



ISSN 2349-638X

REVIEWED INTERNATIONAL JOURNAL

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

MONTHLY PUBLISH JOURNAL

VOL-II

ISSUE-XI

NOV.

2015

Address

- Vikram Nagar, Boudhi Chouk, Latur.
- Tq. Latur, Dis. Latur 413512
- (+91) 9922455749, (+91) 9158387437

Email

- editor@aiirjournal.com
- aiirjpramod@gmail.com

Website

- www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Mental Health Of Student Athletes: A Comparative Study Between Male And Female Athletes

Sameer Gadgil

Research Scholar,

JJT University, Jhunjhunu (RAJ)

Abstract

The purpose of the study was to examine the mental health of male and female Athletes. The Universe of the study was the student athletes who have been minimum participating in intercollegiate tournament and sampling frame divided into two parts such as male and female with their age and level of participation. The method of sample was purposive –A non-random method of sampling design for student athletes with a specific purpose. Total 250 male and 250 female student athletes was taken from Marathwada region of Maharashtra .A pilot study was conducted immediately after the approval of this research, prior to the commencement of the main study. The purpose of the pilot study is to test the feasibility and logistical aspects of the proposed study. The research design of the study is to non-experimental, descriptive survey design. The groups are male and Female students Athletes. For measure the mental health Universal supreme health for all well being of BalKishan (2004) was used. The questionnaire consist of 48 items. it measures three dimensions of mental health namely 1) physical health well being related to de medication, De-adication, exercise, nutrition, hygiene and safty. 2) mental health well being commuted to the factor at learning, self esteem, ethics, happiness, kindness and empathy and 3) spiritual well being includes faith & devotion, awareness, harmlessness, and transcendence and joy. The questionnaires with consent form was distributed to the respondent and the complete filled in questionnaire was recollected later on. The required instructions about how to respond through the questionnaire was given by the investigator to the respondents. Mean, Standard deviation, t-test was used to compare the categorical variables among the groups.

Introduction

It is well recognized that male and female athletes differ in their psychological characteristics. Mental health was defined as an individual's state of well-being, when he or she realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community (World Health Organization, 2003a). Nevertheless, the issue of mental health has not received the kind of attention that it deserves and has been neglected in many parts of the world. This neglect is a result of the lack of knowledge and the misunderstanding of mental health issues and the fear that the findings may reveal a mentally ill person. More sadly in Malaysia, the stigma associated with mental health is frequently encountered, often being regarded as a taboo and is seldom discussed. As Azhar (2003) stated, most patients project depression as vegetative symptoms such as fatigue, back pain, sleep disturbance, aches and pains but would not accept it as a symptom of poor mental health. According to the researcher, this situation happens because it is not considered to be an illness in our culture but considered to indicate weak persons who are depressed and that the shameful emotion is short lived. In addition to mental health concerns, many athletes report physical health concerns as well, such as lack of sleep, continuous tension, fatigue, headaches, and digestive problems (Humphrey et al., 2000). In fact, 10% of college athletes suffer from psychological and physiological problems that are severe enough to require counseling intervention (Hinkle, 1994). Even more alarming is the fact that college student athletes tend to avoid seeking out available counseling (Murray, 1997), so the percentage of student athletes who may actually require such intervention is possibly higher than this figure. This is important since Murray (1997) has learned that in addition to those psychological and physiological issues mentioned above, athletes may also be in particular need of counseling for a variety of additional stress-related concerns, including time management, burnout, fear of failure, anxiety, depression, and self-esteem issues. Recent research has supported the contention that time in particular is an important obstacle for many athletes. Humphrey et al. (2000) report that for more than 40 percent of male athletes and well over half for the female athletes, factors related to "time" were the most serious causes of stress. Most of the respondents in this study felt that there was simply not enough time to combine academics and athletics and to do their best in both areas. Complicating the student athlete are difficulties related to academic success (Humphrey et al., 2000; Papanikolaou et al., 2003). In fact, 95% of male athletes and 86% of female athletes were stressed by factors such as: tests and examinations, preparing papers for class, missing classes because of travel, and making up missed assignments (Humphrey et al., 2000). In addition, many athletes find they are unprepared for academic life in college or falsely believe that they was treated differently in the classroom because they are athletes (Papanikolaou et al., 2003).

Methods

The study was conducted on student athletes who has been minimum participating in intercollegiate tournament and sampling frame divided into two parts such as male and female with their age and level of participation .The method of sample was purposive –A non-random method of sampling design for student athletes with a specific purpose. Total 250 male and 250 female student athletes was taken.A pilot study was conducted immediately after the approval of this research, prior to the commencement of the main study. The purposeof the pilot study is to test the feasibility and logistical aspects of the proposed study. The research design of the study is to non-experimental, descriptive survey design. The groups are male and Female students Athletes .In collecting the data, the researcher Follow to ethical guidelines, principles, and standards for studies conducting with human beings. Universal supreme health for all well being of BalKishan (2004) was used. The questionnaire consist of 48 items. it measures three dimensions of mental health namely 1) physical health well being related to de medication, De-adication, exercise, nutrition, hygiene and safty.2) mental health well being commuted to the factor at learning, self esteem, ethics, happiness, kindness and empathy and 3) spiritual well being includes faith & devotion, awareness, harmlessness, and transcendence and joy. The questionnaires with consent form was distributed to the respondent and the complete filled in questionnaire was recollected later on. The required instructions about how to respond through the questionnaire was given by the investigator to the respondents. Mean, Standard deviation, t-test was used to compare the categorical variables among the groups.

Results Of The Study

The results concerning this are presented in the form of tables wherever necessary. For the sake of convenience and methodical presentation of the results, following order has been adopted.

Table – 1

**Mean Scores and Standard Deviations of selected
Components of the Male Athletes**

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	25.67	8.87
2.	Weight (Kg)	69.23	12.34
3.	Height (cm)	168.30	25.20

Table-1, shows that the mean scores and standard deviations of the selected components of the Male and Female Athletes. Mean Score (S.Ds.) age of Male Athletes was 25.67 (8.87) years, mean score (S.Ds.) weight was 69.23 (12.34) Kg., mean score (S.Ds.) height was 168.30 (25.20) cm.

Table – 2
Mean Scores and Standard Deviations of selected
Components of the Female Athletes

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.60	7.87
2.	Weight (Kg)	60.21	10.23
3.	Height (cm)	130.31	18.97

Table-2, shows that the mean scores and standard deviations of the selected components of the Female Athletes.

Mean Score (S.Ds.) age of female Athletes was 22.60 (7.87) years, mean score (S.Ds.) weight was 60.21 (10.23) Kg., mean score (S.Ds.) height was 130.31 (18.97) cm.

Table – 3
Statistical comparison of physical well being mental health of Male and Female Athletes

Sr. No.	Physical well being	Athletes	No.	Mean	SDs	T-ratios
1.	Nutrition	Male Athletes	250	4.54	0.99	*
		Female Athletes	250	3.23	0.84	
2.	Hygiene and safety	Male Athletes	250	4.56	1.00	*
		Female Athletes	250	3.25	0.86	
3.	Exercise	Male Athletes	250	4.43	0.91	*
		Female Athletes	250	3.44	0.78	
4.	De-Medication	Male Athletes	250	3.67	0.67	NS
		Female Athletes	250	3.42	0.65	
5.	De-addiction	Male Athletes	250	4.12	0.75	NS
		Female Athletes	250	4.21	0.76	

* Significant at .05 level

Table-3 shows the statistical comparison of physical well-being mental health of male and female athletes.

Table – 4

Statistical comparison of mental well-being Mental health of Male and female Athletes

Sr. No.	Mental-well being	Athletes	No.	Means	SDs	T-ratios
1.	Happiness	Male Athletes	250	3.78	0.78	*
		Female Athletes	250	4.34	0.83	
2.	Kindness and empathy	Male Athletes	250	3.56	0.85	*
		Female Athletes	250	4.50	0.94	
3.	Learning	Male Athletes	250	4.40	0.90	*
		Female Athletes	250	4.43	0.91	
4.	Self-esteem	Male Athletes	250	4.67	0.96	*
		Female Athletes	250	3.40	0.61	
5.	Ethics	Male Athletes	250	3.59	0.70	*
		Female Athletes	250	4.38	0.87	

* Significant at .05 level

Table-4 shows the statistical comparison of mental well - being mental health between male and female Athletes.

Table – 5

Statistical comparison of spiritualwell beingMental health of Male and Female Athletes

Sr. No.	Spiritual well being	Athletes	No.	Means	SDs	T-ratios
1.	Harmlessness	Male Athletes	250	3.45	0.72	*
		Female Athletes	250	3.50	0.78	
2.	Awareness	Male Athletes	250	3.67	0.85	*
		Female Athletes	250	3.59	0.84	
3.	Lovingness	Male Athletes	250	4.41	0.89	*
		Female Athletes	250	4.34	0.84	
4.	Faith and Devotion	Male Athletes	250	3.56	0.65	NS
		Female Athletes	250	4.78	0.88	
5.	Transcendence and Joy	Male Athletes	250	4.67	0.93	NS
		Female Athletes	250	3.32	0.79	

* Significant at .05 level

Table-5 shows the statistical comparison of spiritual well being mental health of between male and female Athletes.

The result of the study (table-3) reveals that there were significant difference were found in Nutrition ($T=$, $P<.05$), Hygiene and safety ($T=$, $P<.05$), Exercise ($T=$ $P<.05$) between male and female Athletes however no significant difference were found in De-Medication, and De-addiction between male and female Athletes. The findings of the study shows that male athletes were more Nutrition , Hygiene & safety , Exercise to female athletes.

The result of the study (table-4) reveals that significant differences were found in Happiness ($t=$ $P<.05$) Kindness and empathy ($t=$ $P<.05$), Learning ($t=$ $P<.05$) Self-esteem and Ethics between male and female Athletes. the findings of the study shows that male athlete incur significantly less Happiness, Kindness and empathy and Learning. However, female athlete was more ethics as compare than their counterparts.

The result of the study (Table-5) reveals that significant difference were found in Harmlessness ($t=P<.05$), Awareness ($t=P<.05$), Lovingness ($t=P<.05$,).However insignificant differences were found in Faith and Devotion and Transcendence and Joy between male and female Athletes. Male athletes weremore awareness and lovingness and female athletes more harmless.

References

Balakrishnan, R (2000a), Universal Supremment Health for All : A New Millenium Promise. Paper presented at the fifth Annual Conference of the Psycholinguistic Association of India, Bharathiar University, Coimbatore, 19th to 21st February,2000.

Balakrishnan, R. (2000b) U.S.H.A. : Human Nature for Environmental Care. Paper presented at the National Conference on “ Eco-friendly Techonologies for Sustainable Development ” Department of Environmental Science, PSG College of Arts and Science, Coimbatore, 27th to 29th March,2000.

Balakrishnan, R. (2000). Universal Supreme Health for All Questionnaire (unpublished), Department of Psychology, PSG, College of Arts and Science, Coimbatore.

Balakrishnan, R. (2003). Points to view : Universal Supreme Health for all questionnaire. Paper presented at the National Conference on “ Challenges and response : Psychology of Integration ” held at Bharathiar University, Coimbatore, February 27th to March 1st , 2003.

Balakrishnan, R. (2004), Universal Supreme Health for All Life Style : A Study of Medical College Students. Paper presented in the National Seminar on “ Recasting Communicational Strategy to Health for all in India, ” Department of the Communication, Madurai Kamaraj University, Maduari 25th, 26th March, 2004.

Balakrishnan, R. & Babu, R. (2004). Health Beliefs and Behaviour among Final Year Undergraduate Women in Arts, Science and Commerce Faculty, Paper presented at the National Seminar on “ Recent Advances in Statistical Methodologies and Applications ” Department of Statistics, Bharathiar University, Coimbatore, 18th and 19th March, 2004.

Chidambaranlingam, A. & Balakrishnan, R. (2004). Empathy and Effective, Interpersonal, Perceiving and Responding. Paper presented at the National Seminar on “ Communication and Media : Challenges and Responses, ” Department of Sociology, Madurai Kamaraj University, Madurai, 29th and 30th January, 2004.

Jakka, P. (1986). Child Development among the Irulas of the Nilgiris, Uthagamandalam : Tribal Research Centre.

Nachimuthu, P., Dhanalakshmi, V. & Balakrishnan, R. (2004). Gender Difference in U.S.H.A. Well being among Post-Graduate Students. Paper presented at the UGC National Seminar on “ Stress and Coping Strategies ” Department of Psychology, Annamalai University, Annamalai Nagar, 23rd and 24th March 2004.

Ramasamy, K. (2004). Personal Communication dated 12-05-2004 on short profile of Irula Tribes of Taub, E. (1996). Seven Steps to Self Healing, London : Dorling Kindersley.