

A STUDY OF MENTAL HEALTH IN NATIONAL STATE AND DISTRICT LEVEL MALE KHO-KHO PLAYERS

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The purpose of this study was to compare Mental Health among National Level, State Level and District Level Male Kho-Kho Players. For the purpose of this investigation Seventy (N=70), Male subjects between the age group of 16-28 years (Mean \pm SD: Age 21.571 \pm 2.821 (yrs), Body Height 168.9 \pm 5.525 (cm), Body Mass 65.16 \pm 4.089 (kg)) volunteered to participate in the study. The investigator has used the Mental Health Battery (MHB) constructed by (Singh and Gupta, 2000) for measuring all the dimensions of mental health of the subjects and their overall mental health. The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05. To conclude, it is significant to mention in relation to Emotional Stability, Overall Adjustment, Autonomy, Intelligence and Mental Health that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30)) were found statistically insignificant ($P > .05$). Furthermore, in relation to Security-Insecurity and Self-Concept that result of Analysis of Variance (ANOVA) among Male Kho-Kho Players (i.e., National Level, State Level and District Level) was found statistically significant ($P < .05$).

Keywords: Mental Health, Emotional Stability, Overall Adjustment, Autonomy, Security-Insecurity, Self-Concept, Intelligence.

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INTRODUCTION

According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (World Health Organization, 2004). Athletes experience a unique set of pressures in their jobs from scoring goals and winning trophies to facing media scrutiny and meeting the high expectations of adoring fans. Athletes are considered a unique population with special needs pertaining to sport performance and mental health (Etzel & Watson, 2007). They have been found to evidence significant time constraints, pressure to maintain optimum fitness, social isolation, difficulty satisfying complicated multiple relationships, fatigue, financial concerns, criticism from others, and injury (Parham, 1993). It is well accepted that physical activity has a positive impact on mental health and well-being, and can play an integral role in the treatment of many mental health issues. However, this does not mean that athletes are immune to mental illnesses. In fact, athletes competing at higher levels face unique stressors which may increase the risk for developing mental health problems.

The fact is that athletes face an enormous amount of stress and pressure from frequent competition that predisposes some to developing feelings of depression or anxiety. Despite the stressors athletes face, there is a paucity of research on the mental health of elite athletes (Reardon and Factor, 2010; Hughes and Leavey, 2012). A study of elite athletes in Australia reported almost half were experiencing symptoms of a mental health problem, and the proportion meeting caseness cutoffs for mental illness were deemed comparable to community data (Gulliver *et al.*, 2015). More broadly, (Rice *et al.*, 2016) conducted a systematic narrative review and also suggested the prevalence of mental illness in elite athletes was comparable to the general population.

The authors cautioned that relatively few studies in this area are methodologically rigorous or well reported and that more high-quality systematic and intervention research is required. There are several barriers to elite athletes accessing help for mental health concerns. Competitive athletes may have less positive attitudes toward

Help-seeking for mental health problems than non-athletes (Watson, 2005), perhaps partially due to being perceived as a weakness (Bauman, 2016). This perceived stigma among elite athletes is a primary barrier, followed by a lack of awareness of mental health problems, and negative past experiences of seeking help (Gulliver *et al.*, 2012a). Moreover, some sporting organizations may not recognize the prevalence and significance of mental health problems in elite athlete populations access to timely and appropriate care is likely to be restricted if athletes do not feel that the culture of sporting organizations are supportive of these issues.

MATERIAL AND METHODS

Selection of Subjects

For the purpose of the present study Seventy (N=70), Male subjects between the age group of 16-28 years (Mean \pm SD: Age 21.571 \pm 2.821 (yrs), Body Height 168.9 \pm 5.525 (cm), Body Mass 65.16 \pm 4.089 (kg)) volunteered to participate in the study. The demographics of subjects are brought forth in Table-1.

Table-1: Subject's Demographics (N=70) of Male Kho-Kho Players (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30)).

Enclosed as Annexure 01

Figure-1: Subject's Demographics (N=70) of Male Kho-Kho Players (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30)).

Enclosed as Annexure 02

SELECTION OF TOOLS

Mental health battery (MHB)

The investigator has used the Mental Health Battery (MHB) constructed by Singh and Gupta (2000) for measuring all the dimensions of mental health of the subjects and their overall mental health. The six areas of mental health covered by this battery are:

Figure-2: The six areas of mental health

Enclosed as Annexure 03

The battery consisted of 130 items covering all the areas of mental health. Validity coefficient for various items was found to be significant at .01 levels. Both temporal stability reliability

And internal consistency reliability of the questionnaire were computed.

STATISTICAL ANALYSIS

The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05.

RESULTS

For each of the chosen variable, the result pertaining to Analysis of variance (ANOVA) among National Level, State Level and District Level Male Kho-Kho Players on the variable Mental Health. (i.e., Emotional Stability, Overall Adjustment, Autonomy, Security- Insecurity, Self-Concept and Intelligence) are presented in the following tables:

Table 2: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Emotional Stability.

Enclosed as Annexure 04

Table-3: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Overall Adjustment.

Enclosed as Annexure 05

Table-4: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Autonomy.

Enclosed as Annexure 06

- It is evident from Table-2 that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players with regards to Emotional Stability were found statistically insignificant (P > .05).
- It is evident from Table-3 that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players with regards to Overall Adjustment were found statistically insignificant (P > .05).
- It is evident from Table-4

- that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players with regards to Autonomy were found statistically insignificant (P > .05).

Table-5: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Security-Insecurity.

Enclosed as Annexure 07

- It is evident from Table-5 that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30)) with regards to Security-Insecurity were found statistically significant (P < .05). Since the obtained F-value was found significant, therefore, post-hoc test was employed to study the direction and significance of differences between paired means. The results of post-hoc test have been presented in Table-6.

Table-6: Analysis of post-hoc test among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Security-Insecurity.

Enclosed as Annexure 08

- A glance at Table-6 showed that the mean value of National group was 2000 whereas State had mean value as 9.9200 and the mean difference between both the groups was found 1.28000. This shows that the National group had demonstrated significantly better on Security-Insecurity than their counterpart's 9.9200 group.
- The mean value of National group was 2000 whereas District had mean value as 9.6000 and the mean difference between both the groups was found 1.60000. This shows that the National group had demonstrated significantly better on Security-Insecurity than their counterpart's 9.6000 groups.
- The mean value of State group was 9200 whereas District had mean value as 9.6000 and the mean difference between both the groups was found .32000. This shows that the State group had demonstrated significantly better on Security-Insecurity than their counterpart's 9.6000 group.

Figure-3: Graphical representation of mean scores Male Kho-Kho Players (N=70) ((i.e.,

National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Security-Insecurity.

Enclosed as Annexure 09

Table-7: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Self-Concept.

Enclosed as Annexure 10

- It is evident from Table-7 that results of Analysis of Variance (ANOVA) among Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Self-Concept were found statistically significant ($P < .05$). Since the obtained F-value was found significant, therefore, post-hoc test was employed to study the direction and significance of differences between paired means. The results of post-hoc test have been presented in Table-8.

Table-8: Analysis of post-hoc test among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Self-Concept.

Enclosed as Annexure 11

- A glance at Table-8 showed that the mean value of National group was 8667 whereas State had mean value as 8.8000 and the mean difference between both the groups was found 1.06667. This shows that the National group had demonstrated significantly better on Self-Concept than their counterpart's 1.06667 group.
- The mean value of National group was 8667 whereas District had mean value as 10.4000 and the mean difference between both the groups was found -.53333. This shows that the District group had demonstrated significantly better on Self-Concept than their counterpart's 9.8667 groups.
- The mean value of State group was 8.8000 whereas District had mean value as 10.4000 and the mean difference between both the groups was found -1.60000. This shows that the District group had demonstrated significantly better on Self-Concept than their counterpart's 8.8000 group.

Figure-4: Graphical representation

Of mean scores Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Self-Concept.

Enclosed as Annexure 12

Table-9: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Intelligence.

Enclosed as Annexure 13

- It is evident from Table-9 that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players with regards to Intelligence were found statistically insignificant ($P > .05$).

Table-10: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30) with regards to Mental Health.

Enclosed as Annexure 14

- It is evident from Table-10 that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players with regards to Mental Health were found statistically insignificant ($P > .05$).

HYPOTHESIS TESTING

It was hypothesized that there will be significant differences among Male Kho-Kho Players on the variable Mental Health (i.e., Emotional Stability, Overall Adjustment, Autonomy, Intelligence, Security-Insecurity and Self-Concept).

At this point in the research study, the researcher rejected the hypothesis of this study.

CONCLUSIONS

To conclude, it is significant to mention in relation to Emotional Stability, Overall Adjustment, Autonomy, Intelligence and Mental Health that results of Analysis of Variance (ANOVA) among Male Kho-Kho Players (N=70) (i.e., National Level (N₁=15), State Level (N₂=25) and District Level (N₃=30)) were found statistically insignificant ($P > .05$).

Furthermore, in relation to Security-Insecurity and Self-Concept that result of Analysis of Variance (ANOVA) among Male Kho-Kho Players (i.e., National Level, State Level and District Level) was found statistically significant ($P < .05$).

Annexure(s)

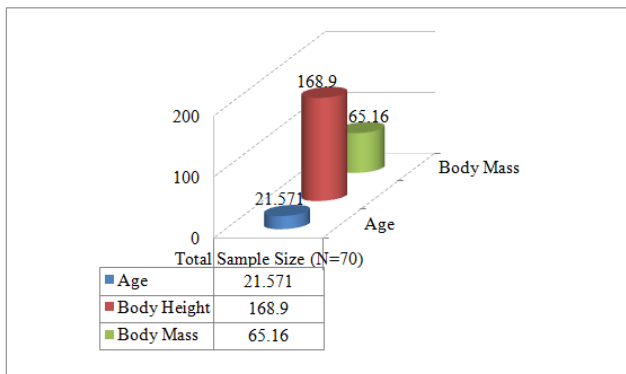
Annexure 01

Table-1: Subject's Demographics (N=70) of Male Kho-Kho Players (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30)).

Variable (s)	Sample Size (N=70)			
	Total (N=70)	National Level (N1=15)	State Level (N2=25)	District Level (N3=30)
Age (yrs)	21.571 ± 2.821	21.93 ± 3.972	21.40 ± 2.380	21.53 ± 2.556
Body Height (cm)	168.9 ± 5.525	169.0 ± 5.00	168.92 ± 5.163	168.9 ± 6.20
Body Mass (kg)	65.16 ± 4.089	63.09 ± 4.90	65.24 ± 3.21	66.13 ± 4.04

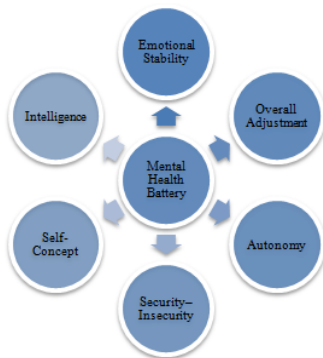
Enclosed as Annexure 02

Figure-1: Subject's Demographics (N=70) of Male Kho-Kho Players (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30)).



Enclosed as Annexure 03

Figure-2: The six areas of mental health



Enclosed as Annexure 04

Table 2: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Emotional Stability.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	10.579	2	5.290		
Within Groups	257.207	67	3.839	1.378	.259
Total	267.786	69			

Enclosed as Annexure 05

Table-3: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Overall Adjustment.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	2.412	2	1.206		
Within Groups	620.673	67	9.264	.130	.878
Total	623.086	69			

Enclosed as Annexure 06

Table-4: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Autonomy.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	10.046	2	5.023		
Within Groups	258.240	67	3.854	1.303	.278
Total	268.286	69			

Enclosed as Annexure 07

Table-5: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Security-Insecurity.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	26.331	2	13.166		
Within Groups	249.440	67	3.723	3.536	.035
Total	275.771	69			

Enclosed as Annexure 08

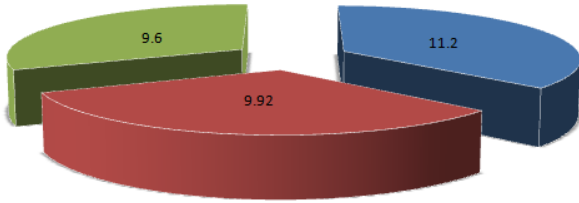
Table-6: Analysis of post-hoc test among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Security-Insecurity.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
National (11.2000)	State	1.28000	.135
	District	1.60000*	.038
State (9.9200)	National	-1.28000	.135
	District	.32000	.829
District (9.6000)	National	-1.60000*	.038
	State	-.32000	.829

Enclosed as Annexure 09

Figure-3: Graphical representation

Of mean scores Male Kho-Kho Players (N=70) ((i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Security-Insecurity.



Enclosed as Annexure 10

Table-7: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Self-Concept.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
National (9.8667)	State	1.06667	.197
	District	-.53333	.644
State (8.8000)	National	-1.06667	.197
	District	-1.60000*	.006
District (10.4000)	National	.53333	.644
	State	1.60000*	.006

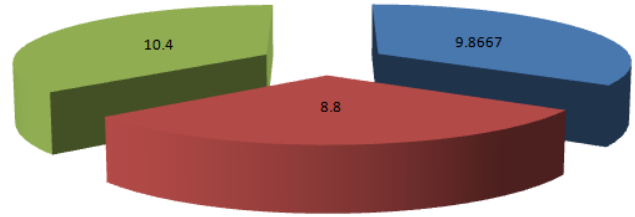
Enclosed as Annexure 11

Table-8: Analysis of post-hoc test among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Self-Concept.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	35.352	2	17.676	5.510	.006
Within Groups	214.933	67	3.208		
Total	250.286	69			

Enclosed as Annexure 12

Figure-4: Graphical representation of mean scores Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Self-Concept.



Enclosed as Annexure 13

Table-9: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Intelligence.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	16.076	2	8.038	.597	.553
Within Groups	901.867	67	13.461		
Total	917.943	69			

Enclosed as Annexure 14

Table-10: Analysis of variance (ANOVA) results among Male Kho-Kho Players (N=70) (i.e., National Level (N1=15), State Level (N2=25) and District Level (N3=30) with regards to Mental Health.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	80.803	2	40.401	1.743	.183
Within Groups	1553.040	67	23.180		
Total	1633.843	69			

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