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Relationship analysis of mental health and Enthusiasm among Inter University Kho Kho players

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Abstract

Purpose of the Study: To Search the mental health and Enthusiasm among interuniversity Kho Kho players.

Hypotheses: 1. Boys' interuniversity kho kho players will be significant high Enthusiasm than the girls' interuniversity kho kho players. 2. Boys' interuniversity kho kho players will be significant high mental health than the girls' interuniversity kho kho players.

Sample: For the present study 120 Sample were selected from C.C.S. University, Meerut, Uttar Pradesh State. The effective sample consisted of 120 subjects, 60 subjects were boys' interuniversity kho kho players and 60 subjects were girls' interuniversity kho kho players. The age range of subjects was 18 to 25 years (Mean 21.25, SD 3.85).

Tools Multi Assessment Personality Series (MAPS) (1996): This scale was constructed and standardized by Psy Com. Mental Health Inventory (MHI): Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. Variable Independent variable- 1. Gender a) Boys' b) Girls' Dependent Variable 1. Mental Health 2. Enthusiasm

Conclusions: 1. Boys' interuniversity kho kho players had significant high Enthusiasm than the girls' interuniversity kho kho players. 2. Boys' interuniversity kho kho players had significant high mental health than the girls' interuniversity kho kho players.

Keywords: Kho kho, mental health, enthusiasm, interuniversity

Introduction

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term "mental health" to mean the absence of a mental disorder. Mental health can affect daily living, relationships, and physical health. However, this link also works in the other direction. Factors in people's lives, interpersonal connections, and physical factors can all contribute to mental health disruptions. Looking after mental health can preserve a person's ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience. Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person's routine. Although the term mental health is in common use, many conditions that doctors recognize as psychological disorders have physical roots.

"Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community."

The WHO stress that mental health is "more than just the absence of mental disorders or disabilities." Peak mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness.

They also emphasize that preserving and restoring mental health is crucial on an individual basis, as well as throughout different communities and societies the world over.

Good Physical Health improves Mental Health. Body-mind relationship is an established fact. Those who enjoy good physical health are most likely to have good mental health which includes mental poise and balance, emotional control etc. When we say 'sound mind in a sound body', we accept that adequate supply of oxygen – which is done only through vigorous exercise – to nerves, smooth muscles and the brain contributes to the maintenance of good mental health. We do not think with brain alone, even the amount of hemoglobin present in

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our blood affects our Thinking. Besides this, balanced diet and good physical exercise are the main factors of helping us maintain good mental health too. Participation in games and sports presents opportunities for promoting emotional health and preventing delinquency. Studies by Hardman and Kane have confirmed that athletes with higher performance are more emotionally sound and less anxious while studies by Sperling, Ruffer, TILman, Whiting and Stembridge, Brunner etc. reveal that extroversion is more prominent in athletes than in non-athletes.

Mareike Kunter, Yi-Miau Tsai, Uta Klusmann, Martin Brunner, Stefan Krauss, Jürgen Baumert (October 2008) Students' and mathematics teachers' perceptions of teacher enthusiasm and instruction. The present study investigates teacher enthusiasm and how it relates to instructional behaviours. We distinguished teachers' enthusiasm for the subject matter of mathematics from their enthusiasm for teaching mathematics. A total of 323 teachers and their 9th-grade classes participated in the study. Questionnaires were used to assess teachers' enthusiasm and instructional behaviors from both the teacher and the student perspective. Structural equation modeling revealed that teachers who were more enthusiastic about teaching showed higher quality instructional behavior—both self-reported and student-rated. By contrast, enthusiasm for mathematics as a subject matter predicted teachers' self-reports, but not students' ratings, of instructional behavior.

K.L. Lamb, K. Roberts, D.A. Brodie (1990) Self-perceived health among sports participants and non-sports participants. This paper examines and compares the self-perceived health (SPH) of a sample of sports participants (n=1385) and a matched sample of non-participants (n=292). Ratings of health were generally found to be favourable among both samples, but a non-parametric analysis of their distributions revealed that the SPH of sports participants was significantly ($P < 0.0001$) better than that of the nonparticipants. SPH improved with age among both samples, but above the age of 34, the non-participants' perceived health ceased to be inferior to that of participants. Controlling for age and gender revealed no difference in SPH above 24 years among males and 34 years among females. SPH was related to a variety of additional health related factors. Multiple regression analysis was used to identify the predictors of SPH for both samples, and highlighted marked differences between them in the type and number of contributory factors. It is suggested that participation in active sports may enhance health awareness, especially among the young, and that future studies of this kind among sports populations should take account of the levels of commitment (frequency, duration and intensity) to sport.

Mental Health Statistics

Mental health issues are common in the United States. About one in five American adults experience at least one mental illness each year. And around one in five young people ages 13 to 18 experience a mental illness at some point in their lives, too. Although mental illnesses are common, they vary in severity. About one in 25 adults experience a serious mental illness (SMI) each year. A SMI can significantly reduce your ability to carry out daily life. Different groups of people experience SMIs at different rates.

According to the National Institute of Mental Health, women are more likely to experience SMI than men. Those ages 18 to 25 are most likely to experience an SMI. People with a mixed-race background are also more likely to experience an

SMI than people of other ethnicities.

Mental Health Disorders

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) helps mental health professionals diagnose mental illnesses. There are many types of mental health disorders. In fact, almost 300 different conditions are listed in DSM-5. These are some of the most common mental illnesses affecting people in the developed countries:

- **Bipolar Disorder**

Bipolar disorder is a chronic mental illness characterized by episodes of energetic, manic highs and extreme, sometimes depressive lows. These can affect a person's energy level and ability to think reasonably. Mood swings caused by bipolar disorder are much more severe than the small ups and downs most people experience on a daily basis.

- **Persistent Depressive Disorder**

Persistent depressive disorder is a chronic type of depression. It is also known as dysthymia. While dysthymic depression isn't intense, it can interfere with daily life. People with this condition experience symptoms for at least two years.

- **Generalized Anxiety Disorder**

Generalized anxiety disorder (GAD) goes beyond regular everyday anxiety, like being nervous before a presentation. It causes a person to become extremely worried about many things, even when there's little or no reason to worry. Those with GAD may feel very nervous about getting through the day. They may think things won't ever work in their favor. Sometimes worrying can keep people with GAD from accomplishing everyday tasks and chores.

- **Major Depressive Disorder**

Major depressive disorder (MDD) causes feelings of extreme sadness or hopelessness that lasts for at least two weeks. This condition is also called clinical depression. People with MDD may become so upset about their lives that they think about or try to commit suicide.

- **Obsessive-Compulsive Disorder**

Obsessive-compulsive disorder (OCD) causes constant and repetitive thoughts, or obsessions. These thoughts happen with unnecessary and unreasonable desires to carry out certain behaviors, or compulsions. Many people with OCD realize that their thoughts and actions are unreasonable, yet they cannot stop them.

- **Post-traumatic Stress Disorder (PTSD)**

Post-traumatic stress disorder (PTSD) is a mental illness that's triggered after experiencing or witnessing a traumatic event. Experiences that can cause PTSD can range from extreme events, like war and national disasters, to verbal or physical abuse. Symptoms of PTSD may include flashbacks or being easily startled.

Schizophrenia

Schizophrenia impairs a person's perception of reality and the world around them. It interferes with their connection to other people. It's a serious condition that needs treatment. They might experience hallucinations, have delusions, and hear voices. These can potentially put them in a dangerous situation if left untreated.

• Social Anxiety Disorder

Social anxiety disorder, sometimes called social phobia, causes an extreme fear of social situations. People with social anxiety may become very nervous about being around other people. They may feel like they're being judged. This can make it hard to meet new people and attend social gatherings.

Aim of the study

To Search the mental health and Enthusiasm among interuniversity kho kho players

Hypotheses

Boys' interuniversity kho kho players will be significant high Enthusiasm than the girls' interuniversity kho kho players. Boys' interuniversity kho kho players will be significant high mental health than the girls' interuniversity kho kho players.

Sample

For the present study 120 Sample were selected from C.C.S. University, Meerut, Uttar Pradesh State. The effective sample consisted of 120 subjects, 60 subjects were boys' interuniversity kho kho players and 60 subjects were girls' interuniversity kho kho players. The age range of subjects was 18 to 25 years (Mean 21.25, SD 3.85).

Tools

Multi Assessment Personality Series (MAPS) (1996): This scale was constructed and standardized by Psy Com. It consists of 147 sentences and each item provide three alternatives the subjects had to select one of the three alternative and this test used Split Half and Test-Retest Reliability Coefficients & Factorial Validity.

Mental Health Inventory (MHI): Mental health inventory constructed by Dr. Jagdish and Dr. A.K. Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Sometime true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54.

Procedures of data collection

One instrument could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable

Independent variable- 1. Gender (a) Boys' (b) Girls'
Dependent Variable 1. Mental Health; 2. Enthusiasm

Statistical analysis and discussion

Mean, SD and 't' Value of boys' and girls' interuniversity kho kho players on dimension enthusiasm and mental health.

Table 1: The mean of mental health score of boys' interuniversity kho kho players

Dimension	Gender Boys' (N=60) Mean SD		SE	Girls'(N = 60) Mean SD		SE	t- ratio	df	p
Mental health	165.36	7.10	0.58	149.74	8.59	0.96	10.85**	118	0.01
Enthusiasm	11.02	3.22	0.41	7.25	2.47	0.31	7.19**	118	0.01

0.01= 2.63, 0.05= 1.99

Table no. 1 shows the mean of mental health score of boys' interuniversity kho kho players 165.36 and girls' interuniversity kho kho players 149.74. The difference between the two mean is highly significant at both level ('t'= 10.85, df=118, $P < 0.01$).

Second mean of enthusiasm score of boys' interuniversity kho kho players 11.02 and girls' interuniversity kho kho players 7.25. The difference between the two mean is highly significant at both level ('t'= 7.19, df=118, $P < 0.01$).

Conclusion

Boys' interuniversity kho kho players had significant high Enthusiasm than the girls' interuniversity kho kho players. Boys' interuniversity kho kho players had significant high mental health than the girls' interuniversity kho kho players.

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