
**COMPARATIVE STUDY OF ATHLETES AND NON-ATHLETES'
PSYCHOLOGICAL AND PHYSICAL HEALTH AND WELL-BEING**

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ABSTRACT

In addition to a person's psychological and emotional states, a person's social well-being is included in what is referred to as their mental health. It changes in accordance with our shifting thoughts, feelings, and behaviours. This is what we do whenever we are put in a difficult situation and need to make a decision. It is also important in establishing who people are throughout the different phases of life, such as childhood, adolescence, and adulthood, which are all periods that occur in the natural course of life. And are extremely big donors. In light of this, the objective of this study was to make a comparison between people who engage in sports and those who do not participate in sports in order to evaluate whether or not there is a difference in terms of having a healthy mental state. The participants in the research were selected using the purposive selection approach, and the participants' ages ranged anywhere from 19.9 to 20 years old on average. Participants who did not take part in sports had an average age of 20.63 years, hailed from a range of educational institutions, and are now pursuing degrees in a variety of professions. There were sixty participants in the research. The Mental Health Inventory (M.H.I.) test that was developed by Agashe and Helode (2007) was used to compare the mental health of athletes with that of non-athletes in order to draw comparisons between the two groups. This was done in order to determine whether or not there is a significant difference between the two groups. There is a total of 36 questions included inside it. The data were analysed using a t-test, and the findings demonstrated that there is a significant disparity between the two groups with regard to their levels of mental health.

Keywords: *Positive Mental Health, Sportsperson.*

INTRODUCTION

People who have high levels of psychological well-being (PWB) report significant satisfaction with their life accomplishments and circumstances; they have a perceived relative absence of anxiety and depression; they are able to deal with the challenges of daily life; and they demonstrate high levels of enjoyment and self-esteem. People who have high levels of PWB are said to have high levels of enjoyment and self-esteem. The psychological well-being of a person may be broken down into two essential components. This finding could come in handy for the aim of doing more study in the future. The athletes that participated in this sport were much younger than the other athletes who competed in the same events, as assessed by the number of years that separated the two

groups of competitors from one another. Participants who were not athletes had an average age of 20.63 years and came from a wide variety of educational institutions situated in a variety of countries throughout the world. These people did not take part in any type of athletic competition or activity of any kind. They have decided to further their education by enrolling in a wide variety of professional degree programmes at this point as part of their ongoing efforts to work towards the objectives they have established for themselves. The first of these is the extent to which people are able to recognise and express positive feelings, such as pleasure and happiness, and the degree to which they are able to do so. This facet of PWB is also often referred to by the phrase "subjective wellbeing," which is yet another word for it.

The term "physical fitness" refers to a state of being that is characterised by optimal health and well-being.

When we speak about being physically fit, what we really mean is that we are in a state of health and well-being, and more specifically that we have the ability to carry out various aspects of a wide variety of sports, occupations, and day-to-day activities. Maintaining a balanced diet, participating in physical exercise ranging from moderately intensive to vigorous, and having a sufficient amount of rest are the primary components of achieving physical fitness in the majority of situations. A high level of physical fitness is one of the most crucial preconditions for achieving and maintaining excellent health. It is unfathomable that a person could be healthy if they were not in decent physical form. Physical fitness is an essential component of overall health. Hence, it is essential to have a holistic understanding of the importance of physical fitness. The absence of sickness is often considered to be identical with a person's state of physical health. A person who works in a sector associated with the military or is a layperson will have a different degree of physical fitness than someone who plays in sports on a regular basis. In point of fact, different people place different amounts of significance on different areas of their physical health.

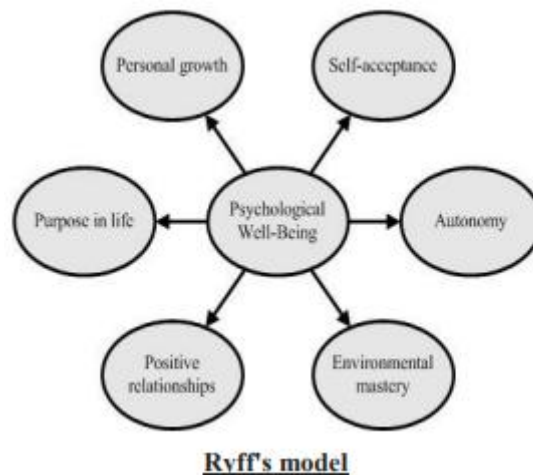
Let's have a conversation about some of the many dimensions of what it means to be physically fit in this session.

The overarching conclusion that can be drawn from research on the psychological outcomes of exercise is that people who exercise frequently have a tendency to have higher levels of positive psychological well-being (PWB) than those who are sedentary. This is the conclusion that can be drawn because research on the psychological outcomes of exercise has been conducted. Researchers recommend caution in drawing judgements about what caused what, even in the face of such strong data. Even though individuals who exercise tend to have greater levels of PWB than those people who don't exercise, scientists are cautious to draw the conclusion that exercise produces high levels of PWB. This is the case despite the fact that people who exercise tend to have higher levels of PWB. It's conceivable that those who enjoy to exercise already have bigger levels of PWB to begin with. This might be due to the fact that they are working towards gaining personal control, which enables them to keep their bodies in a state of homeostasis. Because the concept of psychological well-being is comprised of a number of distinct psychological outcomes, it may be more helpful to examine the relationship between physical activity

and the components of PWB such as reactivity to stress, cognitive functioning, positive moods, and psychological depression and anxiety. Examining the ways in which physical activity influences the brain is one way to do this. Concern for one's mental health is something that should be shared by everybody. It has an effect on our ability to adjust to new situations, events, and shifts in life, such as the passing of a loved one, which may be difficult for certain people. It is possible to fulfil the criteria of psychological well-being in a variety of settings, including but not limited to acute self-help groups, social assistance programmes, and of course sports psychology (Kamlesh ML. 1983).

According to the classification system used by the World Health Organization, it is an all-encompassing physical and mental disorder.

There is a wide variety of language that may be used to express a person's psychological health and well-being. It is the ability of human beings to adapt to the environment and to each other with optimum efficacy and pleasure (Menninger, Karl. (1945)), and it is a state and degree of social functioning of an individual and groups that is both socially acceptable and individually rewarding. According to the World Health Organization, health is not only the absence of sickness; rather, it is the presence of a state of full physical, mental, and social well-being (Boehm, 1955). In a broad sense, mental health relates to the ability to effectively accomplish one's work and relationships, in addition to the feeling of being satisfied with one's life overall.



OBJECTIVE

1. To study of the major objective of the physical wellbeing of sports persons and non sports persons
2. To study of the difference between Positive mental health among sportsperson and none sportsperson.

What precisely is meant by the term "sports psychology"?

The field of research known as sports psychology examines the ways in which mental factors might have an effect on sporting events, athletic performance, exercise, and other types of physically active pursuits. Explore the many ways in which taking part in sports

may have a beneficial effect on a person's health and overall sense of well-being. Athletes may improve both their physical performance and their mental health by increasing their understanding of psychology, which helps them improve both aspects of their performance.

While sports psychologists do work with amateur athletes, the majority of their clients are elite and professional athletes. Amateur athletes are also a customer for sports psychologists. A personal trainer is a kind of fitness expert that, in addition to supporting athletes, educates non-athletes and people who exercise regularly how to improve their enjoyment of their exercises and how to maintain a consistent fitness regimen.

The Birth and Early Development of the Profession of Sports Psychology

The study of sports psychology is still in its infancy; the first research lab to be devoted to the topic did not open its doors until 1925. The area of sports psychology is still in its infancy.

Soon after that, in the early 1930s, the first laboratory in the United States closed its doors, and scientific research in the United States did not begin again in this subject until the late 1960s, when there was a revival of interest in the topic.

The International Society of Sport Psychology (ISSP) started out as a professional organisation back in 1965 when it was first established.

In the 1970s, colleges and other kinds of educational institutions throughout the continent of North America began offering courses in sports psychology as a topic that could be studied by students interested in the field.

Beginning in the 1980s, there was a shift towards placing a greater focus on the scientific study of sports psychology. This shift is still ongoing. Researchers began looking at how higher performance may be achieved via psychological training for athletes. [More citation is required] In addition to this, they looked at the ways in which physical exercise may be useful in the future. **The Many Subfields Within the Field of Sports Psychology**

There are a number of sub-specialties that fall under the umbrella of the discipline of psychology. These sub-specialties include clinical psychology, developmental psychology, and forensic psychology. Within the realm of sports psychology, there are also a great deal of subspecialties to choose from.

Psychologists Specialized in the Fields of Education and Athletics

A person who assists athletes in improving their performance via the use of psychological strategies is referred to as an educational sports psychologist.

This is teaching pupils how to use certain methods, such as how to increase their performance while competing on the court or field. For example:

Clinical sports psychologists that specialise in their field.

Athletes who play at a high level yet deal with mental health conditions such as depression might benefit from the assistance of clinical sports psychologists.

One who specialises in supporting athletes in improving both their mental health and their physical performance is called a clinical sports psychologist. This kind of psychologist works with players to improve both aspects of their lives.

Researchers in Psychology Who Study Physical Activity

An exercise psychologist may be of aid to a client who isn't an athlete but is already active on a regular basis, especially if the client wants to form the habit of engaging in regular physical activity. The process of establishing objectives and actively participating in practise are two examples of tactics that are used by other sports psychologists and may be integrated in this area of work at some point. Several Fields of Use for Sports Psychology

The current study of sports psychology comprises a broad variety of subfields, each of which may be broken down into a number of subtopics that are of special interest to sports psychologists. The range of subfields that are included in the modern study of sports psychology is extensive.

Intense Concentration

An fundamental characteristic of attentive attention is the ability to ignore potentially distracting stimuli, such as a throng of yelling spectators, in order to focus one's attention intensely on the task at hand. As a consequence of this, players are able to manage their Breathing exercises, paying attention to bodily signals and sensations, and practising mindfulness are all examples of typical approaches that may be used to accomplish this objective. It is possible for athletes to benefit from all of these in order to keep their focus on the here and now.

The ability to have a clear head is essential.

Within the realm of sports psychology, researchers are paying an increasing amount of attention to the notion of "mental toughness." This expression is a reference to the psychological attributes that an athlete must possess in order to realise their maximum potential in their performance. These qualities are crucial for an athlete to have.

Two of these characteristics are an unyielding will to accomplish one's objectives and an insatiable hunger for professional achievement. Additional aspects that contribute to mental toughness include having a positive attitude to difficult situations, maintaining one's composure when under pressure, and effectively exerting one's control.

Impact of a Player's Mental Attitude on Their Performance

Research suggests that using a wide range of sports psychology techniques may help improve the overall performance of any and all types of athletes, starting with very young gymnasts (aged 8 to 13) 9 according to a few of the studies that were cited in the study. The study of sports psychology may also have an impact on other aspects of one's general health and well-being.

One piece of study, for example, came to the conclusion that it is unusual for doctors to have unfavourable feelings when they are providing medical care to patients who are very sick. Yet, when the psychiatrists used the same psychological routines as the athletes, they were better able to moderate the reactions of their patients. In addition to this, it helped them provide better care for their patients.

Techniques in the Field of Sports Psychology

When it comes to providing assistance to their clients, some professionals focus on just one strategy, while others use a number of diverse methods taken from the area of sports psychology.

A Feeling of Deeper Calm That Comes On Very Slowly

The use of relaxation techniques might potentially confer a number of benefits onto athletes. Some of the advantages that may be achieved include an increase in self-confidence, greater focus, and lower levels of stress and tension; all of these lead to an overall improvement in performance. Another benefit that may be acquired is a rise in self-esteem.

One of the methods of relaxation that sports psychologists instruct their patients and clients in is the practise of breathing deeply and slowly. This technique involves tensing a group of muscles, keeping those muscles tensed for a few seconds, and then releasing the tension so that the muscles may relax.

CONCLUSION

Result has been found after calculating the data and analysis different aspects of this topic. It was concluded that positive mental health of sportsperson who involved in some sports and physical activity do significantly higher than non sportsperson who was not involved in any games and physical activity. Sport setting and the importance of positive mental health in life is very well executed and define. In a scientific way Chaplin (1975) has been described positive mental health, and after that it is redefined by Strupp and Hadley (1977) through philosophy of life, self acceptance and ego strength for evaluating of positive mental health. According to Keyes (2002) integral elements or cognition, wellbeing considers emotional or feeling and mental health described through his essay. Currently Tiwari and Agashe, 2015 studies about sports performance is related to positive mental health. The researchers has been decide to access.

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