



Academic Sports Scholars

“EFFECT OF GENDER ON MENTAL HEALTH AND BOLDNESS AMONG KABADDI PLAYERS”

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ABSTRACT

Aim of the Study: To Search the mental health and Boldness among kabaddi players Hypotheses: 1.Boys' kabaddi players will be significant high Boldness than the girls' kabaddi players. 2. Boys' kabaddi players will be significant high mental health than the girls' kabaddi players. Sample: For the present study 100

Sample were selected from Aurangabad, Maharashtra State. The effective sample consisted of 100 subjects, 50 subjects were boys' kabaddi players and 50 subjects were girls' kabaddi players. The age range of subjects was 18 to 25 years (Mean 22.36, SD 2.69). Tools Multi Assessment Personality Series (MAPS) (1996): this scale was constructed and standardized by Psy Com. Measure for boldness. Mental Health Inventory (MHI): Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. Variable Independent variable- 1. Gender a) Boys' b) Girls' Dependent Variable 1. Mental Health 2. Boldness Conclusions: 1. Boys' kabaddi players had significant high Boldness than the girls' kabaddi players. 2. Boys' kabaddi players had significant high mental health than the girls'



kabaddi players.

KEYWORDS : Mental Health , Boldness , Kabaddi Players , Physical Health .

INTRODUCTION :

Good Physical Health improves Mental Health. Body-mind relationship is an established fact. Those who enjoy good physical health are most likely to have good mental health which includes mental poise and balance, emotional control etc. When we say ' sound mind in a sound body', we

accept that adequate supply of oxygen – which is done only through vigorous exercise – to nerves, smooth muscles and the brain contributes to the maintenance of good mental health. We do not think with brain alone, even the amount of hemoglobin present in our blood affects our Thinking. Besides this, balanced diet and good physical exercise are the main factors of helping us maintain good mental health too. Participation in games and sports presents opportunities for promoting emotional health and preventing delinquency. Studies by Hardman and Kane have confirmed that athletes with higher performance are more emotionally sound and less anxious while studies by Sperling, Ruffer, Tillman, Whiting and Stenbridge, Brunner etc. reveal that extroversion is more prominent in athletes than in non-athletes.

Mareike Kunter, Yi-Miau Tsai, Uta Klusmann, Martin Brunner, Stefan Krauss, Jürgen Baumert (October 2008) Students' and mathematics teachers' perceptions of teacher Boldness and instruction. This article investigates teacher Boldness and how it relates to instructional behaviours. We distinguished teachers' Boldness for the subject matter of mathematics from their Boldness for teaching mathematics. A total of 323 teachers and their 9th-grade classes participated in the study. Questionnaires were used to assess teachers' Boldness and instructional behaviors from both the teacher and the student perspective. Structural equation modeling revealed that teachers who were more enthusiastic about teaching showed higher quality instructional behavior—both self-reported and student-rated. By contrast, Boldness for mathematics as a subject matter predicted teachers' self-reports, but not students' ratings, of instructional behavior.

K.L. Lamb, K. Roberts, D.A. Brodie (1990) Self-perceived health among sports participants and non-sports participants. This paper examines and compares the self-perceived health (SPH) of a sample of sports participants (n=1385) and a matched sample of non-participants (n=292). Ratings of health were generally found to be favourable among both samples, but a non-parametric analysis of their distributions revealed that the SPH of sports participants was significantly ($P < 0.0001$) better than that of the non-participants. SPH improved with age among both samples, but above the age of 34, the non-participants' perceived health ceased to be inferior to that of participants. Controlling for age and gender revealed no difference in SPH above 24 years among males and 34 years among females. SPH was related to a variety of additional health-related factors. Multiple regression analysis was used to identify the predictors of SPH for both samples, and highlighted marked differences between them in the type and number of contributory factors. It is suggested that participation in active sports may enhance health awareness, especially among the young, and that future studies of this kind among sports populations should take account of the levels of commitment (frequency, duration and intensity) to sport.

AIM OF THE STUDY:

1.To Search the mental health and Boldness among kabaddi players

HYPOTHESES:

- 1.Boys' kabaddi players will be significant high Boldness than the girls' kabaddi players.
- 2.Boys' kabaddi players will be significant high mental health than the girls' kabaddi players.

Sample:

For the present study 100 Sample were selected from Aurangabad, Maharashtra State. The effective sample consisted of 100 subjects, 50 subjects were boys' kabaddi players and 50 subjects were girls' kabaddi players. The age range of subjects was 18 to 25 years (Mean 22.36, SD 2.69).

Tools

1) Multi Assessment Personality Series (MAPS) (1996):

This scale was constructed and standardized by Psy Com. It consists of 147 sentences and each item provide three alternatives the subjects had to select one of the three alternative and this test used Split-Half and Test-Retest Reliability Coefficients & Factorial Validity.

2) Mental Health Inventory (MHI):

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54.

PROCEDURES OF DATA COLLECTION

One instrument could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable

Independent variable- 1. Gender a) Boys’ b) Girls’

Dependent Variable 1. Mental Health
2. Boldness

STATISTICAL ANALYSIS AND DISCUSSION

Mean, SD and ‘t’ Value of boys’ and girls’ kabaddi players on dimension Boldness and mental health.

Table No. 1

Dimension	Gender						t- ratio	df	p
	Boys’ (N =60)			Girls’(N = 60)					
	Mean	SD	SE	Mean	SD	SE			
Mental health	159.08	6.48	0.58	137.63	7.12	0.96	15.75**	98	0.01
Boldness	11.96	3.22	0.41	7.48	2.08	0.31	8.26**	98	0.01

0.01= 2.63, 0.05= 1.99

Table no. 1 shows the mean of mental health score of boys’ kabaddi players 165.36 and girls’ kabaddi players 149.74. The difference between the two mean is highly significant at both level (‘t’=

15.75, $df=98$, $P < 0.01$).

Second mean of Boldness score of boys' kabaddi players 11.02 and girls' kabaddi players 7.25. The difference between the two mean is highly significant at both level ($t' = 8.26$, $df = 98$, $P < 0.01$).

CONCLUSION:

1. Boys' kabaddi players had significant high Boldness than the girls' kabaddi players.
2. Boys' kabaddi players had significant high mental health than the girls' kabaddi players.

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