

A Comparative Study of Positive Mental Health among Kho-Kho Players with Varying Level of Sports Achievements

Dr. Pramod Kumar Tiwari¹, C. D. Agashe²

¹Assistant Professor, Department of Physical Education, Set RCS Arts and Commerce College, Durg C.G., India

²HOD, SOS in Physical Education, Pt. Ravishankar Shukla University, Raipur C.G, India

Abstract: *In the present study positive mental health of Kho-Kho players were compared in the light of their sports achievements. To conduct the study, 40 national male kho-kho players (Ave. age 25.72 yrs.), 40 state level male kho-kho players (Ave. age 23.12 yrs) and 40 district level male kho-kho players (Ave. age 20.66 yrs.) were selected as sample. Three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was used as psychological instrument to collect the data. The analysis of data reveal that national male kho-kho players showed significantly more magnitude of positive mental health as compared to state and district level male kho-kho players. It was concluded that high degree of mental organization and integration which is related with positive mental health demarcates sporting achievements in kho-kho.*

Keywords: Positive Mental Health, Kho-Kho, Sports Achievement

1. Introduction

One of the most popular traditional sports in India is Kho-Kho. This traditional sport of India is known for its requirements in terms of motor fitness as well as tactical know-how. Due to the popularity of kho-kho in India many researchers such as Dhondge (2011)¹, Singh and Singh (2013)², Rana (2013)³, Jaiswal (2014)⁴ and others have conducted studies to determine the anthropometric, somatotype, physical fitness and psychological factors associated with performance of kho-kho players.

Surprisingly despite numerous studies with kho-kho players as central theme, positive mental health of kho-kho players has not been assessed in the light of their sports achievement. According to World Health Organization (2001)⁵ good mental health can be meant as feeling like being fine and assured about functioning self-confidence, rival capacity, belonging to a generation and flourish mind of capabilities. According to Menninger (1930)⁶, "it is the adjustment of human-beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behaviour and happy disposition." It is believed that when a person is free of anxiety, depression, stress and psychological problems he can have healthy relationships, make good life choices, maintain physical health and well-being, handle the natural ups and downs of life and discover and grow toward his potential. This concept of positive mental health has been crystallized by Chaplin (1975)⁷. He opined that "mental health is a state of good adjustment with a subjective state of well-being, zest for living, and the feeling that one is exercising his talents and abilities," Strupp and Hadley (1977)⁸ also conceived mental health in its positive perspectives. This model has considered self-acceptance, ego-strength and philosophy of human nature/life as the major components of positive mental health.

Sports psychology is associated with psychological aspects of optimal athletic performance. Researchers such as Meyers et al. (1999)⁹, Sousa et al. (2008)¹⁰, Agashe et al. (2010)¹¹, Mohammadzadeh and Sami (2014)¹², Verma Kavita (2015)¹³ have studied psychological characteristics such as anxiety, mental toughness, extraversion, neuroticism etc. of sportspersons on the basis of sports achievements. Since positive mental health encompasses aspects such as social, emotional and physical well-being it is worthwhile to compared positive mental health of male kho-kho players on the basis of their level of sports achievement.

2. Hypothesis

Positive mental health among male kho-kho players will differ significantly on the basis of their level of the sports achievements.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

To conduct the study, 40 national male kho-kho players (Ave. age 25.72 yrs.), 40 state level male kho-kho players (Ave. age 23.12 yrs) and 40 district level male kho-kho players (Ave. age 20.66 yrs.) were selected as sample. The sample was collected through convenience sampling method.

Tools:

Positive Mental Health Inventory:

To assess positive mental health of selected male kho-kho players, three dimensional positive mental health inventory prepared by Agashe and Helode (2007)¹⁴ was used. It consists of 36 questions. The test-retest reliability coefficient of this inventory was 0.723. Higher the score, superior the mental health is the direction of scoring.

Procedure:

40 national, 40 state and 40 district level male kho-kho players were selected through convenience sampling method. After obtaining written consent for participation in research they were selected as sample. Positive mental health inventory prepared by Agashe and Helode (2007) was administered to all selected subjects as per their convenience and availability. After scoring of the responses according to author's manual, the data was tabulated according to their respective groups. To compare positive mental health of national, state and district level male kho-kho players One Way ANOVA was applied. Result depicted in table 1 and 2 respectively.

3. Analysis of Data

Table 1: Comparison of Positive Mental Health among Kho-Kho Players on the Basis of their Sports Achievements (N=120)

Groups	N	Positive Mental Health	
		Mean	S.D.
National Level Male Kho-Kho Player	40	20.80	2.98
State Level Male Kho-Kho Players	40	18.36	4.65
District Level Male Kho-Kho Players	40	17.60	4.50
F=4.99, p<.01			

A perusal of entries shown in table 1 indicate that positive mental health of national (M=20.80), state (M=18.36) and district level kho-kho players (M=17.60) differ significantly with each other. The calculated F=4.99 confirms this finding at .01 level of statistical significance.

Since the reported F value in One Way ANOVA was found to be statistically significant, to examine the difference in mean scores on positive mental health inventory between national, state and district level kho-kho players, Least Significant Difference Test was used. The results are shown in table 2.

Table 2: Comparison of Mean Positive Mental Health Scores of Different Study Group with Least Significant Difference Test

Mean (I)	Mean (J)	Mean Difference (I-J)
National Level Male Kho-Kho Players	State Level Male Kho-Kho Players	2.43*
	District Level Male Kho-Kho Players	3.20*
State Level Male Kho-Kho Players	District Level Male Kho-Kho Players	0.76

* Significant at .05 level

The results obtained through Least Significant Difference Test gives following facts:

- National level male kho-kho players had significantly superior positive mental health as compared to state and district level male kho-kho players. The mean difference of 2.43 and 3.20 respectively was statistically significant at .05 level.
- No significant difference was observed in positive mental health of state and district level male kho-kho players. The mean difference of 0.76 was not found to be statistically significant.

On the basis of analysis of data, following results are obtained:

4. Results

Positive mental health of national level male kho-kho players was found to be significantly superior as compared to state and district level male kho-kho players whereas no significant difference was observed in positive mental health of state and district level male kho-kho players.

5. Discussion

In the present study strong link was observed between positive mental health and achievements of male kho-kho players. The result of the present study is consistent with the theory of Vaillant (2003)¹⁵. Vaillant (2003) conceptualized positive mental health in terms of positive psychology which includes emotional, social and physical well-being. It shows that achievements in sports or any field is dependent on physical, emotional, social and psychological well-being which is integral part of positive mental health.

6. Conclusion

On the basis of results, it was concluded that positive mental health of male kho-kho players do differ significantly on the basis of their sports achievements.

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