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Sandeep Singh
Head, Department of Physical
Education and Sports,
Ganga International School,
Sawda, New Delhi, India

A comparative study of self-confidence and mental health among physical education teachers and academic teachers in Rajasthan

Sandeep Singh

Abstract

The present study was conducted with the aim to compare level of self confidence and Mental Health among Physical Education and Academic Teachers working in various schools of Rajasthan. For present study a total of 600 teachers (300) Physical education and (300) Academic Teachers were selected with the help of purposive random sampling for collection of data. Level of self confidence was assessed with the help of a pre-established tool in form of a questionnaire Agnihotri Self-Confidence inventory (ASCI) and Mental Health was also assessed with the help of Mental Health Inventory developed by Dr. Jagdish & Dr. A.K. Srivastava (1983). Data gathered was then assessed with the help of Descriptive statistics and t-test. Level of confidence was set at 95%. Further the results revealed a significant difference between Physical Education Teachers (mean 228.80) and Academic Teachers (mean 372.20), for Variable self confidence, Similarly results revealed a significant difference between Physical Education Teachers (mean 228.80) and Academic Teachers (mean 372.20) for the variable Mental Health which shows a significantly higher level of self-confidence and better mental health among Physical education teachers and Academic Teachers selected as subjects for the study.

Keywords: Self-confidence: confidence in oneself and in one's powers and abilities Merriam-Webster, 2021

Introduction

Mental Health has been described as one of the most widely used but least understood terms in applied sports psychology (G. Johnes, S. Hanton, D. Cnnaughton, 2002) [1]. Many articles on successful athletes have cited mental toughness as a vital component. Definitions and characteristics of mental health have been proposed by many authors, leading to a wide range of positive psychological characteristics associated with mental strength. Unfortunately, most of the explanations have come from anecdotal evidence and personal accounts. This has been pointed out by Jones *et al.*, who concluded that the knowledge base on mental health lacks scientific rigor and is full of contradictions, ambiguities and conceptual confusion (G.Johnes, S. Hanton, D. Cnnaughton, 2002) [1], has addressed some of the conceptual weaknesses by studying mental health of elite artists. These authors have attempted to define mental toughness and identify the attributes required to be a mentally robust artist using personal construction theory as a guiding framework (G.Kelly, 1991) [4]. The resulting definition emphasized a natural or developed construct that enabled mentally strong artists to cope better with the demands of training and competition than their opponents. Specifically, these athletes were more consistent and superior by staying purposeful, focused, and confident and in control under pressure. Jones *et al.* they also identified 12 attributes considered crucial and fundamental to developing mental toughness. These relate to self-confidence, desire and motivation, focus on performance and lifestyle factors, which deal with pressure, anxiety and pain / difficulty associated with high performance level. Additionally, the attributes highlighted how specific characteristics contributed to an athlete's mental strength. Interestingly, two recent studies have adopted the procedures and recommendations proposed by Jones *et al.* in the sports of cricket (E. Brooks, W. James, C. Shambrook, S. Bull, 2005) [3] and football (I. Greenlees, N.Weston, R. Thelwell, 2005) [7].

Corresponding Author:
Sandeep Singh
Head, Department of Physical
Education and Sports,
Ganga International School,
Sawda, New Delhi, India

Both studies confirmed the definition of mental health of Jones *et al.* and they offered comparable attributes, although specific to the sports involved developed independently of sport. Self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome some obstacles and to get things go right." (Basavanna, 1975) [2]. Numerous studies were carried out in present time to assess psychological aspect of human being, self-confidence is needed must in present scenario to accomplish various task of our life. The structure of self is formed as a result of the interaction with the environment particularly as a result of evaluating interaction with others, it is an organized, fluid, but consistent conceptual pattern of perceptions of characteristics and relationships of the 'I' or the 'me' together with values attached to these concepts." Silverman in his study, seen that people with high confidence review not many realities identifying with inadequate errands after disappointment than the people with low confidence. Individuals so stream confidence brood over the things of past and stress. They basically can't get over the matter and switch over to the future things. A negative self is consistently a block. Certain individuals characterize self-assurance as discernment. (Silverman, 1964). In general terms, self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right". The present study aimed to determine the level of self-confidence and mental health of Physical Education and Academic Teachers.

Statement of the problem

The present study was an attempt to compare the 'level of Self-confidence and Mental health Among Physical Education Teachers and Academic Teachers.

Research Methodology

Selection of Respondents: The present study was conducted with the aim to compare level of self confidence and Mental Health among Physical Education and Academic Teachers working in various schools of Rajasthan. For present study a total of 600 teachers (300) Physical education and (300) Academic Teachers were selected for being part of the study as subjects. Consent for being the part of study was also acquired from subjects for this study. The subjects were given questionnaire in order to take their responses, questionnaire were given through email and personally. However, responses

given by subjects are purely on jurisdiction of subject and it is also a delimitation of the study but researcher tried to gather the correct responses by explaining them the importance of their response for present study. The respondents were explained thoroughly by the scholar to any queries to him. The main aim and purpose of the study is to compare the level of self-confidence and mental health of Physical Education and Academic Teachers.

Selection of Tools of Survey: The researcher used questionnaire developed by Agnihotri: Agnihotri Self Confidence Inventory (ASCI) 1987 to yield the response. Mental Health was also assessed with the help of Mental Health Inventory developed by Dr. Jagdish & Dr. A.K. Srivastava (1983).

Administration of Questionnaire: The subjects were given questionnaire in order to take their responses, questionnaire were given through email and personally. The research scholar informed all the respondents that the information/response supplied by the strictly kept confidential and will be used for research purpose only. The respondents got sufficient time to fill up the questionnaire. The researcher requested to respondents to present true and authentic information.

Statistical technique employed in the study: Researcher collected the filled questionnaire back after the completion and analysis was done. The appropriate statistical technique i.e. Mann Whitney test was used of data analysis. Data collected from different respondents were analysis with the help of SPSS 2019 software and were also present in the tabular form, bar diagrams, wherever considered helpful to do so.

Result and Analysis: Analysis of the data shows comparative analysis between Physical education teachers and Academic Teachers for both variables Self confidence and mental health.

Result and Interpretation of Data

Present section deals with detailed data analysis its interpretation and discussion over findings. The statistical tool used in the study was Mann Whitney U test.

Table 1: Results of the Mann Whitney U Test for variable Self Confidence between Physical Education Teachers and Academic Teachers

Self Confidence	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Wilcoxon W	Z	Asymp. Sig. (2-tailed)
Physical Education Teachers	300	228.80	68640.00	23490.000	68640.000	-10.141	.000
Academic Teachers	300	372.20	111660.00				
Total	600						

Sig at 0.05 level of confidence

Table 1 reveals the results of Mann Whitney U test, applied to compare the data obtained from Physical Education Teachers and Academic Teachers with respect to variable Self Confidence. Table shows significant statistical difference for variable Self Confidence $U = 23490$, $p = .001 < .05$. According to Agnihotri's Self Confidence Inventory (ASCI) a lower score shows a high level of self confidence and likewise a lower mean rank depicts a higher value of self confidence in group so After analyzing the descriptive, we may conclude that lower mean rank shows high level of Self confidence. Mean rank displayed in table shows that, Physical Education

Teachers having higher level of self confidence in comparison to Academic Teachers and it can also be stated statistically as the data shows statistically significant differences among Physical Education teachers and Academic Teachers. Furthermore it may also be stated that the variable self confidence is associated to the category of teacher's i.e. Physical Education teacher and Academic Teachers as both categories either ways shows significantly different level of self confidence.

Further results obtained are also shown with the help of a bar diagram in fig 1.

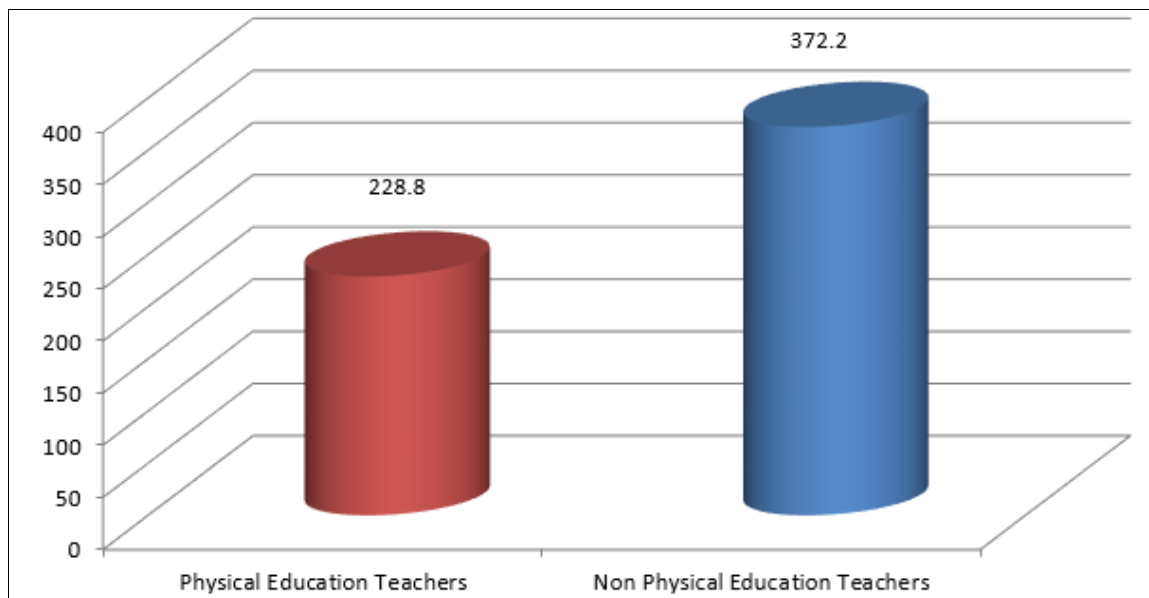


Fig 1: showing mean rank of Physical education and Academic Teachers for the variable Self Confidence

Table 2: Results of the Mann Whitney U Test for variable Mental Health between Physical Education Teachers and Academic Teachers

Mental Health	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Wilcoxon W	Z	Asymp. Sig. (2-tailed)
Physical Education Teachers	300	410.18	123052.50	12097.500	57247.500	-15.498	.000
Academic Teachers	300	190.83	57247.50				
Total	600						

Sig at 0.05 level of confidence

Table 1 depicts the results of Mann Whitney U test, applied to compare the data obtained from *Physical Education Teachers* and *Academic Teachers* with respect to variable Mental Health. Table shows significant statistical difference for variable Self Confidence $U = 12097.50$, $p = .001 < .05$. According to Mental Health Inventory by Dr. Jagdish and Dr. A.K. shrivastava it has 56 items out of which 24 are negatively scored items each item consists of 4 point rating scale of range 1 to 4. Scale could obtain 56 as lowest score and 224 as highest score and since 144 is the middle score so scoring below 144 is considered as poor mental level. In this scenario a higher score shows a high level of mental health and likewise a lower mean rank depicts a lower value of

mental health in group so After analyzing the descriptive, we may conclude that higher mean rank shows high level of mental health. Mean rank displayed in table shows that, Physical Education Teachers having higher level of mental health in comparison to Academic Teachers and it can also be stated statistically as the data shows statistically significant differences among Physical Education teachers and Academic Teachers. With the help of obtained results, it may also be stated that the variable Mental Health is associated to the category of teacher's i.e. Physical Education teacher and Academic Teachers as both categories either ways shows significantly different level of Mental Health. Results obtained are also shown with the help of a bar diagram in fig 2.

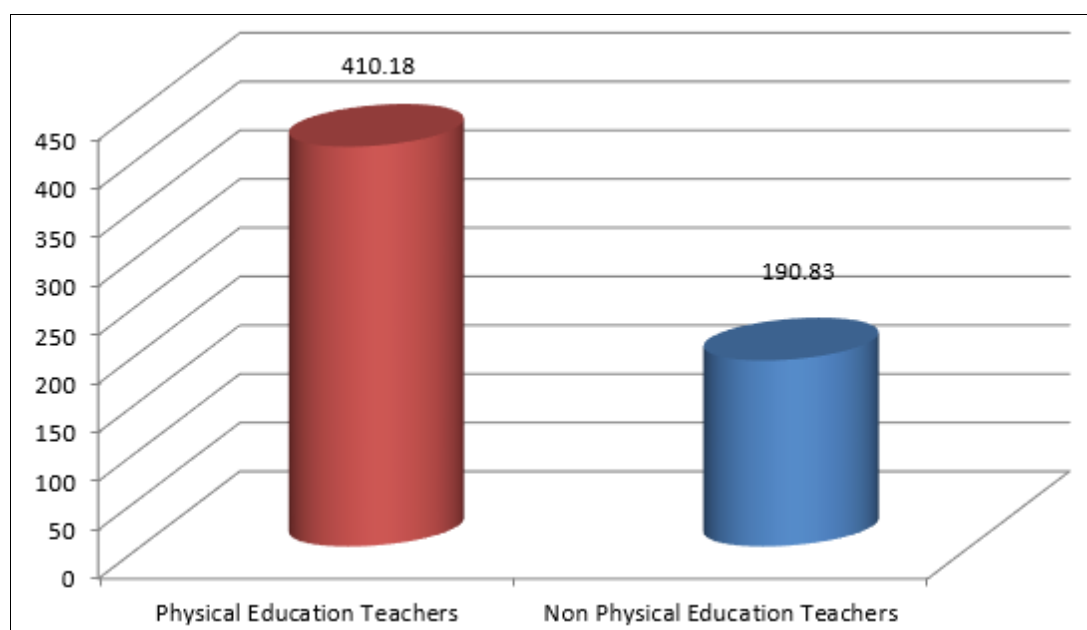


Fig 2: Showing mean rank of Physical education and Academic Teachers for the variable Mental Health

Findings and Discussion

Findings of the present study shows significant differences in terms of self-confidence and Mental health between Physical Education and Academic Teachers working in schools of Rajasthan, it shows high level of self-confidence and better Mental Health among Physical Education Teachers in comparison to Academic Teachers, this significant difference seen in present study may be due to various reasons, few of them are discussed below.

1. Physical Education Teachers having higher level of self confidence in comparison to Academic Teachers and it can also be stated statistically as the data shows statistically significant differences among Physical Education teachers and Academic Teachers. Physical education and sports plays a vital role in improving self-confidence of an individual so this high level of self-confidence seen in Physical Education Teachers might be due to regular involvement in competitive sports. Studies have shown our genetic makeup affects the amount of certain confidence-boosting chemicals our brain can access. Serotonin, a neurotransmitter associated with happiness. Physical activity also stimulates the release of dopamine, nor epinephrine, and serotonin. These brain chemicals play an important part in regulating your mood. For example, regular exercise can positively impact serotonin levels in your brain. Raising your levels of serotonin boosts your mood and overall sense of well-being. It can also help improve your appetite and sleep cycles, which are often negatively affected by depression. Regular exercise also helps balance your body's level of stress hormones, such as adrenaline (Healthline, 2006) and this responsively boosts self confidence level of an individual, so this might be a reason for differences in level of self-confidence of Physical Education and Academic Teachers.
2. Mean rank displayed in table shows that, Physical Education Teachers having higher level of mental health in comparison to Academic Teachers and it can also be stated statistically as the data shows statistically significant differences among Physical Education teachers and Academic Teachers. Low level of self confidence generally associated with ongoing stressful life event, Poor academic performance stress for academic activities (health, 2014), and factors self confidence and mental health are interrelated in many ways person having lower self confidence is likely to have a poor mental health and less involvement in physical activities might be responsible for poor mental health among Academic Teachers.

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