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A COMPARATIVE STUDY OF HEALTH AND WELLNESS AMONG MALE PLAYERS OF INDIVIDUAL GAME OF KERALA

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ABSTRACT

The purpose of the study was to compare the health and wellness among male players of individual game of Kerala. Total 60 male players 20(swimming) 20 (Badminton) and 20 (table-tennis) were selected for the study.. The age ranged from 17-24 years. Only emotional health, fitness body care, environmental health, stress, nutrition and med self responsibility were selected for the study. A Self maid questionnaire was administrated on the study. The data was analyzed by Descriptive analysis and One-way ANOVA test. The results show the statistically significant difference of emotional health, fitness body care, environmental health and med - self responsibility among swimming, badminton and table-tennis male players of Kerala.

KEYWORDS:

Health and wellness, Male, Emotional health.

Introduction

Health is optimal well-being that contributes to quality of life. It is more than freedom from disease and illness, though freedom from disease is important to good health. Optimal health includes high-level mental, social, emotional, spiritual, and physical wellness within the limits of one's heredity and personal abilities.

The dimensions of health and wellness include the emotional (mental), intellectual, physical, social, and spiritual. A positive total outlook on life is essential to wellness and each of the wellness dimensions. A "well" person is satisfied in his/her work, is spiritually fulfilled, enjoys leisure time, is physically fit, is socially involved, and has a positive emotional- mental outlook. This person is happy and fulfilled.

Many experts believe that a positive total outlook is a key to wellness. The way one perceives each of the dimensions of wellness affects total outlook. Researchers use the term self perceptions to describe these feelings. Many researchers believe that self-perceptions about wellness are more important than actual ability. For example, a person who has an important job may find less meaning and job satisfaction than another person with a much less important job. Apparently, one of the important factors for a person who has achieved high-level wellness and a positive life's outlook is the ability to reward him/her. Some people, however, seem unable to give themselves credit for their life's experiences.

The development of a system that allows a person to positively perceive the self is important. Of course, the adoption of positive lifestyles that encourage improved self-perceptions is also important. The questionnaire in the Lab 1A will help you assess yourself perceptions of the various wellness dimensions. For optimal wellness, it would be important to find positive feelings about each dimension.

Wellness is the integration of many different components (mental, social, emotional, spiritual, and physical) that expand one's potential to live (quality of life) and work effectively and to make a significant contribution to society. Wellness reflects how one feels (a sense of well-being) about life as well as one's ability to function effectively. Wellness, as opposed to illness (a negative), is sometimes described as the positive component of good health.

Each individual is different from all others. Health and wellness depend on each person's individual characteristics. Making comparisons to other people on specific individual characteristics may produce feelings of inadequacy that detract from one's profile of total health and wellness. Each of us has personal limitations and personal strengths. Focusing on strengths and learning to accommodate weaknesses are essential keys to optimal health and wellness.All people can benefit from enhanced wellness. Wellness and an improved quality of life are possible for everyone, regardless of disease states. Evidence is accumulating to indicate that people with a positive outlook are better able to resist the progress of disease and illness than those with a negative outlook. Thinking positive thoughts has been associated with enhanced results from various medical treatments and better results from surgical procedures. Because self-perceptions are important to wellness, positive perceptions of self are especially important to the wellness of people with disease, illness, and disability. The concepts of wellness and optimal health must be considered in light of one's heredity and personal disabilities and disease states.

Objective of the study

A comparative study of health and wellness among male players of individual game in Kerala .

Hypothesis of the study

For the study null hypothesis was framed for the study.

Method and Procedure Sample of the study

Total 60 male individual game players 20(swimming) 20 (badminton) 20 (Table-tennis) were selected for the study.

Selection of variables

Only emotional health, fitness body care, environmental health, stress, nutrition and med self responsibility were selected for the study.

Tool used

Self maid questionnaires by the researcher were selected for the study.

Statistical Used

The data was analyzed by Descriptive analysis and One-way ANOVA test. The level of significance was set as 0.05 level. Data analysis was performed using SPSS 16.0 software under windows.

Result and Discussion of the study

To compare Health and wellness Descriptive method, and One Way ANOVA test was computed. The findings are presented in the Table given below:

Table 1: Descriptive Analysis of Emotional Health among Male Players of Individual Game

Game	N	Range	Min	Max	Sum of squares	Mean	S.D
Swimming	40	16.00	24.00	40.00	686.00	34.30	4.71
Badminton	40	19.00	30.00	49.00	739.00	36.95	4.50
Table-Tennis	40	19.00	26.00	45.00	742.00	37.10	5.72

Table-1 appears that emotional health comparison among swimming, badminton and table -tennis (Individual game) players of Kerala. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For swimming male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 34.06, 4.71, 686.00, 24.00, 40.00 and 16.00 respectively. For badminton male players mean squares, sum of squares, standard deviation, minimum, maximum and range is 36.95, 4.50, 739.00, 30.00 49.00 and 19.00 respectively. In case of table-tennis male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 37.10, 5.72, 742.00, 26.00, 45.00

and 19.00 respectively.

Table 2: One Way Anova Table For the Data of Emotional Health Male Players of Individual Game

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	12	262.200	21.850	2.277	.141
Within Group	7	160.000	22.857		
Total	19	384.950	25.538		

Significant at 0.05 level

The mean squares value of the emotional health in case of swimming, badminton and table-tennis male players of Kerala is 21.850, 22.857 and 25.538 respectively. The obtained sum of squares between the groups is 262.200 with in groups is 160.000 and in total is 384.950. The obtained f-ratio value among the swimming, badminton and table-tennis male players is 2.277. The obtained significant value of table is .141 at the significant level of 0.05 level. It appears from the table- 2 that significance difference were found for emotional health i.e. among swimming, badminton and table-tennis male players of individual game of Kerala as the calculated value 2.277 was found less than the tabulated value 2.42 at 0.05 level.

Table 3: Descriptive Analysis of Fitness Body Care among Male Players of Individual Game

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Swimming (M.P)	40	20.00	24.00	44.00	658.00	32.90	4.96
Badminton (M.P)	40	23.00	21.00	44.00	705.00	35.25	5.84
Table-Tennis (M.P)	40	25.00	21.00	46.00	666.00	33.30	6.63

Table-1 appears that emotional health comparison among swimming, badminton and table -tennis (Individual game) players of Kerala. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For swimming male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 32.90, 4.96, 658.00, 24.00, 44.00 and 20.00 respectively. For badminton male players mean squares, sum of squares, standard deviation, minimum, maximum and range 35.25, 5.84, 705.00, 21.00, 44.00 and 23.00 respectively. In case of table-tennis male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 33.00, 6.63, 666.00, 21.00, 46.00 and 25.00 respectively.

Table 4: One Way ANOVA Table for the Data of Fitness Body Care Health among Male Players of Individual Game

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	13	137.300	10.562	2.290	.158
Within Group	6	330.500	55.083		
Total	19	649.750	18.167		

Significant at 0.05 level.

The mean squares value of the fitness body care health in case of swimming, badminton and table-tennis male players of Kerala is 10.562, 55.083 and 8.167 21respectively. The obtained sum of squares between the groups is 137.300 with in groups is 330.500 and in total is 649.750 The obtained f-ratio value among the swimming, badminton and table-tennis male players is 2.290. The obtained significant value of table is .158 at the significant level of 0.05 level. It appears from the table-4 that significance difference were found for fitness body care health i.e. among swimming, badminton and table-tennis male players of individual game of Kerala as the calculated value 2.290 was found less than the tabulated value 2.42 at 0.05 level.

Table 5: Descriptive Analysis of Environmental Health among Male Players of Individual Game

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Swimming (M.P)	40	23.00	27.00	50.00	728.00	36.40	6.44
Badminton (M.P)	40	21.00	29.00	50.00	847.00	42.35	5.33
Table-Tennis (M.P)	40	19.00	29.00	48.00	757.00	37.85	5.99

Table-5 appears that environmental health comparison among swimming, badminton and table -tennis (Individual game) players of Kerala. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For swimming male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 36.40, 6.44, 728.00, 27.00, 50.00 and 23.00 respectively. For badminton male players mean squares, sum of squares, standard deviation, minimum, maximum and range 42.35, 5.33, 847.00, 29.00, 50.00 and 21.00 respectively. In case of table-tennis male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 37.85, 5.99, 757.00, 29.00, 48.00 and 19.00 respectively.

One Way ANOVA Table for the Data of Environmental Health among Male Players of Individual Game

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	11	469.467	42.679	1.572	.266
Within Group	8	319.333	39.917		
Total	19	540.550	33.595		

Significant at 0.05 level.

The mean squares value of the environmental health in case of swimming, badminton and table-tennis male players of Kerala is 42.679, 39.917 and 33.595 respectively. The obtained sum of squares between the groups is 469.467 with in groups is 319.333 and in total is 540.550. The obtained f-ratio value among the swimming, badminton and table-tennis male players is 1.572.

The obtained significant value of table is .266 at the significant level of 0.05 level. It appears from the table-6 that significance difference were found for environmental health i.e. among swimming, badminton and table-tennis male players of individual game of Kerala as the calculated value 1.572 was found less than the tabulated value 2.42 at 0.05 level.

Table 7: Descriptive Analysis of Stress among Male Players of Individual Game

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Swimming (M.P)	40	29.00	21.00	50.00	665.00	33.25	7.71
Badminton (M.P)	40	20.00	24.00	44.00	712.00	35.60	4.50
Table-Tennis (M.P)	40	26.00	26.00	52.00	723.00	36.15	6.50

Table-7 appears that stress health comparison among swimming, badminton and table -tennis (Individual game) players of Kerala. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For swimming male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 33.25, 7.71, 665.00, 21.00, 50.00 and 29.00 respectively. For badminton male players mean squares, sum of squares, standard deviation, minimum, maximum and range 35.60, 4.50, 712.00, 24.00, 44.00 and 20.00 respectively. In case of table-tennis male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 36.15, 6.50, 723.00, 26.00, 52.00 and 26.00 respectively.

Table 8: One Way Anova Table for the Data of Stress among Male Players of Individual Game

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	10	274.333	27.733	3.652	.32
Within Group	9	852.417	94.713		
Total	19	384.800	30.872		

The mean squares value of the emotional health in case of swimming, badminton and table-tennis male players of Kerala is 27.733, 94.713 and 30.872 respectively. The obtained sum of squares between the groups is 274.333 with in groups is 852.417 and in total is 384.800. The obtained f-ratio value among the swimming, badminton and table-tennis male players is 3.652. The obtained significant value of table is .32 at the significant level of 0.05 level. It appears from the table-8 that significance difference were found for stress health i.e. among swimming, badminton and table- tennis male players of individual game of Kerala as the calculated value3.652 was found less than the tabulated value 2.42 at 0.05 level.

Table 9: Descriptive Analysis of Nutrition among Male Players of Individual Game

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Swimming (M.P)	40	23.00	17.00	40.00	608.00	30.40	5.16
Badminton (M.P)	40	20.00	27.00	47.00	742.00	37.10	6.81
Table-Tennis (M.P)	40	22.00	24.00	46.00	687.00	34.35	6.05

Table-9 appears that stress nutrition comparison among swimming, badminton and table -tennis (Individual game) players of Kerala. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For swimming male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 30.40, 5.16, 608.00, 17.00, 40.00 and 2.00 respectively. For badminton male players mean squares, sum of squares, standard deviation, minimum, maximum and range 37.10, 6.81, 742.00, 27.00, 47.00 and 20.00 respectively. In case of table-tennis male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 34.35, 6.05, 687.00, 24.00, 46.00 and 22.00 respectively.

Table 10: One Way Anova Table for the Data of Stress among Male Players Individual Game

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	11	308.467	28.042	1.852	.196
Group	8	198.333	24.792		
Total	19	881.800	57.558		

Significant at 0.05 level.

The mean squares value of the nutrition health in case of swimming, badminton and table-tennis male players of Kerala is 28.042, 24.792 and 57.558 respectively. The obtained sum of squares between the groups is 308.467 with in groups is 198.333 and in total is 881.800. The obtained f-ratio value among the swimming, badminton and table-tennis male players is 1.852. The obtained significant value of table is .196 at the significant level of 0.05 level. It appears from the table-10 that significance difference were found for nutrition health i.e. among swimming, badminton and table-tennis male players of individual game of Kerala as the calculated value 1.852 was found less than the tabulated value 2.42 at 0.05 level.

Table 11: Descriptive Analysis of Med- Self Responsibility among Male Players of Individual Game

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Swimming (M.P)	40	25.00	24.00	48.00	687.00	34.85	7.86
Badminton (M.P)	40	16.00	26.00	42.00	721.00	35.05	4.32
Table-Tennis (M.P)	40	24.00	23.00	47.00	729.00	36.45	6.68

Table-11 appears that med- self responsibility health comparison among swimming, badminton and table-tennis (Individual game) players of Kerala. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For swimming male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 34.85, 7.86, 687.00, 24.00, 48.00 and 25.00 respectively. For badminton male players mean squares, sum of squares, standard deviation, minimum, maximum and range 35.05, 4.32, 701.00, 26.00, 42.00 and 16.00 respectively. In case of table-tennis male players mean squares, standard deviation, sum of squares, minimum, maximum and range is 36.45, 6.68, 729.00, 23.00, 47.00 and 24.00 respectively.

Table 12: One Way Anova Table for the Data of Med- Self Responsibility among Male Players of Individual Game

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	16	988.050	61.753	1.456	.427
Within Group	3	170.500	56.833		
Total	19	354.950	19.653		

Significant at 0.05 level.

The mean squares value of the med- self responsibility health in case of swimming, badminton and table-tennis male players of Kerala is 61.753, 56.833 and 19.653 respectively. The obtained sum of squares between the groups is 988.050 with in groups is 170.500 and in total is 354.950. The obtained f-ratio value among the swimming, badminton and table-tennis male players is 1.456. The obtained significant value of table is .427 at the significant level of 0.05 level. It appears from the table-12 that significance difference were found for med-self responsibility i.e. among swimming, badminton and table-tennis male players of individual game of Kerala as the calculated value 1.456 was found less than the tabulated value 2.42 at 0.05 level.

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