



MENTAL HEALTH OF AND STRESS BETWEEN PHYSICAL EDUCATION AND NON PHYSICAL EDUCATION STUDENTS

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Abstract: The purpose of the study was to find out the differences of mental health and stress between physical and non physical education students. Total 300 physical education and 300 other students selected for the study and their age ranged between 18-30years. The data was collected through respondents in the form of different tests. This study involves a cross sectional, comparative study of physical and non-physical education students. The research design of the study is to descriptive research design. The study depends mainly on primary source of data. The data was collected through respondents in physical and non-physical education students the Instructions was given to the sports person before filling the questionnaires. The data was collected through questionnaires. The instruction was given by the investigator to the students before filling these questionnaires.

Non Physical Education students reported severe stress than physical education students. The findings of the study reveal that Physical Education Students was better Perceived general health as compared to Non Physical Education Students. The findings of the study reveals that Physical Education Students was sound Mental health as compared to Non Physical Education Students.

INTRODUCTION

The common belief that physical education students lead to better physical and mental health than Non-physical education students. 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 (Wikipedia Dictionary,2010). Studies have shown that physical activities enhance muscular strength and endurance, cardiovascular endurance, and provides many other physical benefits. It also provides psychological benefits such as improving general mental health, concentration, awareness and positive mood. It can be taught to any age student with little or no equipment making it ideal for mixed ability and age classes. Physical activity easily be incorporated into a holistic learning body and mind unit. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. Physical education students provides a great opportunity to integrate academic concepts from other subjects as well. The several research have also shown that physical activity is an effective means of reducing anxiety and various indices of stress among adults may enhance psychological well-being (Bhui, 2002; Dunn, Trivedi, & O'Neal, 2001).

Methods

Sample Size

300 physical education and 300 other students selected for their the study and their age ranged between 18-30 years.

2. Research design

The research design refers to “the researcher’s overall plan for testing the research hypotheses”. This study involves a cross sectional, comparative study of physical and non-physical education students. The research design of the study is to descriptive research design.

Source of Data:

The study depends mainly on primary source of data. The data was collected through respondents in physical and non-physical education students of Maharashtra the Instructions was given to the sports person before filling the questionnaires. The study area was restricted to Marathwada region of Maharashtra.

Tools of the psychological test

The data was collected through questionnaires. The instruction was given by the investigator to the students before filling these questionnaires.

Tools of the study

In assessing the mental health of Mental health of physical education and non-physical education students self made questionnaires were used. The reliability and validity of the questionnaires were found out .

Data processing:

The data was checked for accuracy and completeness and was coded and put up into the SPSS Descriptive statistics for all studied variables, T-test, was considered statistically technique throughout the study. The level of significant was set-up at 0.05 level

RESULTS AND DISCUSSION OF THE STUDY

TABLE – 1

RATE OF OVERALL LEVEL OF STRESS OF PHYSICAL EDUCATION AND NON PHYSICAL EDUCATION

Sr. No.	Rate of stress	Physical Education	Non Physical Education
1.	Mild	52.00%	47.00%
2.	Moderate	33.00%	36.00%
3.	Severe	15.00%	17.00%

Table – 1 shows that Rate of overall level of stress of Physical Education and Non Physical Education.

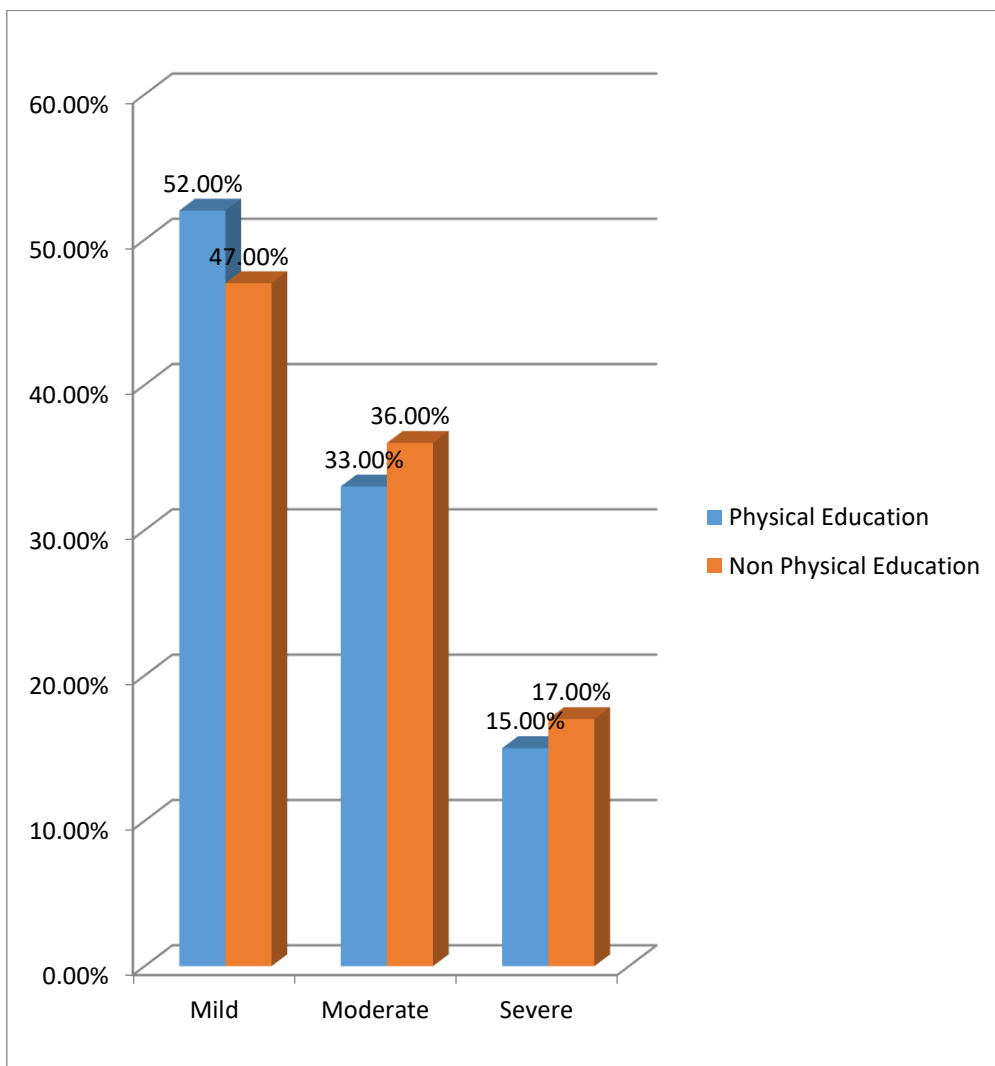


Table-2

Illustration of Statistical comparison of Perceived General Health sub scale of Health Outcomes between Physical Education and Non Physical Education Students

Sr. No.	Health outcomes	Students	No.	Means	SDs	T-ratios
1.	Perceived general health	Physical Education	300	25.56	5.03	4.54 *
		Non Physical Education	300	23.67	4.12	

Table -2 depicted Mean scores, Standard deviation and t-ratio of Perceived general health sub scale of health outcomes between Physical Education and Non Physical Education Students .
 The Mean scores and Standard deviation of Perceived general health sub scale of health outcomes between Physical Education and Non Physical Education Students has been graphically presented in Figure -2.

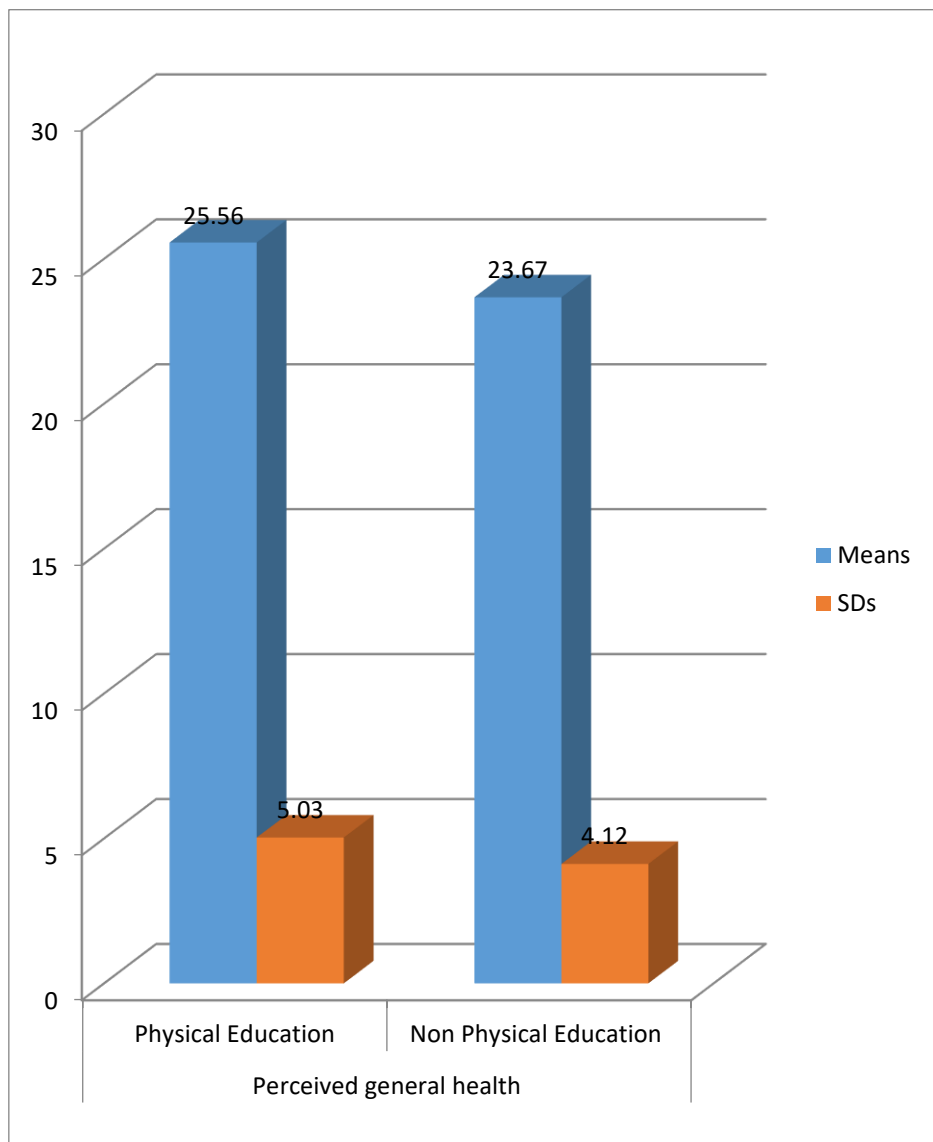


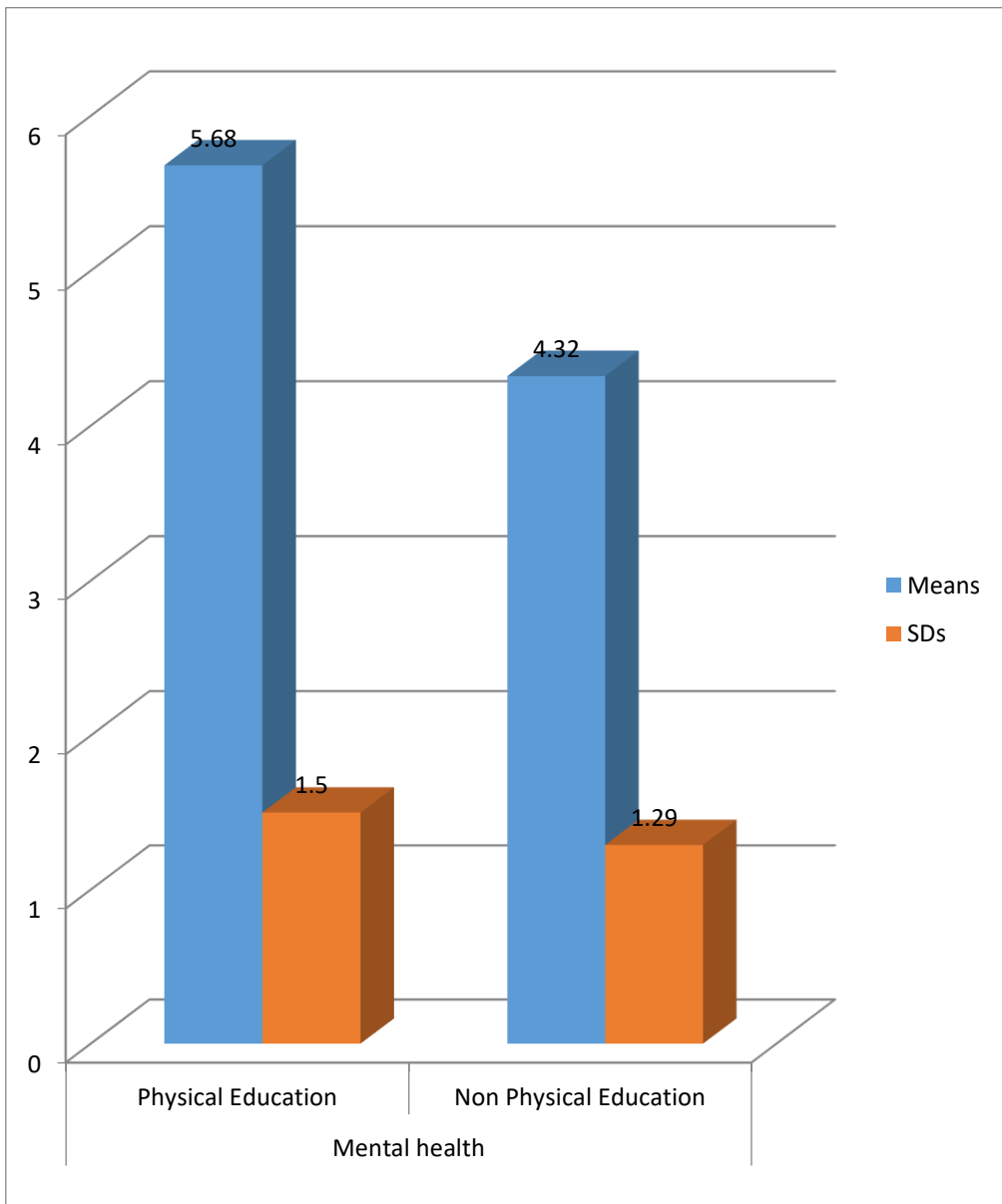
Table -3

Illustration of Statistical comparison of the mental health sub scale of Health Outcomes between Physical education and Non Physical Education Students

Sr. No.	Health outcomes	Students	No.	Means	SDs	T-ratio
1.	Mental health	Physical Education	300	5.68	1.50	3.47*
		Non Physical Education	300	4.32	1.29	

Table -3 depicted Mean scores, Standard deviation and t-ratio of Mental health sub scale of health outcomes between Physical Education and Non Physical Education Students .

The Mean scores and Standard deviation of Mental health sub scale of health outcomes between Physical Education and Non Physical Education Students has been graphically presented in Figure -3.



DISCUSSION

Result reveals that 52.00% Physical Education students reported mild stress, 33.00% Physical Education students reported moderate stress and 15.00% Physical Education students reported severe level of stress. However, 47.00% Non Physical Education students reported mild stress, 36.00% Non Physical Education students reported moderate stress and 17.00% Non Physical Education reported severe level of stress. The physical education students obtained 25.56 mean score of Perceived general health and Non Physical Education Students were obtained 23.67 mean scores, whereas, the physical education students obtained 5.03 Standard Deviations of Perceived general health and Non Physical Education Students were obtained 4.12 Standard Deviation. The Result of the study indicates that, there was significant difference of Perceived general health sub scale of health outcomes between Physical Education and Non Physical Education Students. The findings of the study reveal that Physical Education Students was better Perceived general health as compared to Non Physical Education Students. The physical education students obtained 5.68 mean score of mental health and Non Physical Education Students were obtained 4.32 mean scores, Where as The physical education students obtained 1.50 Standard Deviation of Mental health and Non Physical Education Students were obtained 1.29 Standard Deviation. The Result of the study indicates that, there was significant difference of Mental health sub scale of health outcomes between Physical Education and Non Physical Education Students. The findings of the study reveals that Physical Education Students was sound Mental health as compared to Non Physical Education Students. Physical education students regularly engaged in physical activities or participating in sporting activities. Preliminary evidence suggests that physically active people have lower rates of stress and anxiety may contribute to sound mental health Engaging in more physical activity improves psychosocial health and decreases stress (Economos, Hildebrant, & Hyatt, 2008). The several research have also shown that physical activity is an effective means of reducing anxiety and various indices of stress among adults may enhance psychological well-being (Bhui, 2002; Dunn, Trivedi, & O'Neal, 2001).

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E-sources

http://amhocn.org/static/files/assets/8d6994c3/Mental_Health_Inventory.

<http://www.apa.org/helpcenter/exercise-stress.aspx>

<http://www.apa.org/news/press/releases/stress/2011/gender.pdf>