

# COMPARISON OF NEGATIVE MENTAL HEALTH BETWEEN CHESS PLAYERS AND NON CHESS PLAYERS

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**Abstract:** Mental tension leads to the loss in self-confidence, bad temper, foul play and committing mistakes, which in the normal relaxed state they would not have done. The present study determine the negative mental health of Chess Players and Non Chess Players. The, Mental health was measured by the using General Health Questionnaire (GHQ - 12) . The General Health Questionnaire (GHQ) is a measure of current mental health and since its development by Goldberg in the 1970s it has been extensively used in different settings and different cultures. The 12-item GHQ-12 comprises six 'NEGATIVE' and six 'negative' items . The sample consisted of 50 Chess Players and 50 and non Chess Players from Nanded at the end of 2017-18 academic year in their study.

## INTRODUCTION

Chess was invented in India around the 8th century. Then it was known as chatrang, and changed over the centuries by the Arabs, Persians and then ultimately the medieval Europeans, who changed the pieces' names and appearances to resemble the English court Feeling sad or down, Confused thinking or reduced ability to concentrate, Excessive fears or worries, or extreme feelings of guilt, Extreme mood changes of highs and lows, Withdrawal from friends and activities, Significant tiredness, low energy or problems sleeping are the components of Negative Mental Health. Meanwhile , poor concentration, being easily distracted, worrying more, finding it hard to make decisions, feeling less interested in day-to-day activities, low mood, feeling overwhelmed by thing and tearfulness are the symptoms of Negative Mental Health. Although researchers acknowledge that participation in sports person can serve as a buffer to stress (Hudd et al.), athletic participation itself can become an additional stressor that traditional college Players do not experience (Kimball & Freysinger, 2003). Wikipedia Dictionary (2010) explains mental health as a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society and meet the ordinary demands of everyday life. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity defines the Constitution of the World Health Organization. Athletes experience unique stressors related to their sportsperson status such as extensive time demands; and performance in a tournaments. In addition sportsperson must also meet the increased academic demands at the college level.

## METHODS

The sample consisted of 50 Chess Players and 50 and non-Chess Players from different colleges of Nanded during the 2015-2016 academic year in their study. The, Mental health was measured by the using General Health Questionnaire (GHQ -12) . The General Health Questionnaire (GHQ) is a measure of current mental health and since its development by Goldberg in the 1970s it has been extensively used in different settings and different cultures. The 12-item GHQ-12 comprises six ' Postive ' and six 'negative' items . only negative items analysis in the study . Higher scores on negative items indicate greater distress and or difficulty. T-Test was used to data analysis.

Results and discussion

The results and discussion have been presented in concise and comprehensive manner that is easy to comprehend starting with personal characteristics of Players.

TABLE – 1  
MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF LOST MUCH SLEEP NEGATIVE MENTAL HEALTH IN CHESS PLAYERS AND NON CHESS PLAYERS.

Demission	Players	Number	Mean	S.Ds.	t-Ratio
Lost much sleep	Chess Players	50	3.88	0.65	3.46*
	Non- Chess Players	50	3.10	0.45	

Table 1 illustrate the Mean scores, standard deviation and t-ratio of six dimension of negative mental health in Chess Players and Non Chess Players. With regards to Lost much sleep in Chess Players and Non Chess Players they have obtained mean values were 3.88 and 3.10 respectively, whereas they obtained standard deviation 0.65 and 0.45 respectively. The result reveals that significant difference was found on Lost much sleep between Chess Players and Non Chess Players. Chess players was found to have got more Lost much sleep as compare to Non Chess Players.

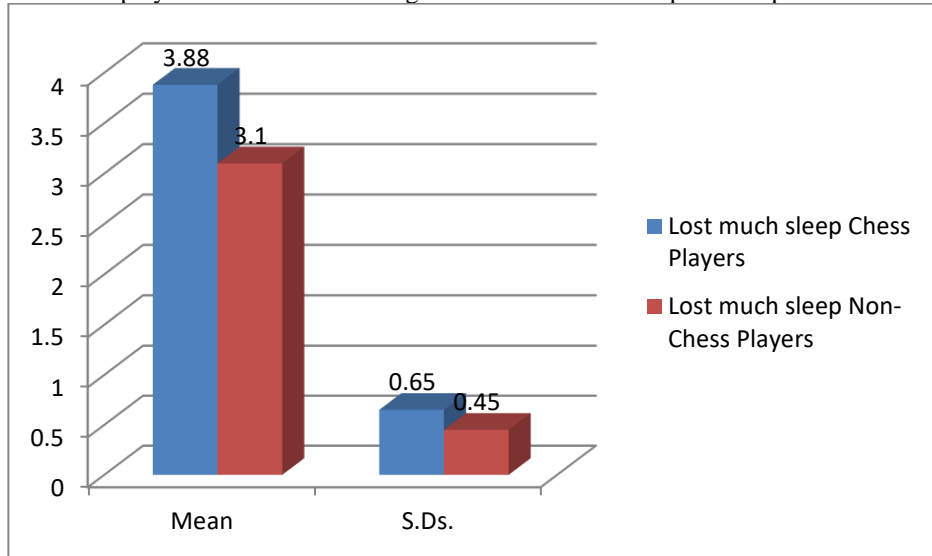


TABLE – 2  
MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF UNDER STRAIN NEGATIVE MENTAL HEALTH IN CHESS PLAYERS AND NON CHESS PLAYERS.

Demission	Players	Number	Mean	S.Ds.	t-Ratio
Under strain	Chess Players	50	3.10	0.71	1.45 NS
	Non- Chess Players	50	3.12	0.74	

In addition With regards to Under strain in Chess Players and Non Chess Players they have obtained mean values were 3.10 and 3.12 respectively, whereas they obtained standard deviation 0.71 and 0.74 respectively. The result reveals that no significant difference was found on Under strain between Chess Players and Non Chess Players.

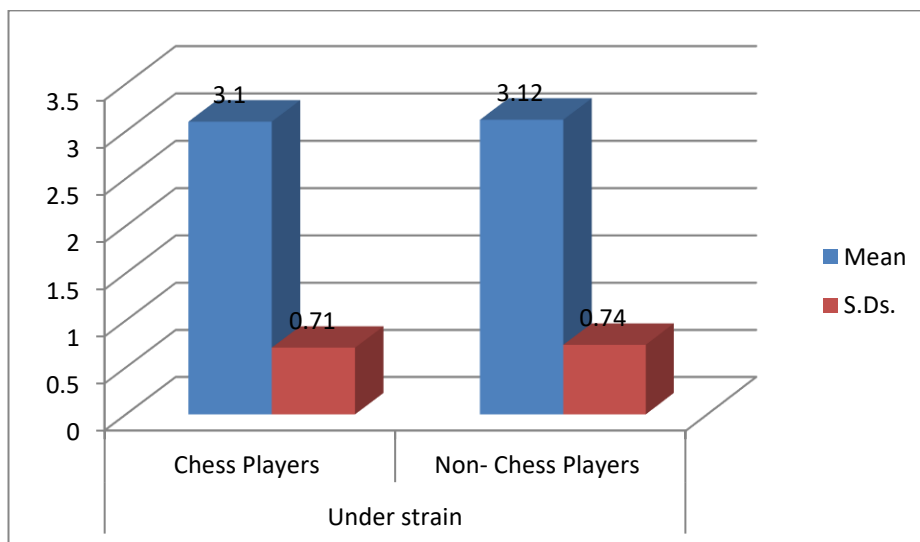


TABLE – 3

**MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF COULDN'T OVERCOME NEGATIVE MENTAL HEALTH IN CHESS PLAYERS AND NON CHESS PLAYERS.**

Demission	Players	Number	Mean	S.Ds.	t-Ratio
Couldn't overcome	Chess Players	50	3.01	0.52	1.78 NS
	Non- Chess Players	50	3.11	0.45	

With regards to Couldn't overcome in Chess Players and Non Chess Players they have obtained mean values were 3.01 and 3.11 respectively, whereas they obtained standard deviation 0.52 and 0.45 respectively. The result reveals that no significant difference was found on Couldn't overcome between Chess Players and Non Chess Players.

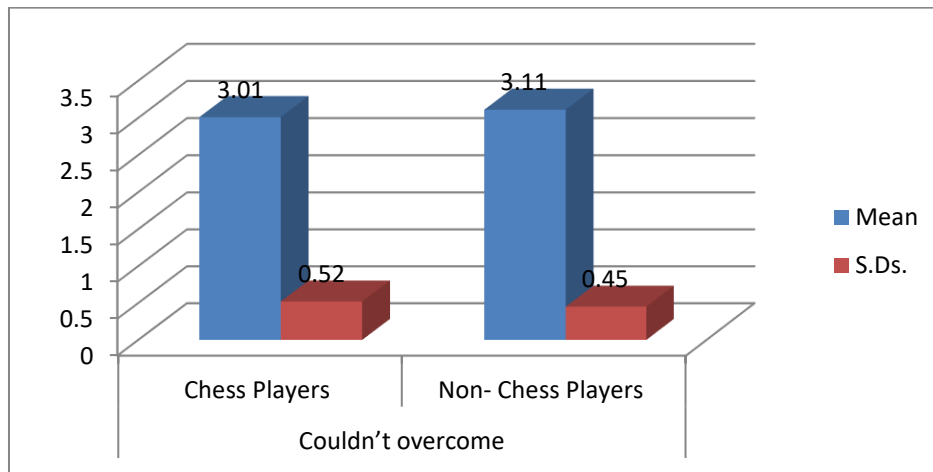


TABLE – 4

**MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF UNHAPPY AND DEPRESSED NEGATIVE MENTAL HEALTH IN CHESS PLAYERS AND NON CHESS PLAYERS.**

Demission	Players	Number	Mean	S.Ds.	t-Ratio
Unhappy and depressed	Chess Players	50	3.05	0.70	NS
	Non- Chess Players	50	3.12	0.71	

With regards to Unhappy and depressed in Chess Players and Non Chess Players they have obtained mean values were 3.05 and 3.12 respectively, whereas they obtained standard deviation 0.70 and 0.71 respectively. The result reveals that no significant difference was found on Unhappy and depressed between Chess Players and Non Chess Players.

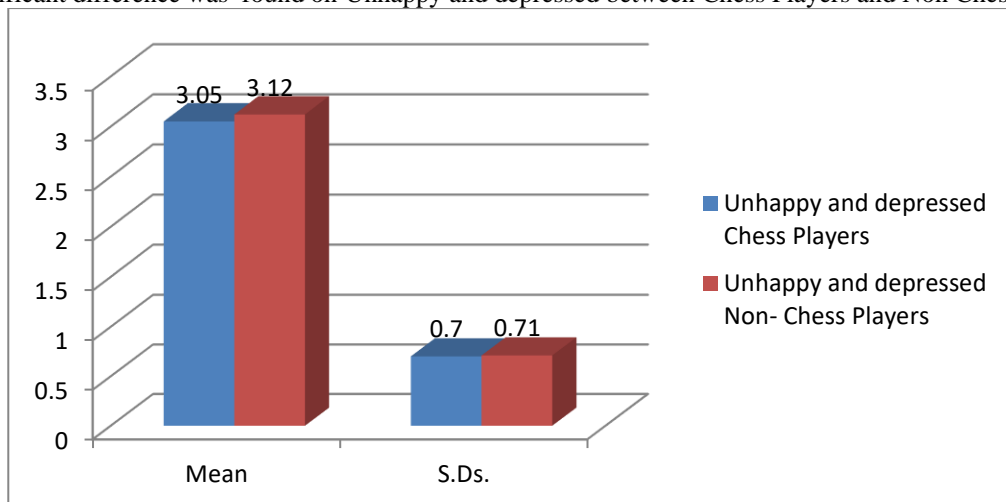


TABLE – 5  
MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF BEEN LOSING CONFIDENCE NEGATIVE MENTAL HEALTH IN CHESS PLAYERS AND NON CHESS PLAYERS.

Demission	Players	Number	Mean	S.Ds.	t-Ratio
Been losing confidence	Chess Players	50	3.55	0.60	1.24 NS
	Non- Chess Players	50	3.51	0.63	

With regards to Been losing confidence in Chess Players and Non Chess Players they have obtained mean values were 3.55 and 3.51 respectively, whereas they obtained standard deviation 0.60 and 0.63 respectively. The result reveals that no significant difference was found on Been losing confidence between Chess Players and Non Chess Players.

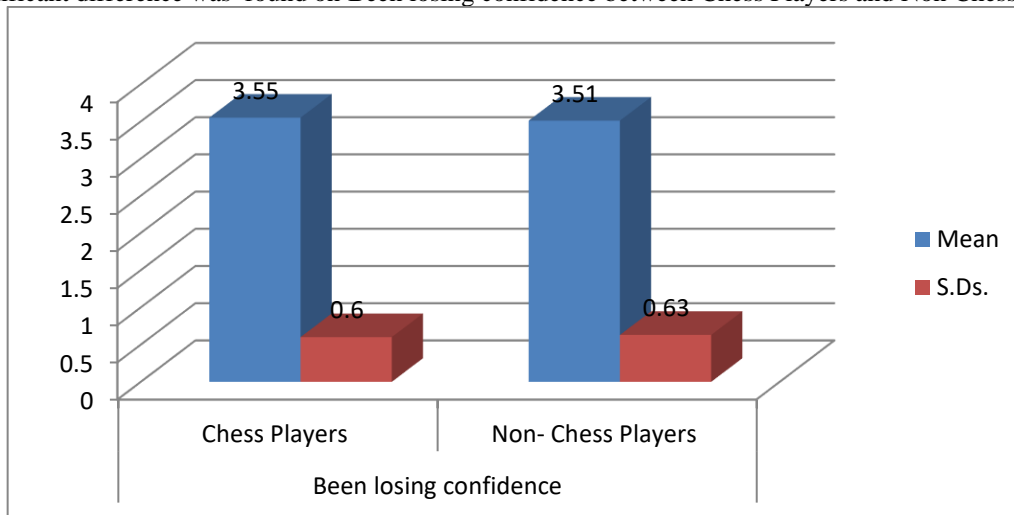
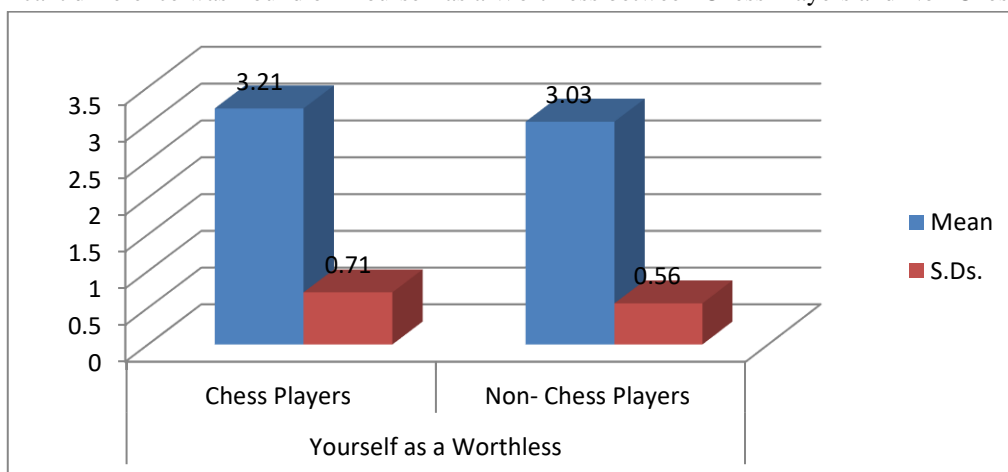


TABLE – 6  
MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF YOURSELF AS A WORTHLESS NEGATIVE MENTAL HEALTH IN CHESS PLAYERS AND NON CHESS PLAYERS.

Demission	Players	Number	Mean	S.Ds.	t-Ratio
Yourself as a Worthless	Chess Players	50	3.21	0.71	1.67 NS
	Non- Chess Players	50	3.03	0.56	

With regards to Yourself as a Worthless in Chess Players and Non Chess Players they have obtained mean values were 3.21 and 3.03 respectively, whereas they obtained standard deviation 0.71 and 0.56 respectively. The result reveals that no significant difference was found on Yourself as a Worthless between Chess Players and Non Chess Players.



**LIMITATIONS**

A limitation of this study is that it reflects the findings of some Players; the data was collected in one places hence, the results may not be generalized to other Players . Future research is warranted on estimating the level of mental health by psychometric instruments.

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## E-sources

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