



Mental Health Among Physical Education and Other Professional Students

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ABSTRACT

Mental health is an important dimension of health, for enjoying every state of living satisfactorily individual need to be mentally healthy as mental health can lead to many psychophysiological imbalances, but as participation in regular quality physical education program and sports can have positive effect on mental health. The present study aims at studying mental health among college going active and inactive youth students 100 students (45 physical education, 53 from other professional courses) of 18-28 year of age were purposively selected from Lovely Professional University Punjab India. Data was collected using mental health inventory by Jagdish and A.K. Srivastava (1983) and statistical interpretation of the data was done using descriptive and t-ratio at 0.05 level of significance. The result of the study revealed that college going youths were having poor mental health and there was no significant difference was observed between active and inactive groups.

KEYWORDS : Mental Health, Independent t-test, levene's test.

The strength of any nation depends upon the health of the people who lives in the particular country. In the words of dictionary one of the important meanings of health is "Freedom from disease, sound body and mind etc. or the condition in which the body and mind functions properly". Earlier, it was thought that health is a condition of being 'hale', i.e. safe and sound. But if we look deep into this we can examine health is more than this. Optimum health of any individual would be that level which would enable the individual to live life to the fullest. Health is the ability of the body to sustain adaptive efforts and is used to employ body power, vitality and ability to resist fatigue. Health in numerous times considered as the total outcome of the organic, interpretive neuromuscular and emotional development. Health is the greatest wealth of the man; the one he who has health must cherish it with care, lest he should lose it. To this end he must have sufficient awareness and knowledge of how to live healthy. Health is not merely absence of any kind of disease rather it is positive quality of living body, of which fitness for one's work and happiness are distinguish marks. Health is the way in itself; there is no way to health. Let all the habit of daily living is health promoting.

Mental health is defined by the World Health Organization as "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life to strive for happiness, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community" (World Health Organization). The peoples who are living with mental illness there needs are not being adequately met by the Canadian health system. Far too many Canadians are turning up at our emergency departments or being hospitalized unnecessarily for health conditions that could and should be managed in the community. This is a function of insufficient system-wide capacity. Worldwide, as it is supported by numerous studies that mental health problems are among the leading causes of many different kind of disability (WHO, 2008). In Canada, repeated hospitalizations (11% of all people hospitalized for mental illness in 2008-2009 were readmitted more than twice within the same year) and 30-day re-admission rates (11.4% in 2009-2010) for this segment of the population are high (Canadian Institute for Health Information, 2011), indications that mental health service needs are not being met in the community. In Canada there is lacks of a comprehensive and population-based approach to mental health – one that emphasizes community-based services and recovery-based approaches and acknowledges the pivotal role of consumers and front-line providers in implementing system change. According to this the mental health has following dimensions which are being explained below by looking all these dimensions thoroughly we can make certain modification to our mental as this directly or indirectly leads to the development of mental health.

1. Positive self- evaluation: It includes self-confidence, self-acceptance, self-identity, feeling of worth-wholeness, realization of one's

potentialities, etc.

2. Perception of reality: It is related to perception free from need distortion, absence of excessive fantasy and a broad outlook on the world

3. Integration of personality: It indicates the balance of psychic forces in the individual and includes the ability to understand and to share other people's emotions, the ability to concentrate at work and interest in several activities.

4. Autonomy: It includes stable set of internal standards for one's action, dependence for own development upon own potentialities rather than dependence on other people.

5. Group oriented attitude: It is associated with the ability to get along with others, work with others and ability to find recreation.

6. Environmental mastery: It includes in meeting situational requirements. The ability to work and play, the ability to take responsibilities.

Objectives:

Analyzing Mental Health of college going Youths.

Comparison of Mental Health between Physical education and other profession students.

Research Question:

Are Physical Education students having better mental health than other profession students?

Hypothesis:

Physical education students will have better mental health than other profession students.

Delimitations:

The study was delimited to both male and female youth of 18-25 years of age.

The study was delimited to the 100 youth students from Lovely Professional University.

The study was delimited to under-graduate and post-graduate students.

Significance:

Study will be help to ensure whether the group which participates in regular physical activity is having better mental health than those who are less active. The study will further help investigate the positive effect of participation in physical activity and harms of inactivity.

Limitations:

Different ways of living, socio-economic conditions, nature of activity, daily routine & habits of subjects will not be under the control of research scholar which will be considered as a limitation of the study.

The questionnaire in itself has its own limitations. As such any bias opinion that may be given by the subjects in the form of responses that affect the result of the study may be considered as limitation of the study.

Methodology

Survey method was used to collect the data on 100 samples aged 18-28 who were pursuing different professional courses physical education and other profession students include (Education, M Tech, B Tech, EEE, ECE, MCA, BCA, BSC, and MSC) who were purposively selected from Lovely professional University, Punjab. Data on mental health was collected using mental health inventory by Dr. Jagdish and Dr. A.K. Srivastava (1983). The inventory measures 6 different dimensions of mental health Positive self-evaluation, Perception of reality, Integration of personality, Autonomy, Group oriented attitude and Environmental mastery Data was statically analyzed using descriptive statistics and independent sample t-test using SPSS version-20.

Analysis and Interpretation

Table-1

Descriptive Statistics

Groups	N	Mean		SD	Range		Skewness	
		Stat	Std. error		Min.	Max.	Stat.	Std. error
Physical Education	45	139.18	1.08	7.24	33		-.168	.354
					121	154		
Other Professional	53	140.34	1.16	8.48	40		.199	.327
					123	163		

Table-2

Comparison of mental health between physical education and other profession students

Sample	Levene's Test for Equality of Variances	Mean	SD	Sig. (2-tailed)	Df.	t-ratio
Physical Education	.331	139.18	7.24	.472	96	-.722
Other Professional		140.34	8.48			

Levene's test was used to ensure the variance of two groups i.e. it should be equal, obtained p-value .331 is insignificant as it is more than 0.05, thus the variance of the two groups is equal for applying independent sample t-test. In order to find whether physical education students were having better mental health than other profession students using one-tailed test the calculated t-value -.722 was compared with the tabulated value t0.05 (n1+n2-2) for one tailed hypothesis here n1=45 and n2=53, therefore the value of t0.05(96)= 1.660 for one tailed test. Thus it has been found that the calculated t-value is smaller than the tabulated value hence it can be concluded that mental health of physical education students is not significantly better than other profession students and on seeing p-value for two tailed test which is insignificant hence both the groups were same on mental health.

Conclusion: On the basis of obtained data following conclusion can be drawn:-

The college going students were having poor mental health.

There is no significant difference in mental health between physical education and other profession students.

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