



“A comparative study of mental health of College going swimmer and non-swimmer girls”

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Abstract:

Mental health (may include an individual ability to enjoy life, procure a balance between life activities and efforts to achieve psychological resilience). The purpose of this study was compare the mental health of swimmer girls and non swimmer girls. For this study 50 students selected randomly at the Saikheda College amateur student's girls (25 girls swimmer 25 non-swimmer). The Pramod sinha mental health check list were used for this study. That there is significant difference among swimmer and non-swimmer girls in terms of their mental health .It was conclusion that that there is significant difference among swimmer and non-swimmer girls in terms of their mental health. It means swimming reduce stress, anxiety and grow up mental health also physical health.

Key words- swimmer, mental health, stress, anxiety.

Introduction –

Mental health is indispensable quality in human being it has been described as soul from which the finest flowers grow. Health indicates psychosomatic well being.

Before the second half of the 20th century mental health was considered as the absence of mental disease but now it was been described in it's more positive connection, not as the absence of mental illness mental health has been mentioned as the ability of person to balance one's desires and aspiration to copy life stresses and to make psychosocial adjustment.

Mental health:

Mental health as the ability to make adequate adjustments to the environment on the plane of reality.' Menninger (1945) – '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, on alert intelligence socially considerate behaviors' and happy impositions.

Mental health may include an individual ability to enjoy life, procure a balance between life activities and efforts to achieve psychological resilience. This definition of mental health highlights emotional well-being, the capacity to live a flail and creative life and the flexibility to deal with life inevitable challenges much therapeutic system.

Objective:

1. To study the mental health of athletic and non-athletes.
2. To compare the mental health of athletic and non-athletes.

Hypothesis:

1. Swimmer girls have better positive mental health than non- swimmer girls

Variables:

1. Independent variables:-

Swimmer and non swimmer girls (age range 16-20 years)

II) **Dependant variable** - Mental health.

SAMPLE-

This test have been administered of the 60 girls. (30 girl's swimmer, 30 non-swimmer girls)
The sample were collected Arts, commerce and Science College Niphad (Nashik)

Which is studying in undar graduate students .The age range in between 18 to 22 Year's.

TOOL: - Promd sinha's mental health check list were used for this study.

Data Analysis-

't' on the basis of data collection the results were analyzed by calculating mean values, SD and 't' ratio.

Result table-

No.	Class	N	Mean	SD	't'	Level of sig.
1	Swimmer girls	30	16.46	3.14	6.3119 0.01	0.01
2	Non-swimmer girls	30	23.86	4.95		

DF= 48

Standard error of differences =1.72

In the above table swimmer girls mean is 16.46 (SD=3.14) and non- swimmer girls mean is 23.86 (SD=4.95). Female mean is 23.86 (SD=4.95) the obtained 't' value is 6.3119 which is significance. This means that there is difference between swimmer girls and non-swimmer girls in terms of their mental health.

Conclusion-

Result shows that swimmer girls found better mental health than the non swimmer girls. It means swimming reduces anxiety and helps maintain good mental and physical health.

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