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**Morphological Characteristics And Mental Health
of Players From Different Sports Discipline**

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Abstract

Total 100 cricket players selected for the present study and compare with physical ,psychological and cardiovascular fitness with 100 Football and 100 Volleyball players who were participating in intercollegiate tournament in Marathwada region of Maharashtra . For the present study, Mental health was measured by the using General Health Questionnaire (GHQ -12) The morphological characteristics measure through age, height, weight, etc. was obtained before seeking responses through demographic form . The result of the study shows that there was significant difference were found in Been able to concentrate , Plying A Useful Part, Capable of making Decision,Been able to enjoy, Been able to face up and Been feeling reasonably happy of positive mental healthbetween Cricket, Football and volleyball players. The result of the study shows that there was significant difference were found in Lost much sleep , Under strain, Couldn't overcome,Unhappy and depressed, Been losing confidence and Yourself as a Worthless of negative mental healthbetween Cricket, Football and volleyball players.

Introduction

Mental health may be describe 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).The common belief that sports persons have poor mental health due to high level of stress. Wikipedia Dictionary (2010) explains mental health as a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society and meet the ordinary demands of everyday life. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity defines the Constitution of the World Health Organization.Cricket football and volleyball are the most popular sport in India, it is played by many people in open spaces throughout the country though it is not the nation's official national sport .Modern sports' training gives greater emphasis on preparing the mental health and psychological preparation. Physical educators & coaches believe that without mental preparation there is little chance of successes to the higher level of competitions.

Methods

Total 100 cricket players selected for the present study and compare with physical ,psychological and cardiovascular fitness with 100 Football and 100 Volleyball players who were participating in intercollegiate tournament in 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 purposeof the pilot study is to test the feasibility and logistical aspects of the proposed study. The demographic information was collected through respondents in the form of different descriptive tests. The demographic information about, health history current disease age, height, weight, drug use, etc. was obtained before seeking responses through interview schedule.

Mental health assessment

For the present study, Mental health was measured by the using General Health Questionnaire (GHQ -12) .The General Health Questionnaire (GHQ) is a measure of current mental health and since its development by Goldberg in the 1970s it has been extensively used in different settings and different cultures .The 12-item GHQ-12 comprises six ‘ positive ’ and six ‘negative’ items . Positive items included ‘Have you recently felt capable of making decisions about things ?’, while negative items included ‘Have you recently felt constantly under strain?’ Items were classified in this way according to wording, with positively worded items having responses ‘Better than usual’, ‘Same as usual’, ‘Less than usual’ and ‘Much less than usual ’. Responses to negatively worded items are ‘Not at all ’, ‘No more than usual’, ‘Rather more than usual’ and ‘Much more than usual’. Questions 1, 3, 4, 7, 8 and 12 as positively worded items. The remainder are negatively worded. Responses was coded using an un weighted four-point Likert scale (0, 1, 2, 3). Positively worded items will later rescored so that a high score will indicative of endorsement of these items (e.g. ‘better than usual ’). Higher scores on negative items indicate greater distress and or difficulty. The mental health questionnaires filled two times like before and after yogic practices.

Data Processing:

The data was checked for accuracy and completeness and was coded and entered into the Statistical Package for Social Sciences (SPSS). one way analysis of variance and a p-value of <0.05 consider statistically significant throughout the study.

Interpretation Of Data And Results Of The Study

The results have been presented in concise and comprehensive manner that is easy to comprehend starting with parameter. The results concerning this are presented in the form of tables.

Table – 1**Morphological Characteristics Of Cricket, Football And Volleyball Players**

| Sr.No. | Components | Cricket | | Football | | Volleyball | |
|--------|--------------------|---------------|--------------|---------------|--------------|---------------|--------------|
| | | Mean | SDS | Mean | SDS | Mean | SDS |
| 1) | Age (Year) | 22.18 | 4.23 | 21.80 | 2.21 | 21.23 | 2.70 |
| 2) | Weight (Kg) | 67.98 | 8.18 | 66.71 | 5.60 | 69.05 | 9.45 |
| 3) | Height (cm) | 170.23 | 13.67 | 175.78 | 11.70 | 178.90 | 11.89 |

Table -1 illustrates the morphological characteristics of Cricket , Football and Volleyball players. The Mean Score (S.Ds.) age of Cricket players were 22.18 (5.64) years of score (S.Ds.) weight of Cricket players were 67.98 (8.18) Kg., mean score (S.Ds.) height of Cricket players were 170.23 (13.23) cm., In addition, the Mean values (S.Ds.) age of Football players were 21.80 (2.12) years of score (S.Ds.) weight of Football players were 66.71 (5.60) Kg., mean values (S.Ds.) height of Football players were 175.78 (11.70) cm., mean values (S.Ds.) Training days (Week) of Football players were 4.31 (1.08) cm., Furthermore, the Means (S.Ds.) age of Volleyball players were 21.23 (2.70) years of score (S.Ds.) weight of Volleyball players were 69.05 (9.45) Kg., Means (S.Ds.) height of Volleyball players were 178.90 (11.89) cm.,

Table 2
Mean Scores And Standard Deviation Of Positive Mental Health Among Cricket ,
Football And Volleyball Players

| Components | Players | No. | Means | S.Ds |
|--------------------------------------|---------------------------|------------|-------------|-------------|
| Been able to concentrate | Cricket players | 100 | 3.22 | 0.67 |
| | Football players | 100 | 3.55 | 0.79 |
| | Volleyball players | 100 | 3.25 | 0.68 |
| Plying A Useful Part | Cricket players | 100 | 3.98 | 0.76 |
| | Football players | 100 | 3.78 | 0.70 |
| | Volleyball players | 100 | 3.12 | 0.64 |
| Capable of making Decision | Cricket players | 100 | 3.02 | 0.57 |
| | Football players | 100 | 3.87 | 0.87 |
| | Volleyball players | 100 | 3.45 | 0.66 |
| Been able to enjoy | Cricket players | 100 | 3.89 | 0.81 |
| | Football players | 100 | 3.21 | 0.60 |
| | Volleyball players | 100 | 3.34 | 0.72 |
| Been able to face up | Cricket players | 100 | 3.23 | 0.56 |
| | Football players | 100 | 3.39 | 0.58 |
| | Volleyball players | 100 | 3.33 | 0.60 |
| Been feeling reasonably happy | Cricket players | 100 | 4.12 | 0.97 |
| | Football players | 100 | 3.79 | 0.92 |
| | Volleyball players | 100 | 3.85 | 0.88 |

Table-2 illustrates the Mean scores and standard deviation of positive mental health among cricket, football and volleyball players. With regards to mean score of Positive mental health with respect to Been able to concentrate of Cricket players was obtained 3.22 , mean score of Positive mental health with respect to Been able to concentrate of Football players was 3.55 and the mean score of Positive mental health with respect to Been able to concentrate of Volleyball players was 3.25 respectively. However the standard deviation of Positive mental health with respect to Been able to concentrate of Cricket players was obtained 0.67 , Positive mental health with respect to Been able to concentrate of Football Players was obtained 0.79 and Positive mental health with respect to Been able to concentrate of Volleyball Players was obtained 0.68 respectively, With regards to mean score of Positive mental health with respect to Plying A Useful Part of Cricket players was obtained 3.98, mean score of Positive mental health with respect to Been able to concentrate of Football players was 3.78 and the mean score of Positive mental health with respect to Plying A Useful Part of Volleyball players was 3.12 respectively. However the standard deviation of Positive mental health with respect to Plying A Useful Part of Cricket players was obtained 0.76, Positive mental health with respect to Plying A Useful Part of Football Players was obtained 0.70 and Positive mental health with respect to Plying A Useful Part of Volleyball Players was obtained 0.64 respectively,

With regards to mean score of Positive mental health with respect to Capable of making Decision of Cricket players was obtained 3.02 , The mean score of Positive mental health with respect to Capable of making Decision of Football players was 3.87 and mean score of Positive mental health with respect to Capable of making Decision of Volleyball players was 3.45 respectively. However the standard deviation of Positive mental health with respect to Capable of making Decision of Cricket players was obtained 0.57, Positive mental health with respect to Capable of making Decision of

Football Players was obtained 0.87 and standard deviation of Positive mental health with respect to Capable of making Decision of Volleyball Players was obtained 0.66 respectively,

With regards to mean score of Positive mental health with respect to Been able to enjoy of Cricket players was obtained 3.89, The mean score of Positive mental health with respect to Been able to enjoy of Football players was 3.21 and mean score of Positive mental health with respect to Been able to enjoy of Volleyball players was 3.34 respectively. However the standard deviation of Positive mental health with respect to Been able to enjoy of Cricket players was obtained 0.81, Positive mental health with respect to Been able to enjoy of Football Players was obtained 0.60 and standard deviation of Positive mental health with respect to Been able to enjoy of Volleyball Players was obtained 0.72 respectively, With regards to mean score of Positive mental health with respect to Been able to face up of Cricket players was obtained 3.23 , The mean score of Positive mental health with respect to Been able to face up of Football players was 3.39 and mean score of Positive mental health with respect to Been able to face up of Volleyball players was 3.33 respectively. However the standard deviation of Positive mental health with respect to Been able to face up of Cricket players was 0.56, Positive mental health with respect to Been able to face up of Football Players was obtained 0.58 and standard deviation of Positive mental health with respect to Been able to face up of Volleyball Players was obtained 0.60 respectively, With regards to mean score of Academic Stressors of Cricket players was obtained 4.12, The mean score of Academic Stressors of Football players was 3.79 and mean score of Academic Stressors of Volleyball players was 3.85 respectively. However the standard deviation of Positive mental health with respect to Been feeling reasonably happy of Cricket players was 0.97, Positive mental health with respect to Been feeling reasonably happy of Football Players was obtained 0.92 and standard deviation of Positive mental health with respect to Been feeling reasonably happy of Volleyball Players was obtained 0.88 respectively.

Table – 3

Statistical Comparison Of Positive Mental Health Of Cricket, Football And Volleyball Players

| Sr. No. | Positive mental health | Source of Variance | DF | SS | MSS | F-ratios |
|---------|-------------------------------|--------------------|-----|--------|------|----------|
| 1. | Been able to concentrate | Between group | 2 | 4.50 | 2.25 | 1.39 NS |
| | | Within group | 297 | 479.46 | 1.61 | |
| 2. | Plying A Useful Part | Between group | 2 | 6.78 | 3.39 | 1.59 NS |
| | | Within group | 297 | 630.71 | 2.12 | |
| 3. | Capable of making Decision | Between group | 2 | 5.65 | 2.82 | 1.63 NS |
| | | Within group | 297 | 513.56 | 1.72 | |
| 4. | Been able to enjoy | Between group | 2 | 6.86 | 3.43 | 1.80 NS |
| | | Within group | 297 | 564.97 | 1.90 | |
| 5. | Been able to face up | Between group | 2 | 6.09 | 3.04 | 1.81 NS |
| | | Within group | 297 | 499.67 | 1.68 | |
| 6. | Been feeling reasonably happy | Between group | 2 | 5.15 | 2.57 | 1.84 NS |
| | | Within group | 297 | 413.23 | 1.39 | |

Table – 3 , Illustrates the f-ratio of reaction to stressors of Cricket, Football and volleyball players. The result of the study shows that there was significant difference were found in Been able to concentrate , Plying A Useful Part, Capable of making Decision, Been able to enjoy, Been able to face up

and Been feeling reasonably happy of positive mental health between Cricket, Football and volleyball players.

Table-3
Mean Scores And Standard Deviation Of Negative Mental Health
Among Cricket , Football And Volleyball Players

| Components | Players | No. | Means | S.Ds |
|--------------------------------|---------------------------|------------|-------------|-------------|
| Lost much sleep | Cricket players | 100 | 3.01 | 0.57 |
| | Football players | 100 | 3.10 | 0.61 |
| | Volleyball players | 100 | 3.03 | 0.58 |
| Under strain | Cricket players | 100 | 3.15 | 0.71 |
| | Football players | 100 | 3.21 | 0.74 |
| | Volleyball players | 100 | 3.19 | 0.66 |
| Couldn't overcome | Cricket players | 100 | 3.36 | 0.59 |
| | Football players | 100 | 3.40 | 0.64 |
| | Volleyball players | 100 | 3.41 | 0.62 |
| Unhappy and depressed | Cricket players | 100 | 3.25 | 0.80 |
| | Football players | 100 | 3.29 | 0.69 |
| | Volleyball players | 100 | 3.30 | 0.61 |
| Been losing confidence | Cricket players | 100 | 2.89 | 0.47 |
| | Football players | 100 | 2.80 | 0.42 |
| | Volleyball players | 100 | 2.65 | 0.39 |
| Yourself as a Worthless | Cricket players | 100 | 3.29 | 0.91 |
| | Football players | 100 | 3.33 | 0.86 |
| | Volleyball players | 100 | 3.41 | 0.89 |

Table-3 illustrates the Mean scores and standard deviation of negative mental health among cricket, football and volleyball players. With regards to mean score of Negative mental health with respect to Lost much sleep of Cricket players was obtained 3.01, mean score of Negative mental health with respect to Lost much sleep of Football players was 3.10 and the mean score of Negative mental health with respect to Lost much sleep of Volleyball players was 3.03 respectively. However the standard deviation of Negative mental health with respect to Lost much sleep of Cricket players was obtained 0.57, Negative mental health with respect to Lost much sleep of Football Players was obtained 0.61 and Negative mental health with respect to Lost much sleep of Volleyball Players was obtained 0.58 respectively. With regards to mean score of Negative mental health with respect to Under strain of Cricket players was obtained 3.15, mean score of Negative mental health with respect to Lost much sleep of Football players was 3.21 and the mean score of Negative mental health with respect to Under strain of Volleyball players was 3.19 respectively. However the standard deviation of Negative mental health with respect to Under strain of Cricket players was obtained 0.71, Negative mental health with respect to Under strain of Football Players was obtained 0.74 and Negative mental health with respect to Under strain of Volleyball Players was obtained 0.66 respectively. With regards to mean score of Negative mental health with respect to Couldn't overcome of Cricket players was obtained 3.36, The mean score of Negative mental health with respect to Couldn't overcome of Football players was 3.40 and mean score of Negative mental health with respect to Couldn't overcome of Volleyball players was 3.41 respectively. However the standard deviation of Negative mental health with respect to Couldn't

overcome of Cricket players was obtained 0.59, Negative mental health with respect to Couldn't overcome of Football Players was obtained 0.64 and standard deviation of Negative mental health with respect to Couldn't overcome of Volleyball Players was obtained 0.62 respectively, With regards to mean score of Negative mental health with respect to Unhappy and depressed of Cricket players was obtained 3.25, The mean score of Negative mental health with respect to Unhappy and depressed of Football players was 3.29 and mean score of Negative mental health with respect to Unhappy and depressed of Volleyball players was 3.30 respectively. However the standard deviation of Negative mental health with respect to Unhappy and depressed of Cricket players was obtained 0.80, Negative mental health with respect to Unhappy and depressed of Football Players was obtained 0.69 and standard deviation of Negative mental health with respect to Unhappy and depressed of Volleyball Players was obtained 0.61 respectively, With regards to mean score of Negative mental health with respect to Been losing confidence of Cricket players was obtained 2.89, The mean score of Negative mental health with respect to Been losing confidence of Football players was 2.80 and mean score of Negative mental health with respect to Been losing confidence of Volleyball players was 2.65 respectively. However the standard deviation of Negative mental health with respect to Been losing confidence of Cricket players was 0.47, Negative mental health with respect to Been losing confidence of Football Players was obtained 0.42 and standard deviation of Negative mental health with respect to Been losing confidence of Volleyball Players was obtained 0.39 respectively, With regards to mean score of Academic Stressors of Cricket players was obtained 3.29, The mean score of Academic Stressors of Football players was 3.33 and mean score of Academic Stressors of Volleyball players was 3.41 respectively. However the standard deviation of Negative mental health with respect to Yourself as a Worthless of Cricket players was 0.91, Negative mental health with respect to Yourself as a Worthless of Football Players was obtained 0.86 and standard deviation of Negative mental health with respect to Yourself as a Worthless of Volleyball Players was obtained 0.89 respectively,

Table – 4
Comparison Of Negative Mental Health Of Cricket, Football And Volleyball Players

| Sr. No. | Negative mental health | Source of Variance | DF | SS | MSS | F-ratios |
|---------|-------------------------|--------------------|-----|--------|------|----------|
| 1. | Lost much sleep | Between group | 2 | 8.25 | 4.12 | 2.02 NS |
| | | Within group | 297 | 604.37 | 2.03 | |
| 2. | Under strain | Between group | 2 | 6.63 | 3.31 | 1.64 NS |
| | | Within group | 297 | 598.34 | 2.01 | |
| 3. | Couldn't overcome | Between group | 2 | 6.02 | 3.01 | 1.57 NS |
| | | Within group | 297 | 569.87 | 1.91 | |
| 4. | Unhappy and depressed | Between group | 2 | 5.42 | 2.71 | 1.46 NS |
| | | Within group | 297 | 549.60 | 1.85 | |
| 5. | Been losing confidence | Between group | 2 | 5.54 | 2.77 | 1.57 NS |
| | | Within group | 297 | 523.96 | 1.76 | |
| 6. | Yourself as a Worthless | Between group | 2 | 5.08 | 2.54 | 1.40 NS |
| | | Within group | 297 | 538.75 | 1.81 | |

Table – 4, Illustrates the f-ratio of negative mental health of Cricket, Football and volleyball players. The result of the study shows that there was significant difference were found in Lost much sleep, Under strain, Couldn't overcome, Unhappy and depressed, Been losing confidence and Yourself as a Worthless of negative mental health between Cricket, Football and volleyball players.

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