# A Comparative Study of Mental Health among Athlete and Non-Athlete

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## Introduction:

Health is one of the imporatnt indicators of good society. Without healthy populations, the achievement of development objectives will be out of reach. Good health is fundamental to the ability of individuals to realize their full human potential. Increasing physical activity level because physical inactivity is a primary risk factor driving the global increase in chronic disease,sport can play a critical role in slowing the spread of chronic diseases, reducingtheir social and economic burden,and saving lives.

## Objective and Aim of Study:

To find out the mental health among athlete and non athlete.

## Hypothesis:

There will be significant difference between Athlete and non- athlete with respect to mental health.

## Research Method:

## Sampling:

For the present study 200 Sample were selected from Aurangabad town. The effective sample consisted of 200 subjects, out of whom 100 Athlete (Short distance runners, throwers Short put, Javelin, Javelin thrower, and Disk throwers)and 100 non-Athlete (Football players, Cricket players, and Volleyball players). The age range of subjects where 18-25 years.

**Tools:**

**C.G Deshpande Mental Health test:**

For the study, C.G.Deshpande Mental Health test has been used for measuring Mental Health. All the 50 items of the scale are presented in simple and brisk style. Each of the 40 item has two answer (multiple Choice) YES and NO. This is well known test having high reliability as well as validity coefficients.

**Data Collection & Processing:**

Mental Health test administered individuals as well as a small group. While collecting the data for the study the later called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test or scale, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the scale and tests. The test were administered and field copies of each test was collected.

**Variables of the study:**

**Independent Variable:**

1) Group a) Athlete b) Non-athlete

**Dependent Variable:**

1 Mental Health

**Statistical Analysis:**

Table No. 1
**Mean, Std. Deviation, and T score**

| Group | MEAN | SD | SE | N | DF | 'T' |
|---|---|---|---|---|---|---|
| **Athlete** | 44.69 | 6.28 | 0.63 | 100 | 98 | 11.45 |
| **Non-athlete** | 35.72 | 4.18 | 0.42 | 100 | | |

Signficant at 0.01 Level**

The results related to the hypothesis have been recorded. Mean of mental health score of the athlete is 44.69 and that of the non-athlete is 35.72. The

difference between the two mean is highly significant 't'=11.45, df=98. Thus hypothesis is confirmed which proves that athlete have significantly high mental health than non-athlete.

**Results:**

Athlete has significantly high mental health than the non-athlete.

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