



## A COMPARATIVE STUDY OF NEGATIVE MOOD REGULATION IN SPORTSPERSONS AND NON-SPORTSPERSONS: WITH REFERENCE TO PHYSICAL DISABILITY



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### ABSTRACT

The aim of the present study was to compare ability of physically disabled male subjects to regulate their negative mood on the basis of participation in sports. To conduct the study, 50 physically disabled male sportspersons (Av. age 24.82 yrs) were selected as sample. Participation in any sporting event of national level tournament organized for physically disabled people was the yardstick for selection. To fulfill the objectives of the study, 50 physically disabled male non sportspersons (Av. age 25.02 yrs.) were also selected as sample. Negative Mood Regulation Scale prepared by Catanzaro and Mearns (1990) was used to assess the ability of subjects to regulate their negative mood effectively. Results reveal that physically disabled male sportspersons had superior ability to regulate their negative mood as compared to physically disabled male non-sportspersons. Therefore it may be concluded that sports may be used as a medium so that physically disabled person can regulate their negative mood states by adjusting adaptively to their physical disabilities.

**KEYWORDS** :Physical disability, participation in sports, negative mood regulation.

### INTRODUCTION

According to the UN Convention on the Rights of Persons with Disabilities, “persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which, in interaction with various barriers, may hinder their full and effective participation in society on an equal basis with others.” [Convention on the Rights of Persons with Disabilities, 2008]1

Despite sustained efforts persons with disabilities face social discrimination and negative attitude in many societies. The disabled person continues to experience social and economic marginalisation even in this modern age. To deal with psycho-social problems of physical disability use of sports as a medium is not new and it dates back to 1800. In that time in Sweden sports is used as a therapy for persons with disability. Since then scientific studies have been conducted to assess the role of sports in developing psycho-social qualities of physically disabled persons. Researchers like Benczúrné (2000)<sup>2</sup>, Zarandi (2011)<sup>3</sup> Kasum et al. (2011)<sup>4</sup>, Goran et al. (2012)<sup>5</sup>, Sepasi et al. (2012)<sup>6</sup>, Polatidou et al. (2013)<sup>7</sup>, Agashe and Tiwari (2014)<sup>8</sup>, Agashe and Tiwari (2015)<sup>9</sup> have explored various psycho-social aspects associated with physical disability in the light of participation in sports.

Despite extensive research, negative mood regulation among physical disabled has not been studied in the light of participation in sports. Mood derives from the Old English *mōd* which denoted military courage, but could also refer to a person's humor, temper, or disposition at a particular time. Catanzaro and Mearns (1990)<sup>10</sup> have defined the concept of generalized expectancies for negative mood regulation (NMR) as beliefs concerning one's ability to terminate or alleviate a negative mood state. Such beliefs vary across individuals and are associated with different strategies to cope with or alleviate bad moods A mood is an emotional state. Emotions and feelings differ from mood because effect of mood is less intense and cannot be triggered by a certain event. It usually has having either positive or negative valence. In general terms we usually take in terms of being in good or bad mood. It is often associated with depression, anxiety or perception and interpretation of an individual regarding world around him. Keeping this in mind, the present study was planned to assess the effect of participation in sports on negative mood regulation among physically disabled adult males.

## **HYPOTHESIS**

Ability to alleviate negative mood will be significantly superior in physically disabled male sportspersons as compared to physically disabled male non-sportspersons.

## **MATERIALS AND METHODS**

### **Sample :-**

To conduct the study, 50 physically disabled male sportspersons (Av. age 24.82 yrs) were selected as sample. Participation in any sporting event of national level tournament organized for physically disabled people was the yardstick for selection. To fulfill the objectives of the study, 50 physically disabled male non sportspersons (Av. age 25.02 yrs.) were also selected as sample. The sample for the present study was collected through convenience sampling.

### **Tools:**

Negative Mood Regulation Scale prepared by Catanzaro and Mearns (1990) was used to assess the ability of subjects to regulate their negative mood. The scale consists in all 30 items to assess negative mood regulation. This scale is highly reliable and valid.

### **Procedure:**

Negative Mood Regulation Scale prepared by Catanzaro and Mearns (1990) was administered to selected physically challenged male subjects as per their convenience and availability. Responses on items of negative mood scale were scored off according to author's manual, afterwards obtained data was tabulated according to their respective groups. 't' test was used to compare the data between two study groups. The results are presented in table 1.

**RESULT AND DISCUSSION**

**Table No. 1**  
**Comparison of Negative Mood Regulation between Physically Disabled Male Sportspersons and Non-Sportspersons**

Variable	Physically Disabled Male Sportspersons (N=50)		Physically Disabled Male Non-Sportspersons (N=50)		Mean Diff.	't'
	M	S.D.	M	S.D.		
Negative Mood Regulation	120.38	11.32	115.66	8.28	4.72	2.37*

\* Significant at .05 level

The calculated  $t=2.37$  reported in table 1 indicate that ability of physically disabled male non sportspersons to regulate their negative mood was significantly higher ( $M=120.38$ ) as compared to physically disabled male non-sportspersons ( $M=115.66$ ) at .05 level of statistically significance.

**RESULTS**

- Ability to alleviate negative mood was found to be superior in physically disabled male sportspersons as compared to physically disabled male non-sportspersons.

**DISCUSSION**

The psychological benefits of sports for enhancement of psychological qualities in normal as well as physically disabled population are very well documented. Hence the result of present study adds one more dimension i.e. negative mood regulation through participation in sports for people with special needs.

**CONCLUSION**

On basis of results and associated discussion, it may be concluded that sports may be used as a medium so that physically disabled adult males can regulate their negative mood states by adjusting adaptively to their physical disabilities.

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