depression and Suicidal Ideation in Young Adolescents. The Australian and New Zealand Journal of Psychiatry. 2001;35(4):498-503.
5. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders (4thed.Text revised). Washington, DC: Author; c2000.
6. Amundson NE, Borgen WA, Trench E. Personality and Intelligence in Career Education and Vocational Guidance Counselling. In D.H. Saklofske, & M. Zeidner (Eds.), International Handbook of Personality and Intelligence. New York: Plenum; c1995.
7. Anderson RN, Smith BL. Death: Leading cause for 2002. National Vital Statistics Reports from the Center for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics Systems. 2005;33:1-89.
8. Andrew PW. Parent-Offspring Conflictand Cost-Benefit Analysisin Adolescent Suicide Behaviour (Effect of Birth Order and Dissatisfaction with motheron Attempt Incidence and Severity).Human Nature. 2006;17(2):190-211.
9. Arun P, Charvan BS. Stress and Suicidal Ideas in Adolescent Students in Chandigarh. Indian Journal of Medical Science. 2009;63(7):281-287.
10. Banerjee S. IIT-Patna student allegedly commits suicide. The Hindu; c2011 Sept 3, p. 9.
11. Barron F. Creativity and Psychological Health. New York: Van Nostrand; c1963.
12. Baghman EE Batson CD. How Socialan Animal? The human capacity foraring. American Psychologist 45, 336-346.Doi:10.1037/0003-066x.45.3.336.