A Comparative Study of Positive Mental Health among Kho-Kho Players with Varying Level of Sports Achievements

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Abstract: In the present study positive mental health of Kho-Kho players were compared in the light of their sports achievements. To conduct the study, 40 national male kho-kho players (Ave. age 25.72 yrs.), 40 state level male kho-kho players (Ave. age 23.12 yrs) and 40 district level male kho-kho players (Ave. age 20.66 yrs.) were selected as sample. Three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was used as psychological instrument to collect the data. The analysis of data reveal that national male kho-kho players showed significantly more magnitude of positive mental health as compared to state and district level male kho-kho players. It was concluded that high degree of mental organization and integration which is related with positive mental health demarcates sporting achievements in kho-kho.

Keywords: Positive Mental Health, Kho-Kho, Sports Achievement

1. Introduction

One of the most popular traditional sports in India is Kho-Kho. This traditional sport of India is known for its requirements in terms of motor fitness as well as tactical know-how. Due to the popularity of kho-kho in India many researchers such as Dhondge (2011)¹, Singh and Singh (2013)², Rana (2013)³, Jaiswal (2014)⁴ and others have conducted studies to determine the anthropometric, somatotype, physical fitness and psychological factors associated with performance of kho-kho players.

Surprisingly despite numerous studies with kho-kho players as central theme, positive mental health of kho-kho players has not been assessed in the light of their sports achievement. According to World Health Organization (2001)⁵ good mental health can be meant as feeling like being fine and assured about functioning self-confidence, rival capacity, belonging to a generation and flourish mind of capabilities. According to Menninger (1930)⁶, “it is the adjustment of human-beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behaviour and happy disposition." It is believed that when a person is free of anxiety, depression, stress and psychological problems he can have healthy relationships, make good life choices, maintain physical health and well-being, handle the natural ups and downs of life and discover and grow toward his potential. This concept of positive mental health has been crystallized by Chaplin (1975)⁷. He opined that “mental health is a state of good adjustment with a subjective state of well-being, zest for living, and the feeling that one is exercising his talents and abilities,” Strupp and Hadley (1977)⁸ also conceived mental health in its positive perspectives. This model has considered self-acceptance, ego-strength and philosophy of human nature/life as the major components of positive mental health.

2. Hypothesis

Positive mental health among male kho-kho players will differ significantly on the basis of their level of sports achievements.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

To conduct the study, 40 national male kho-kho players (Ave. age 25.72 yrs.), 40 state level male kho-kho players (Ave. age 23.12 yrs) and 40 district level male kho-kho players (Ave. age 20.66 yrs.) were selected as sample. The sample was collected through convenience sampling method.

Tools:

Positive Mental Health Inventory:

To assess positive mental health of selected male kho-kho players, three dimensional positive mental health inventory prepared by Agashe and Helode (2007)¹⁴ was used. It consists of 36 questions. The test-retest reliability coefficient of this inventory was 0.723. Higher the score, superior the mental health is the direction of scoring.
4. Results

Positive mental health of national level male kho-kho players was found to be significantly superior as compared to state and district level male kho-kho players whereas no significant difference was observed in positive mental health of state and district level male kho-kho players.

5. Discussion

On the basis of results, it was concluded that positive mental health of male kho-kho players do differ significantly on the basis of their sports achievements.

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