



A study of coping tendency in respective physical and mental health problems of player and sedentary individual**Dr. Tanuja S. Raut****Associate Professor & Head****Department of Physical Education SGB Amravati University, Amravati**

Abstract: -Aim of the study was to find out coping with physical and mental health problem between players and sedentary individual . 60 male subjects with the age group 21-24 years were selected for this study. Out of them 30 were team game players and 30 were sedentary individual male students . The investigator has used self-made questionnaire for the data collection for the mental and physical health problems. Data was collected during health and fitness camp of Department of Physical Education on Jan 2020.for each question Yes and No option was given ,2 points given to the No option and 1 point was allowed to the Yes .for negative questions point was given 2for Yes and 1for No option. Less score denoted facing less physical and mental problems in other world coping with problems. Data was collected with the help of questionnaire and statistical analysis were done with the help of t- test. players are having more coping ability in respective physical and mental health problems than the sedentary individual. So the researcher's pre assumed has been accepted.

Key Words: -**coping tendency, physical health , mental health ,player and sedentary individual**

Introduction:-

WHO defines physical activity as any bodily movement produced by skeletal muscles that require energy expenditure – including activities undertaken while working, playing, carrying out household tasks, travelling, and engaging in recreational pursuits. There is a difference among physical activity, exercise, play, games and sports.Exercise that is planned, structured, repetitive with goal to improve and maintain components of physical fitness. It is purposeful activity carried out to improve health or fitness, such as jogging ,walking, cycling, or lifting weights to increase strength.Play is a spontaneous activity and sports is structured competitive activity, Nature of all activates may be differ from each other but benefits of all these are more or less similar and that is to develop not only health and fitness of an individual but also helpful for the all-round development of a person.Objective of each it may be physical activity, exercise, game and sports is to achieve good and health and physical fitness. Everyone knows that “sound mind in sound body” There is very close relationship of physical health with mental, social and emotional health. When a player playing on ground at adverse condition, he try to play in good manner without showing his angriness. Even though He tries to follow all rules & regulation, that's mean he try to control over his emotions. He develops his self-control.

In cricket catcher knows very well even he took a catch credit goes to bowler but he tries his best to catch the ball it means he is loyal and honest with his teammates. Player controls over their emotions when they looses or win the match by giving sympathy or by giving congrats to opponent team, in the game player can not win the match without co-operation and co-ordination with their teammates. Therefore game and sports are essential for the physical ,mental and social development of a person. Its gives real direction to the person for his life. If the sports person is not able to handle these physical and mental problem properly. His sports career may be hampered.

Health, According to the WHO health is defined as " Acomplete state of physical, emotional and social well-being and not merely the absence of disease or infirmity." Physical health includes well internal organic systems, good posture, efficient ability to work and coordination .This definition suggests that mental health is therefore, more than just the absence of mental disorders or disabilities.



It is a state of well-being where an individual is aware of his or her own abilities such as self-esteem, confidence, decision making etc. can cope with life's normal stresses and work productively and also be able to make a contribution for their Community. Players are always spending their more time growing up in 'natural' environments, that helps player to develop a balanced immune response while strength is an important factor for the development of immune system. They are always contact with many spectators, team meet and many more people. In sport, there are physical challenges such as intense training and injury that can lead to mental or psychological challenges. Furthermore, athletes also have to deal with personal challenges, such as relationships or social life events, just like the general person, interpersonal relationships and physical rehabilitation. Athletes in the retirement phase of their career, Performance expectations, injury, less social support, Major negative life events, organisational factors, such as travelling and spending long periods away from home. All these different stressors can impact athletic performance and influence training, ultimately. Researcher is also player and she thinks sports person are physically strong and mentally tough so they may be able to cope with physical and mental problem than the sedentary individual. Under taken a study **A study of coping tendency in respective physical and mental health problems of player and sedentary individual**

Methodology :-

Aim Of the study: - Aim of the study was to find out coping with physical and mental health problem between players and sedentary individual.

Selection of Subject:

60 male subjects with the age group 21-24 years were selected for this study. Out of them 30 were team game players and 30 were sedentary individual. As a sedentary individual, student from various science department of university campus were selected. As well as the team game player from Basket ball, volley ball and Hand ball were selected. All players represented intercollegiate. Researcher hypothesis that there are difference in coping tendency of players and sedentary individual.

Sampling Method: The subjects were selected by purposive sampling method.

Administration of Questionnaire: The investigator has used self-made questionnaire for the data collection for the mental and physical health problems. In the preliminary questionnaire 23 questions related to physical problems and 22 related to mental health problems included. In the questionnaire the questions included like 'Do you feel tired?' during the last month, 'do you feel health problem?' 'Do you infected so easily by diseases?' 'do you frequently facing headache?' 'do you feel stress'. Pilot study has been conducted on 10 subjects (sports person and sedentary). There was some query about some questions, that questions was deleted from questionnaire. Finally 20-20 questions included in it. Reliability was calculated by test-retest method and it was found 0.82. Final questionnaire was conducted on 30 sportspersons and 30 sedentary male students. Data was collected during health and fitness camp of Department of Physical Education on Jan 2020. For each question Yes and No option was given, 2 points given to the No option and 1 point was allowed to the Yes. For negative questions point was given 2 for Yes and 1 for No option. Less score denoted facing less physical and mental problems in other world coping with problems.

Statistical Analysis and interpretation of data: - Data was collected with the help of questionnaire and statistical analysis were done with the help of t- test



TABLE 1
 coping tendency Between players and sedentary male students respective to physical problems

Group	Mean	S.D.	M.D.	S.E	D.F.	O.T.	T.T.
player	33.45	4.1	4.37	1.01	58	4.35	2.00
Sedentary	37.82	3.8					

*Level of Significance = 0.05

Tabulated 't' 0.05 (58) = 2.00

Table-1 reveals that there is difference between means of players, because the mean of players is 33.45, less than sedentary individual which is 37.82, and their mean difference is 4.37 and standard error is 1.08. To check the significant difference of coping tendency in respect to the physical health problem players and sedentary individual the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated. After applying 't' test it was found that there is significant difference in players and sedentary individual coping tendency with physical problem because value of calculated 't' (4.35) which is greater than tabulated 't' (2.00) at 0.05 level of significance, which indicates there is significant difference in coping tendency related to physical problem. players are having more coping ability than the sedentary individual. So the researcher's pre assumed has been accepted.

Graph 1

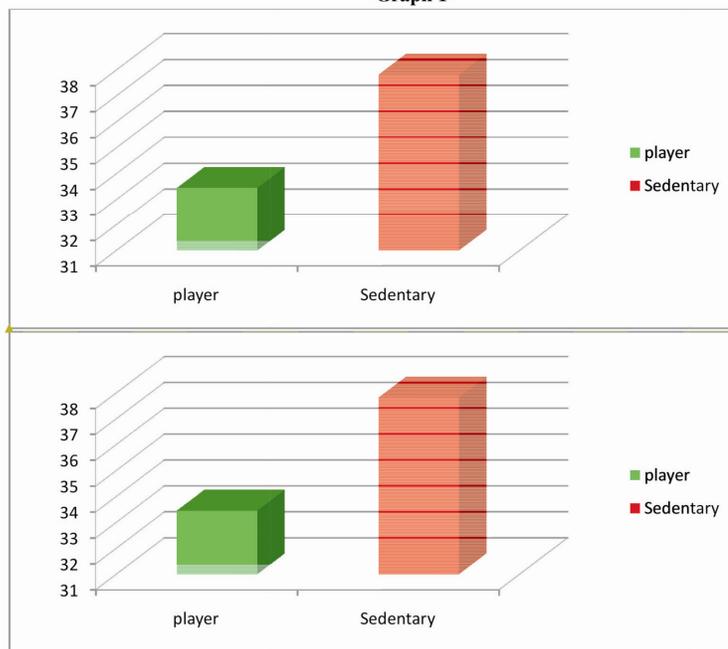




Table 2
coping tendency Between players and sedentary male students
respective to mental problems

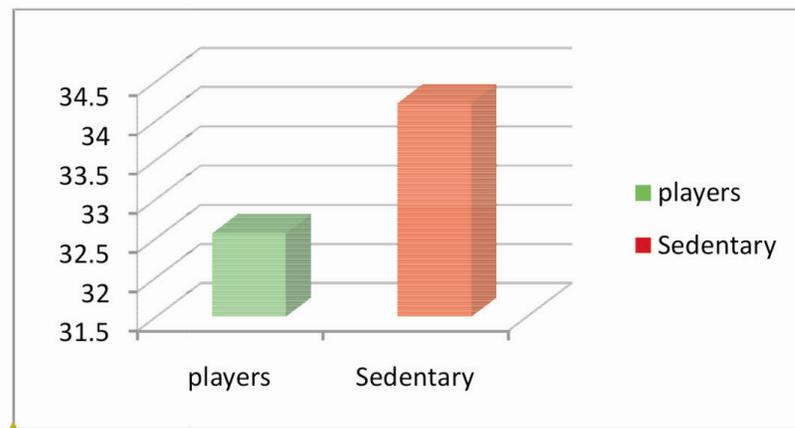
Group	Mean	S.D.	M.D.	S.E	D.F.	O.T.	T.T.
players	32.56	2.6	1,66	0.41	58	2.59	2.00
Sedentary	34.22	2.4					

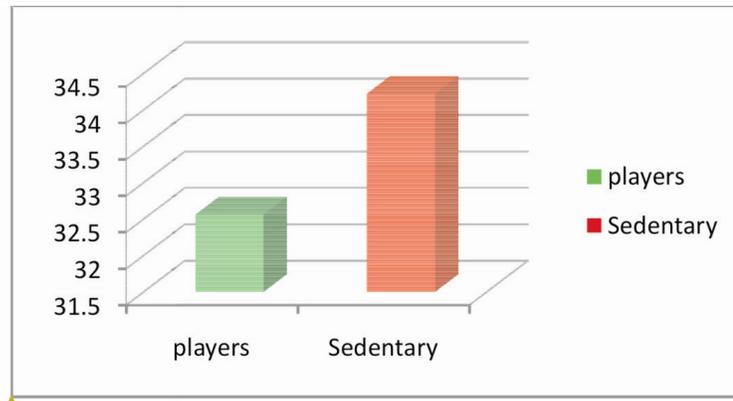
*Level of Significance = 0.05

Tabulated' 0.05 (58) = 2.00

Table-2 reveals that there is difference between means of players, because the mean of players is 32.56, less than sedentary individual which is 34.22, and their mean difference is 1.66 and standard error is 0.41. To check the significant difference of coping tendency in respect to the mental health problem players and sedentary individual the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated. After applying 't' test it was found that there is significant difference in players and sedentary individual coping tendency with physical problem because value of calculated 't' (2.59) which is greater than tabulated 't' (2.00) at 0.05 level of significance, which indicates there is significant difference in coping tendency related to mental problem .players are having more coping ability related to mental problem than the sedentary individual. So the researcher's pre assumed has been accepted.

Graph 2





Conclusion:

Lastly researcher concludes that in this study player are having high coping tendency than sedentary individual in respect to mental and physical health problems , the cause may be players physiological and organic capacity is good than the general people .Players physical fitness are more due to their strenuous training schedule and hard work .Fitness is important factor for the health. Due to all this player may be able to cope well with physical health problems. When we think about the mental coping tendency of player and sedentary individual, players are always handling stress, tension, burden, critical situations to face the hardships, unfair judgments, in game situation ,they may habitual and develop them in that way they can handle these pressure .Physical activity has a huge potential to enhance our wellbeing. Even a short time physical activity of like brisk walking .jogging walking increases our mental alertness, energy and positive mood Physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays important role in preventing of mental health problem and improve the quality of life .

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