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Comparative study of positive mental health among players

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DOI: https://doi.org/10.22271/kheljournal.2022.v9.i5c.2647

Abstract
The present study was conducted to investigate the Positive Mental Health of individual and team game players. To conduct the study, 180 players from each group i.e. team game (90) and individual (90) games. Respectively were selected as samples. In all 180-team games such as basketball, handball, volleyball and badminton, tennis, table tennis 30 from each game players were selected. The criterion for the selection of players for the present study was participation in any intercollegiate tournaments during their sporting career. To measure Positive Mental Health, (PMH) standardized test was administered to each subject. Results were revealed that Positive Mental Health statistically significant among players.

Keywords: Positive mental health, physical education, sports

Introduction
Physical education is a method of instruction that aims to empower human development through the medium of physical activities selected to realize the outcomes. In this definition, education is broadly defined as representing the ongoing process of learning and total development that occurs throughout our lifespan. The concept of positive mental health was crystalized by Chaplin (1975) by saying that "Mental health is a state of good adjustment with the subjective state of wellbeing, zest for living, and the feeling that one is actively exercising his talents and abilities.

Method
The present study was conducted to investigate the Positive Mental Health of individual and team game players. To conduct the study, 180 players from each group i.e. team game (90) and individual (90) games. Respectively were selected as samples. In all 180-team games such as basketball, handball, volleyball and badminton, tennis, table tennis 30 from each game players were selected. The criterion for the selection of players for the present study was participation in any intercollegiate tournaments during their sporting career. To measure the "Positive Mental Health Inventory (PMHI–*ACHR*)" by developed by C. D. Agashe and R. D. Helode test was administered.

Hypothesis: It was hypothesized that there would be no significant difference in positive mental health between individual and team game players.

Results and Discussion

Table 1: Descriptive Statistics of Positive Mental Health subscales for Individual Game and Team Game players

Positive Mental Health subscales	Individual Game players		Team Game players		No. of Players
	Mean	SD	Mean	SD	N
Self-Acceptance	6.7889	2.05265	6.9667	1.80791	90
Ego Strength	7.0222	1.70246	6.7778	1.75958	90
Philosophies of Life	6.8556	1.80238	6.5111	1.64381	90
Overall PMH	20.6667	3.30475	20.2556	2.76642	90

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Table 2: Comparison of Positive Mental Health Subscales between Individual Game and Team Game players.

Positive Mental Health		Mean	SD	t-value	Df	Sig. (2-tailed)
Self-Acceptance	TG	6.9667	1.80791	.617	178	.538
	IG	6.7889	2.05265			
Ego Strength	IG	7.0222	1.70246	.947	178	.345
	TG	6.7778	1.75958			
Philosophies of Life	IG	6.8556	1.80238	1.340	178	.182
	TG	6.5111	1.64381			

*IG= Individual Game (N=90), TG=Team Game (N=90)

The findings of table-2 reveal no significant difference in subscales Self-Acceptance t=.617, $p>0.5$; Ego t=.947, $p>0.5$; Strength, Philosophies of Life t=1.340, $p>0.5$ of positive mental health of the team and individual game players. The results further indicate that mean scores of the Self-Acceptance subscale were better in the team game players (M=6.9667±1.80791) than the individual game players (M=6.7889±2.05265). The Ego Strength subscale mean scores in individual game players (M=7.0222±1.70246) were significantly higher than in team game players (6.7778±1.75958). The mean scores of the Philosophies of Life subscale in the individual game (M=6.8556±1.80238) scored better than the team game players (M=6.5111±1.64381).

Findings
Further, the result indicates no significant difference in subscales between the team and individual game players, the hypothesis is accepted for these cases. Where the team game players scored higher in the Self-Acceptance subscale and individual game players scored higher in the Ego Strength and Philosophies of Life subscales.

Conclusion
The team and individual game players were found to be uniform in positive mental health (subscales such as self-acceptance, ego strength, and philosophies of life).

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