



## POSITIVE MENTAL HEALTH: A COMPARATIVE STUDY OF TRIBAL AND NON-TRIBAL HOCKEY PLAYERS

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### Abstract

The aim of the present study was to identify the difference of positive mental health between tribal and non-tribal of junior national hockey players. To study the positive mental health aspect of junior national hockey players, 40 tribal players belonging to different tribes of Odisha, Jharkhand, Chhattisgarh and Madhya-Pradesh and 40 non-tribal hockey players belongs to Punjab, Haryana, Delhi, Madhya-parades and Maharashtra were selected for the study. To assess positive mental health, a positive mental health inventory prepared by Agashe & Helode (2007) has been administered to each subject under the lab like condition. After administration of test scoring and tabulation has been done as prescribe by the author. After analyzing the data, it was observed that tribal players shown more magnitude of positive mental health  $m=19.07$  as compared to non-tribal hockey players  $m=16.80$ . The  $t$  value 1.986 shows that tribal hockey player is having better positive mental health as compare to compare to non-tribal hockey player, which is significant at 0.05 level of significance. Therefore it can be concluded that tribal players are having better positive mental health then because of the stress free life style.

**Keywords:** Positive Mental Health, Tribal, Non-Tribal Hockey Players.

### Introduction

Hockey is our national game it is more popular in the northern state in compare to rest of India. But some tribal areas are well known for hockey specially Jharkhand, Bihar, Eastern U.P., Chhattisgarh, Odisha and some part of Vidarbha (Maharashtra) where the tribal population is dominating there is a natural difference between tribal and non-tribal population. The difference has been found on several aspects of physical, physiological, functional and behavioral tribal players are having good endurance, they are having some good psycho-motor skills and functional abilities. These differences are identified by scholar

and researcher so many times, but no attempt has been made to find out the difference related to mental health aspects. After finding a gap between tribal and non-tribal population scholar had been curiosity and on the basis of curiosity, some hypothesis has been described. To excel in any sports, good personality is required mental health is an individual factor for good personality. A person with good physique with its mental health cannot be considered as an appropriate for sports. S.P. Chaube (2007). In India regional effect on personality may be seen. The effect may also be seen on the mental health of the individual. This study is conducted to individual differential effect of different selected states of India on mental health sportsmen specially hockey players.

### Methodology

The aim of the present study was to identify the difference on positive mental health between tribal and non-tribal players of junior national hockey players. To verify the hypotheses following methodological steps were taken to conduct the study. 80 Players (40 tribal and 40 non-tribal) junior national hockey players, belonging to different tribes of (Odisha, Jharkhand, Chhattisgarh and Madhya-Pradesh) and non-tribes hockey players (Punjab, Haryana, Delhi and Maharashtra) were selected as subject for this study. The subjects were selected from junior national hockey tournaments. The age was ranging from 16-19 years. To assess positive mental health, a positive mental health inventory prepared by Agashe & Helode (2007) has been administered to each subject under the lab like condition. All the subjects were assessed by the scholar with the help of positive mental health test, in lab like situation. The positive mental health score has been obtained by the scoring of the questionnaires. To characterize Tribal & Non-Tribal Players on their Positive Mental Health, descriptive statistics was used and to compare Positive Mental



Health of Tribal & Non- Tribal Players, independent t-test was used at .05 level of significance.

## Findings of results

TABLE-1  
COMPARE OF POSITIVE MENTAL HEALTH (TRIBAL PLAYERS AND NON-TRIBAL PLAYERS) JUNIOR NATIONAL HOCKEY PLAYERS

Tribal Players		Non-Tribal Players		MD	t'
Mean	S.D.	Mean	S.D.		
19.07	3.98	16.80	6.056	2.275	1.986*

After the tabulation the data has been analyses with the help of statistical tool. The t test was applied to identify the difference between tribal and non-tribal Junior National Hockey Players. Result indicate that tribal hockey players are having more magnitude of positive mental health  $m=19.07$ ,  $S.D.=3.99$  in compare to non-tribal hockey players  $m=16.80$ ,  $S.D.=6.056$ , the table.1 t value 1.986 shows that there is significant difference on positive mental health between tribal hockey player and non-tribal hockey players. The difference can also be observe in the bar diagram, figure 1.

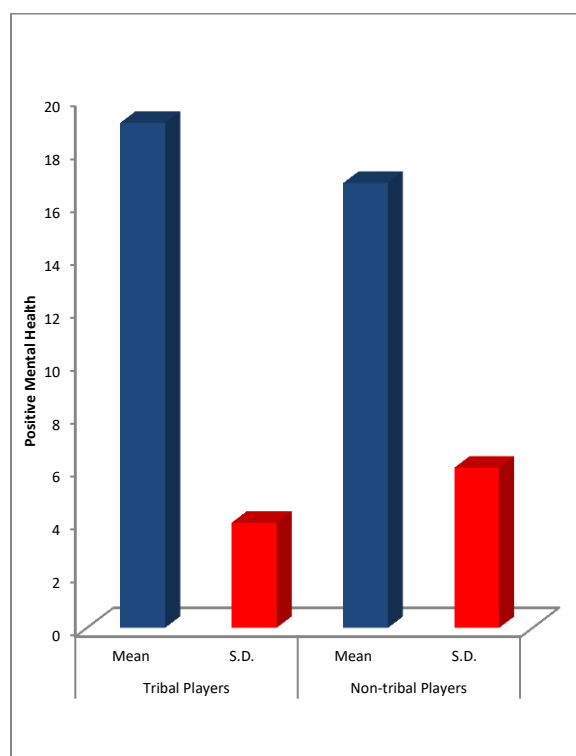


Figure: Comparison of Means & Standard deviation value of Positive Mental Health Score (Tribal Players and Non-Tribal Players) Junior National Hockey Players

## Result and Discussion

Present study indicates those tribal players are having some positive mental health in compare to non-tribal hockey players. Tiwari, P. K., & Agashe, C. D. (2016) conducted a study to compare positive mental health among Kho- Kho players with varying level of sports achievements. Results of the study showed the significant difference between national level kho-kho player and states level kho-kho player; national level kho-kho players and districts level kho-kho players. On the other hand, no significant difference was found between state level kho-kho-players and districts level kho-kho players. In the present study, significant difference among the four different states may be due to the different level of achievements. The cultural background, lifestyle, stress, anxiety, may be the reason for the better positive mental health, therefor it can be concluded that a person who are more nearer to urban life, depends on electronic gadgets and suffering from environmental stress may lead to less amount of positive mental health, self-acceptance, ego-strength and philosophy of life are the factor which we have to control over there, so that positive mental health can be improved.

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