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Comparative study on mental health among the team individual and physical education sports person

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Abstract
The purpose of the study was to compare the selected psychological variables among elite participating individual and team in SAI Caching center in Pondicherry. Nearly 60 subjects were selected for the study and aged range from 21 to 24 as per their age record. The subjects are divided into three groups uniformly. Group I are contain elite individual player group II contain elite team player and group III consider as a control group and the subject from Pondicherry and remaining group from SAI Caching center in Bangalore. Among group I and group II in 40 players, 20 players were participated in various individual events such as swimmers and athletes and remain 20 players were selected from hokey, volleyball, and Basketball. In the field of psychology variables are choosey for this study they are state anxiety, trait anxiety, mental health. The assessment of mental health tested by use of Trior personality Inventory (TPI) developed by peter Becker consisting 20 statements questioner. The assessment of state of anxiety tested by use of Trior personality Inventory (TPI) developed by peter Becker consisting 20 statements questioner. The assessment of state of personality tested by use of personality test developed by Dr. Phil consists to consisting 10 statements questioner. The data was statistically analysis by One Way ANOVA at 0.05 level of significance. Based on the result the obtained 'F' value was 6.11 which was much greater than the required F value of 0.828 at 0.05 level of confidence so that we concluded Team players are very good in mental health may be because of the training and team coordination and they always merger minded when play and equal goal aspiration than the normal population and individual events participation. Mental health was significant on the three groups that exit the sports people are very well in psychologically compare the normal population also that proved by my research.

Keywords: Mental health, Team players, Athletes.

1. Introduction
Sports are an activity that is governed by a set of rules or customs and often engaged in competitively. Sports commonly refers to activity where the physical capabilities of the competitor are the sole or primary determinant of the outcome winning or losing but the term is also used to include activities such as mind sports and motor sports where mental acuity or equipment quality are major factor. Sports psychology is the scientific study of people and their behaviors in sports context and the practical application of that knowledge. Sports psychologists identify principles and guidelines that professionals can use to help adult and children participate in and benefit from sports and exercise activates in both team and individual environments. Sports psychological effect of injury and poor performance. As a sports science sports psychology along with other such specialization as biomechanics, exercise psychology and sports nutrition attempt to formulate the scientific basis of training, performance and competing. This is presently viewed as encompassing scholarly, educational and practical programming activities associated with understanding and influencing selected behaviors of people involved in sports physical education vigorous recreational activity and exercise. Organization of experimental programs has been increasing at a considerable rate. Most of the sports psychology research has been undertaken with college aged recreational athletes. Because outstanding athlete in a number of countries are usually protected by their coaches and others from experimentation. Since such athletes are continually training for meaningful competition. IT is questionable whether they should be or can be tampered within a formal experimental protocol. Anyhow here for this study we have taken the most elite athletes in the country.

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2. Review Related Literature

Teresa *et al.* (2009) [1] examined the study on self –schemas, goal orientations, sports confidence and mindfulness in amateur equestrians. This study is an initial investigation into hoe attachments Self schemas and goal orientation affects sports confidence and mindfulness. Participants were 79 women over the age of 18, who represented a diverse sample of equestrian disciplines. The central hypothesis is that attachments self-schemas influence a person's experience of sports confidence and mindfulness. There were six possible three-way relationships among variables that were tested. Attachment self-schemas were predicted to influence goal orientation, which in turn, influence sports outcomes of sports confidence and mindfulness. The set of variables that demonstrated this relationship were anxious attachments schema, ego – goal presentation, and mindfulness, thus contributing to the understanding of how attachments self – schemas drive the underlying complexities of engaging and maintaining achievements strategies.

Harmison and Robert (2000) [2] conducted a study on athletes attitudes towards seeking psychology consolation. The purpose of the study was to create a questionnaire to identify underlying dimensions of the athlete's attitudes towards seeking sports psychology consultation. A total of 1138 athletes (625 males 513 females) representing 36 sports from four levels of participation were used to develop the sports psychology attitudes questionnaire (SPAQ). In study I, exploratory factor analysis produce a two- Factor solution that accounted for 37.1% of the overall variance: (a) belief in the credibility of sports psychology consultant (SPC) (7times). Three items were omitted following items analysis, and nine items were eliminated after failing to load higher than the cut off value .40 on either of the factor. In study II, Confirmatory factor analysis supported the two –factor model, and multi group comparison in study III demonstrated that the model fit well for both male and female samples. As for validity, the SPAQ factors predictably (a) distinguished between athletes with and without previous experience with a SPC, (b) relate to rating of helpfulness/satisfaction related to a previous experience with a SPC, and (c) correlated with willingness to see a SPC for help in the future. Also, the SPAQ factor psychology skills will lead to desirable outcomes, (b) interpersonal openness, and (c) affective prejudice towards identified out groups but were not related to level of self-concept as hypothesized. Contrary to prediction, Gender X Race SPC X experience MANOVA revealed no gender or racial difference in attitude towards sports psychology consultation. It was concluded that the SPAQ is a valid and reliable instrument for assessing a set of important attitudinal dimensions with regard to seeking sports psychology consultation and a useful instrument for research and practice. Theoretical and empirical support for the interpretation of the SPAQ factor structure, directions for future research for, and practical implications are discussed

3. Methodology

The purpose of the study was to compare the selected psychological variables among elite participating individual and team in SAI Caching center in Pondicherry. Nearly 60 subjects were selected for the study and aged range from 21 to 24 as per their age record. The subjects are divided into three groups uniformly. Group I are contain elite individual player group II contain elite team player and group III consider as a control group and the subject from Pondicherry and remaining group from SAI Caching center in Bangalore. Among group I and group II in 40 players, 20 players were participated in various individual events such as swimmers and athletes and remain 20 players were selected from hokey, volleyball, and Basketball. In the field of psychology variables are choosey for this study they are state anxiety, trait anxiety, mental health and mental health. The assessment of mental health tested by use of Trior personality Inventory (TPI) developed by peter Becker consisting 20 statements questioner. The assessment of state of anxiety tested by use of Trior personality Inventory (TPI) developed by peter Becker consisting 20 statements questioner. The assessment of state of personality tested by use of personality test developed by Dr. Phil consists to consisting 10 statements questioner. The data was statistically analysis by One Way ANOVA at 0.05 level of significance.

Table V: Analysis of Covariance Test for Mental Health

	Control group	group I	group II	SOV	SS	MSS	df	'F' ratio
test mean SD	42.21	41.08	50.36	B	10219.31	510.64	2	16.11*
	6.13	5.01	6.34	W	18.0654	31.69	58	

Results of analysis of covariance are presented in Table scores of personality. From the table it can be seen that the obtained 'F' value was 6.11 which was much greater than the required F value of 0.828 at 0.05 level of confidence.

Table VI: Scheffe's

Control group	Experimental group I	Experimental group II	Mean difference	CI
42.21	41.08		0.13	
42.21		50.36	8.15*	2.867
	41.08	50.36	9.28*	

Scheffe's table shows post-hoc method of testing the significant of the difference between the paired means following a significant analysis of covariance for control group, individual group and team group. The adjusted general personality means in order of magnitude and the difference between this means for the control and two groups are given in the table the mean difference between the control and individual group was 0.13 in the comparison between group II team and control group were 8.15 and comparison between group I and group II were 09.28. This was significant of 0.05 level confidences. This result shows that the group II team had a batter improvement when compared to the group I and control group.

Graphic Representation
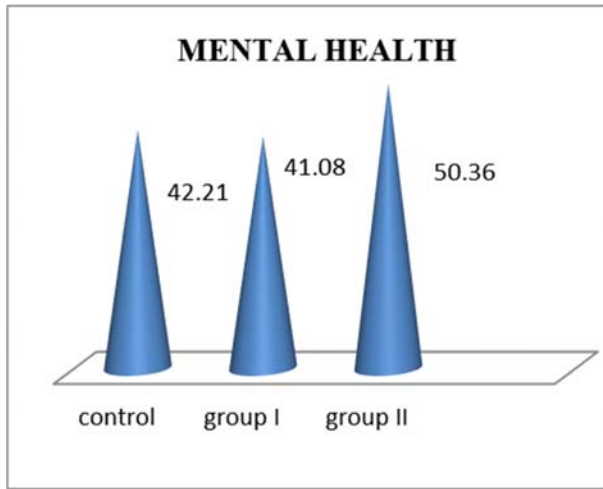
4. Conclusion and Recommendation

Based on the result mental health was significant on the three groups. Team players are very good in mental health may be because of the training and team coordination and they always merger minded when play and equal goal aspiration than the normal population and individual events participation. Mental health was significant on the three groups that exit the sports people are very well in psychologically compare the normal population also that proved by my research and this study very help to do features research related to psychology related same and other variables and coach to understand their team level psychological status of the players and team

5. Reference

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