



A Study of Physical Fitness and Mental Health among Sportsperson and Non-Sportsperson

Dr. RAZIA. K. I.

Associate Professor

Department of Physical Education

Milad E Sherief Memorial College

Kayamkulam, District Alappuzha-690502 (Kerala)

Abstract

The main purpose of the present study was to investigate the relationship between Physical Fitness and Mental Health among Sportsperson and non- Sportsperson. For the present study, 200 Subjects were selected from District Alappuzha of Kerala State. The effective sample consisted of 200 subjects, out of which 100 subjects were Sportsperson and 100 subjects were non - Sportsperson. The age range of subjects was 18-25 years. The purpose of the study was to examine the Physical Fitness and Mental Health among Sportsperson and non- Sportsperson. Hypothesis of the study was that Sportsperson who have significantly good Physical Fitness than non- Sportsperson and another one was that Sportsperson who have significantly good Mental Health than non- Sportsperson. C.G. Deshpande Mental Health Test was used for measuring the Frustration & Mental Health and secondly, Physical Fitness was measured by sit-ups. All the 50 items of the scale (C.G. Deshpande Mental Health Test) are presented in simple and brisk style. Each item has two answer (multiple Choice) 'YES' and 'NO'. This is well known test having high reliability and validity coefficients. It was concluded that Sportsperson has significantly good Mental Health than non- Sportsperson and Sportsperson has significantly good Physical Fitness than non- Sportsperson.

Keywords:- Sportsperson, Non-Sportsperson, Mental Health, Well-Being, Physical Fitness, Physical Exercise.

Introduction

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.

Physical fitness is one of the core preconditions of health. We cannot imagine a person to be healthy without being physically fit. Physical fitness therefore needs to be appreciated in full measure. The common perception of physical fitness is the absence of ailment. The physical fitness of a sports person is different from that of the persons working in army factory or a layman. In fact, physical fitness means different things to different people. In this lesson, let us discuss various aspects of physical fitness.

Physical fitness is considered as a measure of the body's ability to function efficiently and effectively during work and leisure activities. In order to remain physically fit and healthy, we need to engage ourselves in physical activities and take measures for physically fit. Physical fitness is an important area of discussion as the number of children's becoming obese. The normal physical activities, which were done in earlier times both at home and outside as part of day-to-day routine have reduced due to development of science and technology. The work that was done manually is now being carried out by machines. The use of automated equipment such as automatic machines, remotes, mobiles and changes in lifestyles affect health and physical fitness. It has become a matter of deep thinking for all of us. Now a day we find increased marketing of packaged food and diet for physical fitness. Many such health products now are advertised on TV and radio, and in newspapers, booklets and magazine. It is important for all of us to understand that physical fitness cannot be achieved without doing physical exercise regularly. We should not resort to any

shortcut that is frequently advertised in the media these days to achieve fitness or maintain balance in life style. Moreover, these products may have side effects in our daily life.

Physical fitness refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. Being efficient means doing daily activities with the least effort possible. A fit person is able to perform schoolwork, meet home responsibilities, and still have enough energy to enjoy sport and other leisure activities. A fit person can respond effectively to normal life situations, such as raking leaves at home, stocking shelves at a part-time job, and marching in the band at school. A fit person can also respond to emergency situations - for example, by running to get help or aiding a friend in distress.

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. Physical fitness involves the performance of the heart and lungs, and the muscles of the body. And, since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability.

Physical fitness comprises two related concepts: General fitness (a state of health and wellbeing) and specific (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through exercise, correct nutrition, and enough rest. It is an important part of life. However, as automation increased leisure time, changes are lifestyles following the industrial revolution rendered this definition in sufficient days, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations.

Mental Well-Being

Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of life. Our Mental Health is characterized by our personal growth, sense of purpose, self-acceptance, and positive relationship with other people. It is also highly affected by environmental factors like our family life, social life, and our life at work. Our general well-being is decreased by any negative experiences in any of these areas. Among the most common Mental Illnesses or Mental Disorders are Anxiety and Depression.

Mental Health is a concept that refers to the psychological and emotional well-being of a person. Being mentally healthy generally means that you are able to use your emotional capabilities to function well in society and go through everyday life with little or no difficulty. Direct participation in sport is one of the most enjoyable, and therefore powerful, means of motivating and mobilizing people to become physically active. In addition to enhancing overall physical fitness, regular physical activity, active play and sports can have a positive impact on other major health risk factors, such as high blood pressure, high cholesterol, obesity, tobacco use and stress.

Mental health can be seen as a continuum, where an individual's mental health may have many different possible values. Mental wellness is generally viewed as a positive attribute such that a person can reach enhanced levels of mental health, even if they do not have any diagnosable mental health condition. This definition of mental health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. Positive psychology is increasingly prominent in mental health. A holistic model of mental health generally includes concepts based on anthropological, educational, psychological, religious and sociological perspectives, as well as theoretical perspectives from personality, social, clinical, health, and developmental psychology. Sandoval and Davis (1981), a school-based mental health consultation curriculum many have been written about mental health consultation and school-based consultation, but little has been written about how consultants are to be prepared for their role.

Methodology

Aims of the Study:- The main aim of the study was to examine the Physical Fitness and Mental Health among Sportsperson and non- Sportsperson.

Hypotheses:-

- Sportsperson's has been significantly good Physical Fitness than Non- Sportsperson.
- Sportsperson's has been significantly good Mental Health than Non- Sportsperson.

Sample:- For the present study, Total 200 Subjects were selected from District Alappuzha of Kerala State. The effective sample consisted of 200 subjects, out of which 100 subjects were Sportsperson and 100 subjects were Non- Sportsperson. The age range of subjects was 18-25 years.

Tools for Data Collection:- C.G. Deshpande Mental Health test: C.G. Deshpande Mental Health test was used for measuring Mental Health. All the 50 items of the scale are presented in simple and brisk style. Each item has two answers (Multiple Choices) "YES" and "NO". This is a well known test having high Reliability and Validity coefficients. Physical Fitness was measuring through Sit-Ups.

Procedures of Data Collection:- Each of the two instruments could be administered individuals as well as a small group. First was Physical Fitness measures through sit-ups. While collecting the data for the study, the later approaches were adopted. The subjects were called in a small group of 20-25 subjects and their seating arrangements were made in a classroom. Before administration of test or scale, through informal talk appropriate rapport from following the instruction and procedure suggested by the author of the scale and tests. The test was administered and field copies of each test were collected.

Variables:-

- Independent Variable: (1) Group, (a) Sportsperson and (b) Non- Sportsperson.
- Dependent Variable: (1) Physical Fitness and (2) Mental Health.

Statistical Analysis of Collected Data:- Sportsperson and non- Sportsperson show the Mean, S.D., and "t" value of Factors "Physical Fitness (Sit-Ups)".

Group	Mean	SD	N	DF	"t"
Sportsperson	43.49	18.89	100	198	6.12**
Non-Sportsperson	28.08	16.73	100		

The results related to the hypothesis have been recorded. The mean of physical fitness (sit-ups) score of the Sportsperson is 43.49 and that of the Non- Sportsperson is 28.08. The difference between the two means is highly significant, "t" = 6.12, df = 198. Thus, the hypothesis is confirmed that Sportsperson has significantly good physical fitness than Non- Sportsperson. Sportsperson and Non- Sportsperson show the mean, S.D., and "t" value of factors "Mental Health."

Group	Mean	SD	N	DF	"t"
Sportsperson	40.29	10.08	100	198	6.44**
Non-Sportsperson	31.53	9.14	100		

The result related to the hypothesis has been recorded. The mean of mental health score of the Sportsperson is 40.29 and that of the Non- Sportsperson is 31.53. The difference between the two means is highly significant, "t" 6.44, df = 198. Thus, the hypothesis is confirmed that Sportsperson has significantly good mental health than non- Sportsperson.

Results

After statistical analysis of collected data it was found that, Sportsperson have significantly good Physical Fitness than Non-Sportsperson and Sportsperson have significantly good Mental Health than Non-Sportspersons. So in the present study Hypotheses are accepted.

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