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A COMPARATIVE ANALYSIS OF DIFFERENT SPORTS ON MENTAL HEALTH AND COPING STRATEGIES OF AMONG WOMEN

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Introduction:-

Physical education in schools and colleges improves the physical fitness mental fitness, psychological fitness and social fitness of the students. Now a day it is observed that in the school the schools authorities, parents and teachers are putting more emphasis towards the studies and result of schools and thereby neglecting the sports activity and physical education. The less concentration of physical education, games and sports in schools are affecting adversely all-round development and mental health of the students.

Health status is essential for everyone to enjoy life. Health is ability to function efficiently and effectively without injury, to enjoy leisure, to be healthy to resist diseases and to cope with emergency situation. Health related components of physical fitness include composition, co-ordination, cardio-vascular fitness, flexibility, endurance, balance, rhythm.

Mental Health and Education:-

The concept of imparting mental health through education is not anything new. Long ago, Patanjali Muni the author of 'yogasutra' indicated that maintenance of physical and mental health is prerequisite of self development and self realization. In the past the problems pertaining to physical and mental health were tackled by different constituents of the society but the situation is quite different today. Everybody expect in these days that the main objectives of the educational institutions must be in producing students who are physically robust, mentally alert and healthy, emotionally stable and culturally acceptable individuals.

The scholar being working in the field of physical education and sports always find that the players at the time of competition faced stress of competition and sports competition anxiety due to poor mental health specially the women sports women. The main purpose of the study was to measure and compare the mental health of the different game women players of Vidarbha and Uttar Pradesh state region. The mental health comparison was between the Volleyball, Kabaddi, and Athletes Runners. This was the purpose of this study. This study was significant because it helped to compare the mental health and how the players coping with the mental health. This study helped the coaches of the different games to adopt the various strategies of coping with mental health so the players can give the high performance during the competition.

Objectives of the Study

- The main objective of this study was to compare the mental health status of women volleyball, Kabaddi and athletes (Runners) with in Vidarbha region and Eastern region of U.P. state.
- To compare the coping strategies among the Vidarbha region players and eastern region of U.P. state players.

Methodology

The scholar selected the subjects from the University. 100 women Volleyball players, 100 women Kabaddi players, 100 women runner (Athletes) from Vidarbha region and eastern region of U.P. state.

Total number of subjects who participated in University tournaments of Vidarbha selected were 100 women Volleyball players, 100 women Kabaddi players, 100 women Runners (Athletes) and also from eastern region U.P. state 100 women Volleyball players, 100 women Kabaddi players and 100 women runner athletes.

To collect the data the questionnaires of mental health and coping strategies were distributed to all the six hundred players of various University and were asked them to fill up the questionnaire as soon as possible and send it to the scholar on the self addressed blanked envelop with postage stamp which was supplied by the scholar.

After one month the scholar received only 50 to 55 questionnaires back the scholar sent the reminder to the players and ask them to send back the questionnaire. The scholar received back only 90, 90 filled up questionnaires from the player. When scrutinized the scholar found that some questionnaires are in complete and some are half filled, so with the permission of guide only 80 questionnaires were selected for each game players of Vidarbha region and eastern region of U.P. state.

From the filled up questionnaires the scholar prepared the tables for statistical analysis of the data. The scholar calculate central tendencies that is mean, standard deviations of the mental health status scores of Vidarbha region University women Volleyball, Kabaddi players and women athletes runners. Also the scholar calculated mean and standard deviations of the scores of mental health status of eastern region U.P. state University women Volleyball, Kabaddi players and women (athletes) runners.

The scholar applied the coping strategies test prepared by A.K. Shivastava to measure the coping strategies of Vidarbha Region University and eastern region U.P. state University women Volleyball, Kabaddi players and women athlete's runners and prepared the following tables

Table No 1.

| No. | Name of Game women Players | Mental Health Status | | | | | |
|-----|----------------------------|----------------------|-----|---------------|-----|---------|--|
| | | Vidarbha region | | Estern region | | Cal 't' | tab 't' |
| | | Mean | SD | Mean | SD | | |
| 1 | Women Volleyball players | 85.5 | 8.2 | 75.5 | 5.2 | 9.17 | 2.6 at 0.01 level of significant & 79 df |
| 2 | Women Kabaddi | 83.2 | 9.6 | 60.2 | 6.6 | 18.11 | 2.6 at 0.01 level of significant & 79 df |

| | | | | | | | |
|----------|--------------------------|------|-----|------|-----|------|--|
| | players | | | | | | |
| 3 | Women runners (Athletes) | 80.7 | 7.5 | 62.1 | 8.1 | 15.0 | 2.6 at 0.01 level of significant & 79 df |

Discussion

The above table number 5 reveals that the mental health status scores means and standard deviations of Vidarbha region and eastern region up state University women Volleyball, kabbadi players and women runner athletes 85.5 and 75.5 respectively and 8.2 and 5.2 respectively. The calculated 't' is 9.17 which is greater than tabulated 't' at 0.01 level of significance that proved that the mental health status of Vidarbha region Volleyball players are better than mental health status of eastern region U.P. state women Volleyball player.

- The second game of women was Kabaddi

The Vidarbha region Kabaddi women players mental health status score means is 83.2 and standard deviation is 9.6 and eastern region U.P. state women Kabaddi players mental health status score mean is 60.2 and standard deviation is 6.6. The calculated 't' is 18.11 where as the tabulated 't' is 2.6 at 0.01 level of significance and 79 degree of freedom that prove that the mental health status of Vidarbha region women is better than the eastern region U.P. state women Kabaddi players. The women's runner of Vidarbha University players mental health status is 62.1 and standard deviation is 8.1. The calculated 't' is 15.0 which is greater than the tabulated 't' which is 2.6 at 0.01 level of significance and 79 degree of freedom that proved that the Vidarbha region women runners is having better mental health status than eastern region U.P. state women runners.

The scholar also tested the coping strategies of the Vidarbha region University women Volleyball players, women Kabaddi players and women runners and eastern region U.P. state University women Volleyball players women Kabaddi players and women runner (Athletes) and collected the scores and after statistical treatment the means, standard deviation calculated 't' were calculated and calculated 't' was compared with tabulate 't' which are given below in table number 2.

Table no. 2:- Vidarbha region University women Volleyball, Kabaddi players and women runners (Athletes) coping strategies and eastern region U.P. state University women Volleyball, Kabaddi players and women runners (Athletes), coping strategies scores mean, standard deviation, calculated 't' and tabulated 't'.

Table No 2

| No. | Name of Game women Players | Coping Strategies | | | | | |
|----------|----------------------------|-------------------|-----|----------------|-----|---------|--|
| | | Vidarbha region | | Eastern region | | Cal 't' | tab 't' |
| | | Mean | SD | Mean | SD | | |
| 1 | Women Volleyball players | 82.5 | 8.5 | 73.3 | 6.6 | 7.66 | 2.6 at 0.01 level of significant & 79 df |
| 2 | Women | 85.3 | 7.7 | 70.2 | 7.4 | 12.58 | 2.6 at 0.01 level of |

| | | | | | | | |
|----------|------------------------|------|-----|------|-----|-------|--|
| | Kabaddi players | | | | | | significant & 79 df |
| 3 | Women runners athletes | 80.7 | 9.2 | 65.3 | 8.7 | 10.84 | 2.6 at 0.01 level of significant & 79 df |

Source :- From the Vidarbha region and eastern region U.P. state women University players coping strategies scores.

Explanation

The above table number six reveals that the Vidarbha region University women Volleyball players coping strategies scores mean is 82.5 and standard deviation is 8.5 and eastern region U.P. state University women Volleyball players coping strategies mean is 73.3 and standard deviation is 6.6. The calculated 't' between Vidarbha region women Volleyball players and eastern region U.P. state women Volleyball players is 7.66, which is greater than the tabulated 't' value 2.6 at 0.01 level of significance and 79 degree of freedom that proved that the coping strategies of Vidarbha women Volleyball player have better than the coping strategies of eastern region U.P. state University women Volleyball players.

The Vidarbha region University women Kabaddi players and eastern region U.P. state University women Kabaddi players coping strategies means are 85.3 and 70.2 respectively and standard deviation are 7.7 and 7.4 respectively to compare the coping strategies 't' value is calculated the calculate 't' is 12.58 which is greater than tabulated 't' 2.6 at 0.01 level of significance and 79 degree of freedom that proved that the coping strategies of Vidarbha Kabaddi player is better than eastern region women Kabaddi players.

Also the Vidarbha region University women runners (Athletes) and eastern region U.P. state women runner (Athletes) coping strategies means are 80.7 and 65.3 respectively and standard deviation are 9.2 and 8.7 respectively. The calculated 't' is 10.84 which is greater than tabulated 't' value 2.6 at 0.01 level of significance and 79 degree of freedom that proved that the coping strategies of Vidarbha region University women runner (Athletes) are better than the eastern region U.P. state University women runners (Athletes) from the above discussion the hypothesis made by the scholar that there is no significance difference in mental health status of Vidarbha region University women volleyball Kabaddi players and women runners athletes and eastern region U.P. state University women Volleyball Kabaddi, players and women runners (Athletes) is rejected because there is significant difference between mental health status of Vidarbha region University women players and eastern region U.P. state University women players.

Conclusions

1. The mental health status of Vidarbha region University Volleyball women players are better than the mental health status of eastern region U.P. state University women Volleyball players.
2. Vidarbha region University women Kabaddi players have better mental health status than eastern region. U.P. state University women Kabaddi players.
3. The Vidarbha region University women runners (Athletes) have better mental health status than the eastern region U.P. state University women (Athletes) runners.
4. Also the coping strategies of Vidarbha region University women Volleyball player are better than the coping strategies of eastern region University women Volleyball players.
5. Coping strategies of Vidarbha region University Kabaddi players have better than the coping strategies of eastern region U.P. state University women Kabaddi players.

6. Coping strategies of Vidarbha University women runners (Athletes) are better than coping strategies eastern region U.P. state University women runners (Athletes).
7. These mental health status and coping strategies of eastern region U.P. state University women athletes and players are less than Vidarbha region University women athletes and player because of the parent's attitude and societies out look toward women.
8. Parents of eastern region U.P. state must take broader out look towards the women and girls participation in sports and games.
9. More researches on mental health status of school players and athletes can be conducted
10. Same type of study can be conducted on University male players and athletes.

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