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## A STUDY ON MENTAL HEALTH OF BALL GAME PLAYERS

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### Abstract

Sports and Games are considered to be as old as human civilization and with the span of time its arena has expanded to unexpected extents. Sports and Games, especially ball games paved its path all the way from England and America to all over the world almost 200 years ago and still continues to snatch the limelight. Taking into account the professional dimension of these games rigorous amount of scientific and specific physical training is given to the Ball game players. In spite of all the effort, a very important and crucial aspect is neglected and overshadowed which leads to incomplete training results. The very aspect is the Psychological fitness training. The present study focuses on the study of Variation of Mental Health Statuses of different Ball Game players. For the Purpose of the study 40 male university level ball game players of age range 20 to 25 years were chosen from Visva Bharati University, out of which 10 were basketball players, 10 were Cricket players, 10 Football players and 10 were Volleyball players. Six mental variables namely Anxiety & tension, Nervousness, Loneliness, Restlessness, Hopelessness and Anger and Five somatic variables namely Headache, Disturbed sleep, Tiredness, Indigestion and Acidity were selected. Subjects were selected using purposive sampling and the data was extracted using Questionnaire response method using Dr. Pramod Kumar's Mental Health Checklist. ANOVA was applied to derive the results at 0.05 level of significance and to identify the significant differences among the Mental health status of different ball game players. The result rejected the null hypothesis and showed that Mental Health status differed significantly to each of them.

### 1. INTRODUCTION

The most neglected and yet the most important health aspect still remains sparsely explored till today. The very aspect is the Mental Health status. To deal with this, a lot is to be done yet through researches and discoveries and digging deeper into this field might help. The present study too focuses on the mental health status and the differences among the mental health status of players of different ball games.

To conduct the study we have used Mental health check list (MHC), which is a handy tool and has been developed with a view to provide assistance for identifying persons with poor mental health and in need psycho diagnostic help.

Mental health is an index which shows the extent to which the person has been able to meet his environment demands-social, emotional or mental. However when he finds himself trapped in a situation he does not have matching coping strategies to deal with it effectively, he gets himself mentally strained. This mental strain is generally reflected in symptoms like anxiety tension, restlessness hopelessness, among others. If it is felt for too long too extensively by the person, these symptoms may take definite form representing a given illness. Mental health therefore should not be confused with mental illness; it's a study of pre-illness mental condition of the person (kumar 1991).<sup>1</sup>

<sup>1</sup>Manual book on Mental Health Checklist –KP, Dr.Pramod Kumar  
( former professor & head of Department of psychology Sardar Patel University)

Mental health as such represents as psychic condition, which characterized by mental peace harmony, and content. It is identified by the absence of disabling and debilitating symptoms, both mental and somatic in the person (schneiders 1964)

## 1.1 Statement of the Problem

The purpose of the study is A STUDY OF MENTAL HEALTH OF BALL GAME PLAYERS

## 1.2 Definition of terms

Questionnaire is a research tool consisting of a series of questions for the purpose of gathering information from the respondents.

**Anxiety** is an unrealistic fear. It is both a personality trait and a situational feeling. To distinguish it from fear we may say a tiger creates fear, cat creates fear; fear is like a passing cloud, anxiety a lingering cloud, if we ignore problem which is evoking fear, the energy remains as a vague anxiety. To resolve anxiety, we have to backtrack through it to find the original fear and then confront the issue which frightens us.

**Psychological tension**<sup>2</sup> is similar to a state of stress, though people experiencing **tension** tend to describe feelings of tightness, overwhelming anxiety, and uncertainty. ... But **tension** is also sometimes used to characterize relationships in which stress leads to distance or hostility.

**Restlessness**<sup>3</sup> is an inability to achieve relaxation; a feeling of mild mental discomfort. **Restlessness** is frequently an early, subtle sign of a patient's deterioration

**Nervousness**<sup>4</sup>: "Individuals who suffer from nervousness will typically suffer from restless periods where they may struggle to sleep."

**Loneliness**<sup>5</sup> has its genesis in the instinct of gregariousness- the tendency to stay together. This is not an emotion, but a default, characterized by the discomfort caused by the festering energy which we not using in an effort to create social contacts. It's stimulated by the sight of the other members of the species. Normally specific cries or specific odors are sufficient to evoke this reaction. Stay together promotes and preserves common interests and objectives of life. Generally, herbivores are more gregarious then carnivores. To counter the feeling of loneliness, man has developed civilization.

**Hopelessness**<sup>6</sup> is a powerful emotion that often contributes to a dark or low mood and may adversely affect the way one perceives the self, other individuals, personal circumstances, and even the world. Often hopelessness can have a significant influence on human behavior, as it may reflect an individual's negative view of the future

**Anger**<sup>7</sup> with its source in the instinct of combat or aggressiveness, anger reaction is caused by any situation which either interferences with the working of parental instinct, the pursuit of any instinctive goal, causes distress or poses perceived harm to our physical health or our ego boundaries.

From simple resentment, bitterness to rage, the range of anger varies a lot depending upon the perception of the situation and stimulus intensity. The major purpose of anger is to give us heightened sense of individuality and territoriality and increase of energy which is given to us specifically to deal with the threat.

<sup>2</sup>Psychology in physical education and sports book, Dr. M L Kamlesh, page-314

<sup>3</sup><https://medical-dictionary.thefreedictionary.com/restlessness>

<sup>4</sup><https://psychologydictionary.org/nervousness/>

<sup>5</sup>Psychology in physical education and sports book, Dr. M L Kamlesh, page-313

<sup>6</sup><https://www.goodtherapy.org/blog/psychpedia/hopelessness>

<sup>7</sup>Psychology in physical education and sports book, Dr. M L Kamlesh, page-312

A **headache**<sup>8</sup> is a condition of mild to severe pain in the head; sometimes upper back or neck pain may also be interpreted as a **headache**. ... The most common type of **headache** is a tension **headache**. Some people experience **headaches** when they are hungry or dehydrated.

**Tiredness**<sup>9</sup>: A feeling of **fatigue** caused by things such as lack of exercise, boredom, or mental stress that results in lack of energy and depression. From: **psychological fatigue** in The Oxford **Dictionary** of Sports Science & Medicine » Subjects: Medicine and health — Clinical Medicine

**Disturbed Sleep**<sup>10</sup> disturbances encompass disorders of initiating and maintaining **sleep** (DIMS, insomnias), disorders of excessive somnolence (DOES), disorders of **sleep**–wake schedule, and dysfunctions associated with **sleep**, **sleep** stages, or partial arousals (parasomnias). Table 77.1 presents a useful classification.

**Indigestion**<sup>11</sup>, also known as **dyspepsia**, is a condition of impaired digestion. Symptoms may include upper abdominal fullness, **heartburn**, nausea, belching, or upper abdominal pain. ... **Dyspepsia** is a common problem and is frequently caused by gastro esophageal reflux disease (GERD) or gastritis.

**Acidity**<sup>12</sup> Describes the amount of **acid** in a substance. An **acid** is a chemical that gives off hydrogen ions in water and forms salts by combining with certain metals. **Acidity** is measured on a scale called the pH scale

## 1.6 Delimitations

1.6.1 The study will be delimited to male players of VB

1.6.2 The study will be delimited to 20 to 25 years

1.6.3 The study will be delimited to 2019 to 2020 season

1.6.4 The study will be delimited to mental health check list

The study will be delimited to selected ball games (football, basketball, volleyball, and cricket)

The study will be delimited to questionnaire method.

## 1.5 Objectives

To find out the status of

1.5.1 Anxiety & tension of 4 selected ball game players.

1.5.2 Restlessness of 4 selected ball game players.

1.5.3 Nervousness of 4 selected ball game players.

1.5.4 Loneliness of 4 selected ball game players.

1.5.5 Hopelessness of 4 selected ball game players.

1.5.6 Anger of 4 selected ball game players.

1.5.7 Headache of 4 selected ball game players.

1.5.8 Tiredness of 4 selected ball game players.

1.5.9 Disturbed Sleep of 4 selected ball game players.

1.5.10 Indigestion of 4 selected ball game players.

1.5.11 Acidity of 4 selected ball game players.

<sup>8</sup><https://www.psychologistworld.com/biological/disorders/headaches>

<sup>9</sup><https://www.oxfordreference.com/view/10.1093/oi/authority.20110803100352735>

<sup>10</sup><https://www.ncbi.nlm.nih.gov/books/NBK401/>

<sup>11</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3002574/>

<sup>12</sup><https://www.cancer.gov/publications/dictionaries/cancer-terms/def/acidity>

## METHODOLOGY

### 3.1 Selection of the subject:

10 university level of male basketball players, 10 university level of male cricket players, 10 university level of male football players, 10 university level of male volleyball players were selected for this study

The data was extracted using questionnaire response method.

Male subjects were selected within the age group of 20-25 years.

**Sample collection: Purposive sampling(Non-Probability sampling)**

**3.2 Selection of the variables:** Variables were 6 mental ( anxiety & tension, restlessness, nervousness, loneliness, hopelessness and anger) and 5 somatic(headache, tiredness, disturbed sleep, indigestion and acidity).

**3.3 Criterion measures:** The Mental Health Checklist developed by Dr.Pramodkumar.

### 3.4 Design of Study

Mental health check list (MHC) has been developed with a view to provide a handy tool for identifying persons with poor mental health and in need psycho diagnostic help.

Mental health is an index which shows the extent to which the person has been able to meet his environment demands-social, emotional or mental. However when he finds himself trapped in a situation he does not have matching coping strategies to deal with it effectively, he gets himself mentally strained. This mental strain is generally reflected in symptoms like anxiety tension, restlessness hopelessness, among others. If it is felt for too long too extensively by the person, these symptoms may take definite form representing a given illness. Mental health therefore should not be confused with mental illness; it's a study of pre-illness mental condition of the person (kumar 1991).

This study based on mental health check list. Some questions will be asked to the basketball players. They have to give answer as yes or no on the basis of that stress level, match temperament. For the purpose of the study our departmental basketball players selected. Mental health will be assessed by with the help of mental health The present chapter focuses on the method of the sample selection, selection variables are variables

**Anxiety** is an [emotion](#) characterized by an unpleasant state of inner [turmoil](#), often accompanied by nervous behaviour such as pacing back and forth, [somatic complaints](#), and [rumination](#).<sup>[1]</sup> It is the subjectively unpleasant feelings of dread over [anticipated](#) events.<sup>[2]</sup><sup>[*need quotation to verify*]</sup>

Anxiety is a feeling of uneasiness and [worry](#), usually generalized and unfocused as an [overreaction](#) to a situation that is only subjectively seen as menacing.<sup>[3]</sup> It is often accompanied by muscular tension,<sup>[4]</sup> restlessness, [fatigue](#) and problems in concentration. Normally considered to be appropriate, when anxiety is experienced regularly the individual may suffer from an [anxiety disorder](#).<sup>[4]</sup> Anxiety is closely related to [fear](#), which is a response to a real or perceived immediate [threat](#); anxiety involves the expectation of future threat.<sup>[4]</sup> People facing anxiety may withdraw from situations which have provoked anxiety in the past

**Psychological tension** is similar to a state of stress, though people experiencing **tension** tend to describe feelings of tightness, overwhelming anxiety, and uncertainty. ... But **tension** is also sometimes used to characterize relationships in which stress leads to distance or hostility.

**Restlessness** [rest'les-nēs] is an inability to achieve relaxation; a feeling of mild mental discomfort. **Restlessness** is frequently an early, subtle sign of a patient's deterioration

**Nervousness:** "Individuals who suffer from nervousness will typically suffer from restless periods where they may struggle to sleep."

**Loneliness** is **defined** as the distressing experience that occurs when one's social relationships are perceived to be less in quantity, and especially in quality, than desired. ... People can be alone without feeling lonely and can feel lonely even when with other people.

Hopelessness is a powerful emotion that often contributes to a dark or low mood and may adversely affect the way one perceives the self, other individuals, personal circumstances, and even the world. Often hopelessness can have a significant influence on human behavior, as it may reflect an individual's negative view of the future

**Anger** is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong. ... It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems. But excessive **anger** can cause problems

A **headache** is a condition of mild to severe pain in the head; sometimes upper back or neck pain may also be interpreted as a **headache**. ... The most common type of **headache** is a tension **headache**. Some people experience **headaches** when they are hungry or dehydrated.

A feeling of **fatigue** caused by things such as lack of exercise, boredom, or mental stress those results in lack of energy and depression. From: **psychological fatigue** in The Oxford **Dictionary** of Sports Science & Medicine » Subjects: Medicine and health — Clinical Medicine

**Sleep** disturbances encompass disorders of initiating and maintaining **sleep** (DIMS, insomnias), disorders of excessive somnolence (DOES), disorders of **sleep**–wake schedule, and dysfunctions associated with **sleep**, **sleep** stages, or partial arousals (parasomnias). Table 77.1 presents a useful classification.

**Indigestion**, also known as **dyspepsia**, is a condition of impaired digestion. Symptoms may include upper abdominal fullness, **heartburn**, nausea, belching, or upper abdominal pain. ... **Dyspepsia** is a common problem and is frequently caused by gastro esophageal reflux disease (GERD) or gastritis.

**Acidity** (a-SIH-dih-tee) describes the amount of **acid** in a substance. An **acid** is a chemical that gives off hydrogen ions in water and forms salts by combining with certain metals. **Acidity** is measured on a scale called the pH scale

### 3.5: Equipment used for collection of data:

#### 3.5.1: Anxiety & Tension questionnaire

**Purpose:** To measure the anxiety and tension of the subject

**Tools:** Mental Health Checklist, Dr.Pramodkumar

**Procedure:** Before administering the questionnaire, the rules and procedure for filling up the questionnaire were clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** Scoring is done on likert 4 point scale i.e. 3 for always, 2 for often ,1 for sometimes and 0 for never.

#### 3.5.2 Restlessness questionnaire

**Purpose:** To measure the Restlessness of the subject

**Tools:** Mental Health Checklist, Dr.Pramodkumar



**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.3 Nervousness questionnaire

**Purpose:** To measure the Nervousness of the subject

**Tools:** Mental Health Checklist, Dr.Pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.4 Loneliness questionnaire

**Purpose:** To measure the Loneliness of the subject

**Tools:** Mental Health Checklist, Dr.Pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.5 Hopelessness questionnaire

**Purpose:** To measure the Hopelessness of the subject

**Tools:** Mental Health Checklist, Dr.Pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.6 Anger questionnaire

**Purpose:** To measure the Anger of the subject

**Tools:** Mental Health Checklist, Dr.pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.7 Headache questionnaire

**Purpose:** To measure the Headache of the subject

**Tools:** Mental Health Checklist, Dr.pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.8 Tiredness questionnaire

**Purpose:** To measure the Tiredness of the subject

**Tools:** Mental Health Checklist, Dr.pramodkumar

The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:**

### 3.5.9 Disturbed sleep questionnaire

**Purpose:** To measure the Disturbed sleep of the subject

**Tools:** Mental Health Checklist, Dr.pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.10 Indigestion questionnaire

**Purpose:** To measure the Indigestion of the subject

**Tools:** Mental Health Checklist, Dr.pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher before the selected subject so as to the most reliable information collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.5.11 Acidity questionnaire

**Purpose:** To measure the Acidity of the subject

**Tools:** Mental Health Checklist, Dr.Pramodkumar

**Procedure:** Before administering the questionnaire the rules and procedure for filling up the questionnaire was clearly explained by the researcher to the selected subject so as to the most reliable information is collected from the subjects for the purpose of the study.

**Scoring:** The scoring was done on likert 4 point scale where 3 meant always, 2 meant often, 1 meant sometimes and 0 meant never.

### 3.6 Procedure of collection of data:

Purposive Sampling (Non-Probability Sampling) was used

### 3.7 Statistical Analysis:

1- To assess the level of mental health of selected ball game (basketball, cricket, football & volleyball) players, descriptive statistics i.e.( Mean, standard deviation ) was use.

2- To compare the mental health among the selected ball game (basketball, cricket, football, volleyball) players.

3- The level of significance was set at 0.05.

## CHAPTER-IV

### ANALYSIS AND INTERPRETATION OF DATA

#### 4.1 ANALYSIS OF DATA

##### TABLE:01

#### DESCRIPTIVE STATISTICS OF MENTAL HEALTH OF BALL GAME PLAYERS

NAME OF THE BALL GAMES	N	MEAN	SD(STANDERD DEVIATION)
BASKETBALL	10	5.8	2.10
CRICKET	10	8.1	1.60
FOOTBALL	10	7.1	2.56
VOLLEYBALL	10	7.1	2.69

From the table no.1 it has been found that mean and SD on mental health of ball game players (BASKETBALL,CRICKET,FOOTBALL,VOLLEYBALL,)are 5.8+\_2.10,8.1+\_1.60,7.1+\_2.56,7.1+\_2.69respectively.



Table-02

<b>One way Analysis of variations(ANOVA) of Mental Health on Ball game players</b>						
<i>Source of Variation</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>P-value</i>	<i>F crit</i>
<b>Between Groups</b>	<b>130.1</b>	<b>3</b>	<b>43.36667</b>	<b>3.026755</b>	<b>0.041933</b>	<b>2.866266</b>
<b>Within Groups</b>	<b>515.8</b>	<b>36</b>	<b>14.32778</b>			
<b>Total</b>	<b>645.9</b>	<b>39</b>				

Significant at 0.05 level of significance

Degree of Freedom (3, 36) = 36

Table 02 revealed that there was significant difference of mental health on Ball game players (Basketball, Cricket, Football, Volleyball) as obtained F ratio 3.02 was greater than tabulated value 2.86 at 0.05 level of significance.

#### 4.4 Discussion of findings:

The result of the table no-1 showed consolidated table of mental health of selected ball game (basketball, cricket, football, volleyball) players.

Table-2 showed that descriptive statistics of different mental health of selected ball game (basketball, cricket, football, volleyball) players.

### 5.1 SUMMARY

Psychological-skill play a very important role in the field of basketball, cricket, football & volleyball to facilitate performance irrespective of different roles played in the game. Till now it is a greatly neglected part of the game. Without mental skill an individual player could have to struggle a lot to reach their actual or fullest playing potential

From the last few decades' research related to the psychology and sports become burning issues in the field of sports science research. Taking various games sports and sports into the account, researcher investigated mental skill or mental health or psychological abilities of individual in different domain of sports thorough out the world.

In the game of selected ball game, that is basketball, cricket, football, volleyball it has been found to investigate the importance of mental health or mental skill or psychological abilities of the selected ball game players in connection with their performance. Due to the lack of proper research evidence or research support, the researcher feels that this issue should bring in the area of investigation.

Basketball, cricket, football & volleyball are very popular game in India. As far as the characteristics of the game are concern, being team sport, these demand a lot of components development.

Due to the research evidence it's well understood that only an appropriate combination of physical and psychological ability decides a player success in any sports.

By the help of research assistant, questionnaire was distributed to the subjects and they were advised to answer the question by their own knowledge and experience. Respondents in this study were instructed to select one response from each question which best describes their thought, feelings or behavior relating to their experiences in selected ball games like basketball, cricket, football and volleyball competitions and participations.

To study on mental health of selected ball game players, descriptive statistics i.e. (mean, standard deviation) was used.

To compare the mental health of selected ball game players, analysis of variance (ANOVA) was used.

## 5.2 CONCLUSION

1. As far as conclusion of the study concern this study was attempted to prepare a study on mental health of selected ball game players and different psychological variables in the association with different ball game players. As the results showed Mental Health status of different ball game players are different thus different and specific kind of Counseling shall provided to different ball game players in order to maintain their Overall health as well as their performance level. .

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