



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2023; 9(1): 341-342
www.allresearchjournal.com
Received: 21-11-2022
Accepted: 25-12-2022

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Mental health of physical education university students

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Abstract

The purpose of this study was to determine the mental health of physical education university students. The sample consisted of 95 undergraduate physical education students studying at different colleges of Kurukshetra University, Haryana. Mental Health Scale (MHS) developed by Dr. Sushma Talesara and Dr. Akhtar Bano were used as a tools for data collection on mental health of students. The statistical technique like t- test was used to determine the significance of difference between the groups of students on mental health. The study found that there was significant difference between gender and locality on mental health of students.

Keywords: Mental health, physical education, university student

Introduction

The overall psychological wellbeing is mental health. It helps in managing our feelings and dealing with difficulty in our life. It is very much important for student's specially physical education students to achieve more in sports. Sport performance depends on good physical health and mental health. Further, it helps us to enjoy life and cope with problems and reduce depression and stress. There is a positive relationship between physical activity, mental health and the treatment of mental health problems among students (Biddle, Fox, & Boucher, 2000) [9].

Students of physical education having mentally ill-health may lack the level of curiosity, engagement and involvement in their sports activities. So, the teacher must be aware of mental health of their students. Thus it is necessary to study about the mental health of the students and how the level of mental health affects the activities and the progress of the students especially in their sports.

The girls were more mentally healthy than boys and there is difference in high and low achievers in mental health. (Bandhana and Sharma, 2012) [2]. There is a significant relationship between family environment, academic performance and mental health of students (Barmola, 2013) [3]. Sathyabama & Jeryda (2014) [10] revealed that the adolescent who have low family interaction had low mental health. Thus, shows positive relationship between family interaction and mental health. Mahalakshmi and Pugalenthly, (2015) [6] found no significant differences between nuclear and joint family in home environment of higher secondary students but significant difference in case of mental health with better mental health of students belonging joint family. They also reported positive relationship between mental health and family environment.

Objectives of the study

1. To study the significance difference between boys and girls physical education teachers on mental health.
2. To study the significance difference between urban and rural physical education teachers on mental health.

Hypotheses of the Study

- 1 There exists a significant difference between boys and girls physical education teachers on mental health.

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- 2 There exists a significant difference between urban and rural physical education teachers on mental health.

Method

The present research work is descriptive survey type of study. A total 95 UG physical education students of Kurukshetra University, Haryana, participated in the present study. The total sample included in the study was 95 teachers from the selected schools. Out of total 95 teachers, the boys students were 36.84% (n=35) and girls 63.15% (n=60) and urban students 52.63% (n=50) and rural students were 47.36% (n=45). The Mental Health Scale by Talesara and Bano (2017) was used to collect data from students on mental health.

Analysis and interpretation

Table 1: Significance of difference between the mean boys and girls physical education students on mental health.

Variable	Group	N	Mean	S.D.	t-ratio	Level of Significance
Mental health	Boys	35	137.06	11.45	3.08	.01
	Girls	60	129.06	10.09		

The Table-1 indicates that the mean mental health score of boys students is 137.06 and that the girls students is 129.06 with S.D.s 11.45 and 10.09 respectively. The t-ratio came out from above two groups is 3.08 which is significant at .01 levels. It implies that the two groups differ significantly on mental health. Further, the mean score of boys students is higher than the girls student, it shows that the boys students had better mental health than the girls students. Thus, the hypothesis (H1) that 'there exists a significant difference between boys and girls physical education students on mental health' is retained.

Table 2: Significance of difference between the mean scores of urban and rural physical education students on mental health

Variable	Group	N	Mean	S.D.	t-ratio	Level of Significance
Mental Health	Urban	55	127.03	10.44	2.36	.05
	Rural	40	131.84	10.08		

The Table-2 indicates that the mean score of physical education students belong to urban areas is 127.03 and rural areas students are 131.84 with S.D.s 10.44 and 10.08 respectively. The t-ratio came out from above two groups is 2.36 which is significant at .05 levels. It implies that the two groups differ significantly on mental health. Further, the mean scores of rural physical education students higher than the urban areas students. That means students belonging to rural areas were more mentally healthy than the urban areas students. Thus, the hypothesis (H1) that 'there exists a significant difference between urban and rural physical education students on mental health' is retained.

Conclusion

The finding of the present studies revealed that there is significant difference between boys and girls physical education students on mental health. Further, rural students had better mentally health than the urban students. Hence, college should organize workshops for physical education students to create awareness about mental health among students. College students appoint child psychologists to manage the mental health of students who are in stress and

strain. College and university Department can train teachers about child psychology, types of mental disorders in children, signs and symptoms to identify and the healing measures to take. Teachers should be trained to deal with children suffering from any disorder without letting the other children outcast him or her.

College and university department of physical education should appoint a school therapist who can help students to cope up with stress, peer pressure and any other problems they are dealing with.

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