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A study of athletes and Para-athletes on variable *Overall Adjustment in mental health*

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Abstract

Sports psychology is an important part in sports. That is helping to enhance the sports person's performance and ability through the psychological preparation and motivation. Mental health plays a wide role in sports as other factors are important. Study was delimited to 60 persons of Punjab state who has participated in international sports at various international places. To study the mental health we have used the overall adjustment in mental health test battery by Singh and Gupta, the data was collected by the researcher from different competitions of Punjab state. To analyze data statistical procedure was used like mean, SD and t-test was used. Overall Adjustment variable was used for the study.

Keywords: Overall adjustment, athletes, para-athletes

Introduction

The psychological variables also play an important role in such outcomes and the psychologists conducting the research in sports are trying to study psychological characteristics which help in predicting success in sports. Practical and theoretical questions of interest to sports psychologists including how to improve athletic performance and how to maintain athlete's mental balance in the midst of competitive stress. Generally, sports psychologists are concerned with structured competitive sports in which the purpose is to outdo one's opponent in overall adjustment in competitive encounters. The psychological preparation is planned and carried out with the aim of enabling the sports persons to be in an optimum psychological state before the competition and at the time of competition, so that the athlete can achieve the maximum performance.

The concept of mental health emerged from the mental hygiene movement in the year of 1905. Clifford Beers arranged a revolution in the medical science and public health with his publication entitled 'A MIND THAT FOUND ITSELF.' This book carried an account of Beers as a patient in three mental hospitals. The account was an eye-opener and thought provoking. It aroused interest and created awareness at an amazing speed and scale. Mental hygiene society at national level was founded and its recommendations shifted to players for oriented aid to group oriented treatment to overall adjustment in mental health of players. With third international mental health congress, which met London in the summer of 1948, the responsible aspiration for human sciences for the well of each individual human being in the world was finally institutionalized on an international basis. There had been international committees for mental hygiene, in Washington, D.C. in 1930 and in Paris in 1937, but this earlier movement towards internationalism interrupted by the war. The 1948 congress represented the growth of an appreciation of the interdisciplinary nature of mental health problems, which had led in the United States to the research programs of the overall adjustment in mental health section of the United States Punjab Health Service. Psychiatrists that much of the mental illness which they encountered in their individual patients was rooted in the wider socio-cultural environment and might yield to a concerted multi-disciplinary found expression in the organization that grew out of the 1948 congress, the world federation for overall adjustment in mental health, with its explicate provision for membership by all the relevant professional societies and scientific groups, which would include social work, nursing psychology, sociology, anthropology, etc., as well as national mental health associations. So an organizational base was provided for those who wished to

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translate the aspirations, which were connected with their professional practice or their research into world-wide implications. In 1948, the international preparatory committee for International Congress on Mental Health, in its proposed definition accepted mental health as a condition, which permits the optimal development physical, intellectual and emotional, of the individual, so far as this is compatible with that of the individuals. Both these international organizations have accepted interpersonal relations and adaptability to environment as indicator of mental health.

Methodology and statistical technique

A sample of 30 athletes and 30 differently-able athletes were selected for the study. The data was collected during state competition. For the study Singh and Gupta's mental test battery was applied. After collection of data the score was entered in the computer for data analysis. The findings were explained in the bellow given table. Table-1

Table 1: Table reveals resulting value of overall adjustment in mental health in relation to athletes and para-athletes

Sample	Mean	SD	SEDM	T value
(Athletes) 30	25.3	9.27	1.23	1.79
(Para-athletes) 30	33.7	10.5		

Significant at 0.5 levels (1.637)

Table shows that mean value of athletes is 27.3 which is smaller than para-athlete's mean value which is 33.7 which is larger in scores. Here the SD values of athlete is 9.27 and SD value para-athletes is 10.5 which is greater than athletes. SEDM is 1-23 which bit larger. So we can say that para-athletes group much superior than ordinary athletes. Hence more with the result we can say that para-athletes are more in adjusting with the situation as per need of the time. We can they have faced more concerns in this regard.

Conclusion

On the bases of results we can say that para-athletes are having good overall adjustment with mental health in sports as compare to the normal athletes.

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