

Effect Of Minor Physical Anomalies On Mental Well-Being Of College Students –A Supportive Role Of Sports

Abstract

The aim of the study was to examine the role of sports activities on mental well-being of the college students. A sample of 100 under-graduate students was taken for this purpose of which 50 were normal and 50 were suffering from minor physical anomalies. These two groups were further divided into two groups, i.e., participant and non-participants in sports activities. Mithila mental health inventory was used to collect the data. A two way analysis of variance of the data revealed significant difference between the means of sports and non-sports girls indicating that mental health of the sports girls was better than their counterparts, i.e., non-sports girls. Minor physical anomalies had negligible effect on sports girls. Most suffered group was the girls with minor physical anomalies who did not involved in sports activities. The findings indicate that people who participate in sports activities enjoy better mental health, are more alert, and more resilient against the stresses of modern living. It can reduce stress, anxiety and dipression. There is a link between participation in sports activity and mental health.

Neeta Agnihotri

Lecturer, B.Ed. Dept.
Brihaspati P.G. College
Kanpur, India

Mridula Rawal

Reader, Education Dept
Juhari Devi Girls P.G. College
Kanpur, India

Introduction

As a result of changes in our society during the last few years, schools have a heavier responsibility than ever before to help pupils develop behaviour patterns which equip them to fill useful roles in society and contribute maximally to group productivity. This means that concurrent with the teaching of subject matter, schools must be concerned with the development of interpersonal relationship skills and positive mental health.

Mental health is essential both for efficient learning and for achievement of self realization and social effectiveness. It is therefore an important achievement. Hales and Hales (1995) define mental health as "the capacity to think rationally and logically, and to cope with the transitions, stresses, traumas and losses that occur in all lives, in ways that allow emotional stability and growth. In general, mentally healthy individuals value themselves, perceive reality as it is, accept its limitations and possibilities, respond to its challenges, carry out their responsibilities, establish and maintain close relationships, deal reasonably with others, Pursue work that suit their talent and training, and feel a sense of fulfillment that makes the efforts of daily living worthwhile."

Breakdown in mental health is a major problem in modern society. The world Health Organization's world health Report (1998) lists mood and anxiety disorders among the leading causes of morbidity and mood disorders as the leading cause of severely limited activity. Mental disorders account for a quarter of the world's disability. Suicide is the eight leading cause of death in the world and third leading cause in the fifteen to twenty four year old age group. Many physicians and psychologists believe that individuals are physical, mental and spiritual beings and that these aspects are interrelated. Consequently mental health is not possible without both physical and spiritual health.

Every Physical disability is accompanied by some sort of psychological disturbance specially in adolescent period. Any thing that makes the adolescent different, especially is being different makes him the object of pity or ridicule, is emotionally disturbing and may lead marked feelings of inferiority and insecurity. They are much more prone to anger, depression, hostility and mourning (Stolz and Stolz, 1944, Frazies and Fisonbee 1950, Greenspan 1976). Unfavourable social prejudices segregate the disabled adolescent from his social surroundings. Being forced out of certain social activities because of his disability leads to constriction in interest, boredom and envy of those who can engage in many activities (Kleck and Hastorf, 1966).