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Golden Research Thoughts

GRT

EFFECT OF POSITIVE MENTAL HEALTH ON SPORTS ACHIEVEMENT OF BASKETBALL PLAYERS

**B. John**

Asstt. Professor, Deptt. of Physical Education, Dr. C.V. Raman University,
Kota Bilaspur (C.G.).



Co - Author Details :

C. D. Agashe

HOD, SOS in Physical Education, Pt. Ravishankar Shukla University, Raipur C.G.



ABSTRACT

The present study assessed the impact of positive mental health on sports achievements of basketball players. In order to conduct this study, 30 national male basketball players (Ave. age 27.72 yrs.), 30 state level male basketball players (Ave. age 22.39 yrs) and 30 district level male basketball players (Ave. age 21.02 yrs.) were selected as sample. Positive mental health inventory prepared by Agashe and Helode (2007) was used to collect the psychological data for the present study. The data analysis showed significant impact of positive mental health on sports achievements of basketball players with national level male basketball players exhibiting more magnitude of positive mental health as compared to state and

district level male basketball players. It was concluded that state of good adjustment with a subjective state of well-being, and the confidence to execute own abilities and skills contributes to success of national level male basketball players.

KEYWORDS :Positive Mental Health, Basketball, Sports Achievement

INTRODUCTION

Mental health includes self acceptance, personal growth, purpose of life, environmental mastery, autonomy, and positive relations with other. Psychological well-being is a part of positive

psychology and all the factors of psychological well-being also constitute mental health model. The mental health model for sports also includes these factors.

The concept of positive mental health has been conceptualized by Chaplin (1975)¹, Ray and Najman (1987)² and Strupp and Hadley (1977)³. In broader sense positive mental health is good adjustment coupled with subjective state of well-being. It denotes the positive frame of mind in which a person is confident of executing certain skills and abilities related to a task. In general the term mental health is used to denote superior behavioural and emotional adjustment which enables a person to function at an optimum level.

Basketball is a team game which is popular all over the world. It is fast paced sports and requires not only physical but also mental prowess to excel at the highest level. Due to its popularity so many researchers such as Agashe and Singh (2013)⁴, Jiteshwor et al. (2013)⁵, Newland et al. (2013)⁶, Parveen (2014)⁷, Szabo et al. (2014)⁸, Singh and Agashe (2014)⁹, Khan et al. (2015)¹⁰ have conducted studies so as to determine the psychological factors that affect performance in the basketball court. Surprisingly no study has been conducted under positive psychology so far to assess achievement of basketball players. One such variable under positive psychology is mental health. Since positive mental health encompasses qualities such as resilience and coping, social-emotional intelligence, healthy development, it is worthwhile to explore the effect of positive mental health on sports achievement of male basketball players under the domain of positive psychology.

HYPOTHESIS

Positive mental health will significantly influence sports achievement of male basketball players.

Methodology :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

In order to conduct this study, 30 national male basketball players (Ave. age 27.72 yrs.), 30 state level male basketball players (Ave. age 22.39 yrs) and 30 district level male basketball players (Ave. age 21.02 yrs.) were selected as sample. The sample was collected through purposive sampling method.

Tools:

Positive Mental Health Inventory :

Three dimensional positive mental health inventory (PMHI) prepared by Agashe and Helode (2007)¹¹ was the preferred choice of psychological instrument for the present study. 36 statements related with self acceptance, ego-strength and philosophy of life were incorporated in this inventory. This test is highly reliable and valid. The scoring pattern of this inventory is such that the higher scores indicate good positive mental health.

Procedure:

The required number of national, state and district level male basketball players was selected through purposive sampling method. As per the convenience and availability of selected subjects, the positive mental health inventory prepared by Agashe and Helode (2007) was administered to them. The response obtained from each selected subject was scored off as per author's manual. After scoring the data was tabulated in their respective groups. Since there are more than two groups in the present study, One Way ANOVA was used to analyse the data. The obtained results are presented in table 1 and

2 respectively.

ANALYSIS OF DATA

Table 1
Effect of Positive Mental Health on Sports Achievement of Male Basketball Players (N=90)

Sports Achievement of Male Basketball Players	N	Positive Mental Health	
		Mean	S.D.
National	30	21.23	2.69
State	30	19.10	4.66
District	30	18.53	4.69
F(df 2,87)=3.57, p<.05			

Statistical data presented in table 1 shows that positive mental health of male basketball players constituting three groups i.e. national (M=21.23), state (M=19.10) and district level (M=18.53), differ significantly. The F=3.57 statistically proves it at .05 level of significance.

To explore the mean positive mental health scores of national, state and district level male basketball players, Least Significant Difference Test was used.

The results are shown in table 2.

Table 2
Comparison of Mean Positive Mental Health Scores of National, State and District Level Male Basketball Players
Least Significant Difference Test

Mean (I)	Mean (J)	Mean Difference (I-J)
National Level Male Basketball Players	State Level Male Basketball Players	2.13*
	District Level Male Basketball Players	2.70*
State Level Male Basketball Players	District Level Male Basketball Players	0.56

* Significant at .05 level

A perusal of entries reported in table 2 indicates that national level male basketball players possesses significantly more magnitude of positive mental health as compared to state and district level male basketball players. The mean difference of 2.13 and 2.70 was also found to be statistically significant at .05 level.

Statistically, no significant difference was observed in positive mental health of state and district level male basketball players. Although state level male basketball players exhibited more magnitude of positive mental health as compared to district level male basketball players but this fact could not be verified statistically.

On the basis of analysis of data, following results are obtained:

RESULTS :

- National level male basketball players showed significantly superior positive mental health as compared to state and district level male basketball players.
- No significant difference was observed in positive mental health of state and district level male basketball players

DISCUSSION:

Social, emotional and psychological well-being constitutes positive mental health. Positive mental health also encompasses the efficacy of a sports persons to use his potential effectively. In this regard, the results of the present study are consistent with the mental health model of sports.

CONCLUSION

On the basis of results, it was concluded that positive mental health as a psychological variable emerges as strong predictor of sports achievement of male basketball players.

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