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## A comparative study of mental health between athletes and non-athletes

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### Abstract

The major objective of the present study has been found out the difference between mental health among athlete and non athlete. Sample size total 100 was selected 50 athlete different area of sports. They are belonging to Pt. Ravishankar Shukla University, Raipur Chhattisgarh. 50 non athletes were selected from Pt. Ravishankar Shukla University, Raipur. Average age range was 17 to 27 years. A difference in mental health between athletes and non-athletes was discovered using the Mental Health Inventory (M.H.I.) test created by Agashe and Helode (2007). It consists of 36 questions. A t-test was used to analyze the data, and it was found that the mental health of both groups was significant. It was concluded that positive mental health inventory of athlete who involved in some sports and physical activity do significantly higher than non athlete who was not involved in any games and physical activity.

**Keywords:** Positive mental health, athlete and non athlete

### Introduction

In terms of learning and developing intellectual capabilities, optimal human functioning is important because it allows individuals to approach learning with a positive and growth-oriented mindset. When individuals are in a state of balance and harmony with themselves and their environment, they are more likely to be motivated to learn, set and achieve goals, and persist through challenges. Our mental health encompasses every aspect of our social, emotional, psychological, and physical wellbeing. It is a state of well-being that enables individuals to manage life's stresses, recognize their abilities, learn and work effectively, embrace new ideas, and contribute to their community. Mental health is determined by an individual's daily mental activities, and studies suggest that athletes have better mental health than non-athletes. Sportspeople utilize their strong mental health in all aspects of life, including their official, personal, social, and moral responsibilities. Whether a person participates in sports or not, having good mental health is crucial. According to the World Health Organization, "mental health is one of the keys to people's general health because it encompasses the full richness of physical, mental, and social concepts of and individual" Positive and negative mental health are the two categories of mental health that are recognized. The positive aspect of mental health is more concerned with quality of life. Positive mental health has been scientifically described by Chaplin (1975) and redefined by Strupp and Hadley (1977) through a philosophy of life, self-acceptance, and ego strength. According to Verma, A. and Sahu, NK 2018 research, there is now a correlation between sports performance and excellent mental health. A flourishing mind of capabilities, a sense of generational belonging, functional self-confidence, and rival capacity are all indicators of healthy mental health. Considering all this information, researchers have decided to compare the positive mental health of athletes and non-athletes.'

### Objective

The study's main objective was to identify the differences in mental health between athletes and non-athletes.

### Methodology

The following methodological steps were used to carry out the current investigation.

## Sample

Total 100 person was selected, 50 athlete different area of sports they are belonging to Pt. Ravishankar Shukla University, Raipur Chhattisgarh. 50 non athletes were selected from Pt. Ravishankar Shukla University, Raipur and different college's average age range was 17 to 27 years.

## Tools

Agashe and Helode's (2007) [4] three-dimensional positive mental health inventory, which measures (self-acceptance, ego strength, and philosophy of life), was used to evaluate the positive mental health of selected athletes and non-athletes. There are 36 questions on it 12 self acceptances, 12 ego strength and 12 philosophy of life.

## Procedure

1. Using the purposive sampling method, 50 athletes and 50 non-athletes were chosen.
2. The chosen subjects underwent the administration of the Agashe and Helode (2007) [4] Positive Mental Health Inventory based on their accessibility and availability. After scoring of the responses according to author's manual, the data was tabulated according to their respective groups.
3. To evaluate positive mental health of athlete and non athlete t-Test was used.

## Analysis of Data Table

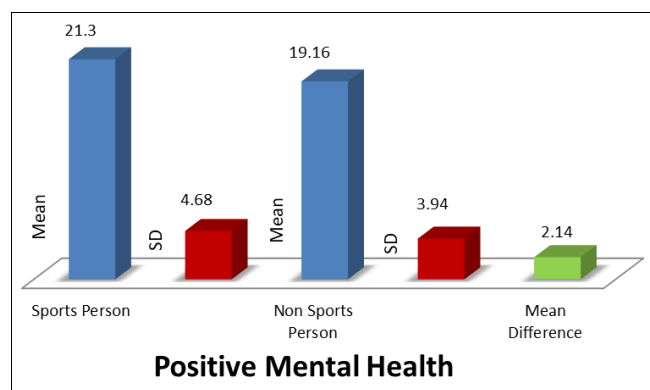
**Table 1:** Positive mental health in athlete and non athlete is compared

Variable	Athlete		Non Athlete		Mean Difference	Level of Significance
	Mean	Std. Deviation	Mean	Std. Deviation		
MHI	21.30	4.68	19.16	3.94	2.14	0.01

\*significant at 0.01 level

Table – 1 The results of the above-mentioned significant impact t-test show that athlete have statistically significantly better mental health than non athlete (Mean 21.30 vs. Mean 19.16). Where the mean difference was 2.14 and the significance level was 0.01.

Table – 2



**Fig 1:** Shows the graphics Mean SD and Mean Difference

## Results

Based on data analysis using a statistical method, a substantial difference in the good mental health of athletes and non-athletes was found.

## Discussion

According to the theory of Vaillant (2003)15 [3], who conceptualized positive mental health or positive psychology along with social, emotional, and physical well-being, there is a significant correlation between positive mental health and sports or physical exercise.

## Conclusion

It was concluded that positive mental health of athlete who involved in some sports and physical activity do significantly higher than non athlete who was not involved in any games and physical activity.

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