

ACADEMIC ANXIETY AND MENTAL HEALTH OF REGULAR MALE PARTICIPANTS IN SPORTS ACTIVITIES IN THE GOVERNMENT & PRIVATE SCHOOLS OF DELHI

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ABSTRACT

Athletic participation is an integral component of society. The concept of mental health and anxiety is as old as human being. In recent years clinical psychologist as well as educationist has started giving proper attention to the study of mental health and various types of anxiety. The rationale for this study was designed to comparative analysis of academic anxiety and mental health of regular male participants in sports in the government & private school of Delhi. Data were collected through 80 male student athletes with the age ranging from 16-19 of government (N=40) and private school (N=40) selected through purposive sampling from Meerut and Ghaziabad by the Mental Health Battery (MHB) and Academic Anxiety Scale for Children (AASC) both developed by Dr.A.K.Singh and Dr.A.Sen Gupta. Data were evaluated by applying independent 't' test for comparing the level of academic anxiety and mental health between these two groups. The result of the study indicated that there was no significance difference in Mental Health and in Academic Anxiety there was significant difference between regular male participants in sports in the government school and Private school of Delhi. On the basis of result researcher found that, mental health variable failed to display any acknowledgeable, whereas academic anxiety display some extent significance but possibly, by increasing sample size, could change this result to support other study.

Key Words: Academic Anxiety, Mental Health, Invisible, Enemy and Cognitive.

INTRODUCTION:

Athletic participation is an integral component of society. Recognition of the role of sport in the lives of spectators and participants has been accompanied by increased empirical interest into the psychological well-being of elite athletes. The concept of mental health and anxiety is as old as human being. In recent years clinical psychologist as well as educationist has started giving proper attention to the study of mental health and various types of anxiety. Mental health is clearly linked to retention and academic performance. At one point or the other everybody

suffers from anxiety, among the students anxiety has emerged as the invisible enemy. Anxiety is definitely affecting the cognitive, physical development & mental health of student. Today, faculty and coaches note that complex and even clinical issues are more prevalent among the students they teach, give coaching and advise. A fair number of previous studies have found that rising number of student athletes are coping with depression, anxiety, and other major mental health challenges. The present study was planned to compare analysis of academic anxiety and mental health of regular male participants in sports in the government & private schools. The researcher proposed the following hypothesis:

- There would be no significance difference in mental health between these groups
- There would be significance difference in academic anxiety between these groups.

METHODOLOGY:

Participants:

The sample consisted of eighty student athletes with the age ranging from 16-19, drawn via purposive sampling from Meerut and Ghaziabad. The purposive selection of participating subjects was based on sports. All the subjects were educationally well qualified and had a minimum of 1 year sports participation experience.

Table -1

Selection of Subjects (based on sports)

	Government school				Private school			
Sports	Cricket	Football	Skating	Badminton	Cricket	Football	Skating	Badminton
No.	14	10	08	08	14	10	8	8

MATERIAL:

Academic anxiety was assessed by using well-developed and widely used Academic Anxiety Scale for Children (AASC) developed by Dr.A. K. Singh and Dr. A.Sen (1984) Gupta this scale consists of 20 questions. The maximum possible of this test is 20. These questionnaires consist

of two types of items – positive and negative. All positive items which are endorsed by the subject as ‘Yes’ and all negative items no. 4, 9, 16 & 18 which are endorsed by the subject as ‘No’ are given of + 1. A score of 0 is awarded to all other answers, thus high score on the test indicates high academic anxiety and low score on the test indicates low anxiety.

Mental health was assessed by using standardized Mental Health Battery (MHB) by Dr.A.K.Singh and Dr.A.Sen Gupta. This battery consists of 130 items and it contains six popular indices of mental health (emotional stability, over all adjustment, autonomy, security-insecurity, self concept and intelligence).The answers of those item (in each part) which tally with the answers given in the scoring key (true) would be given a score of 1, if they don’t tally (false), they would be given a score of 0

PROCEDURES:

Data for this investigation were collected, starting with seeking permission from the authorities concerned (Principles and Coaches) to involve student athletes in their schools in the study. Almost all the authorities agreed to co-operate in the study. The researcher both personally or through the assistants met to all the subjects and explained each statement of the questionnaire clearly. Respondents were required to provide biographical information (Age, number of years experience and highest achievement in sports). No names were attached to questionnaires and confidentiality was assured to the student athletes. A response of 100 % were received by the researcher on the basis of personal contact and majority of them through mailing by adopting follow up procedures. All the respondents and authorities were assured that each of them will receive a copy of the summary of results.

RESULTS:

Data from acceptable returned questionnaires were entered into an SPSS database. The data was analyzed using an Independent ‘t’ test to compare Academic Anxiety and Mental Health of Regular male Participants in Sports in the Government & Private Schools. The result of the study indicated that there were no significance difference in Mental Health and in Academic Anxiety

there was significant difference between regular male participants in sports in the government school and Private schools of Delhi.

Table-2
Percentile Norms of Mental Health for Government and Private schools of Delhi

Groups	P 90 and above	P 70 to 89	P 50 to 69	P 30 to 49	Below P 29	Total
Govt. school	05	31	04	00	00	40
Private school	09	30	01	00	00	40

Table-3
Academic Anxiety results of Government and Private schools of Delhi
(In Percentage)

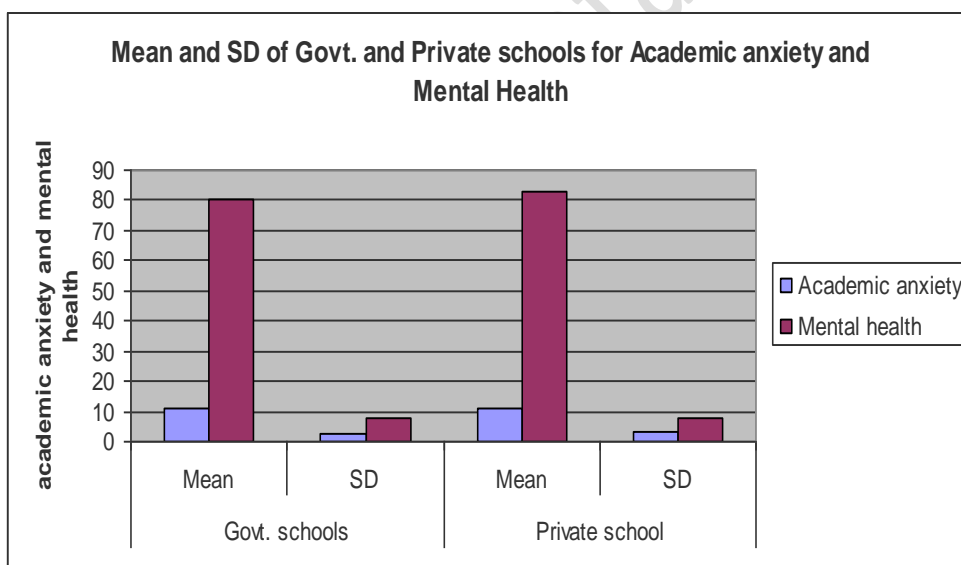
Groups	Very Anxious	Anxious	Average	Less Anxious	Very Less Anxious	Total
Govt. school	11%	14%	05%	08%	02%	40
Private school	09%	18%	08%	04%	01%	40

Table-4
Means, Standard Deviations and t value for Government and Private Schools on the Variables of Academic Anxiety and Mental Health

Groups	Govt.School		Private School		Mean Difference	df	t value
	Mean	Standard Deviation	Mean	Standard Deviation			
Academic anxiety	11.05	2.61	10.92	3.29	.1250	78	.188
Mental health	80.43	7.62	82.65	8.04	2.225	78	1.27*

*Significant at 0.05 level for the df (N-2) (80-2=78) tab value=. 217

From table 5, it is evident that t value (.188) for academic anxiety which is not significant at 0.05 level for the degree of freedom (N=78), this indicates that means scores of government and private schools difference is not significant, hence the hypothesis (There would be significance difference in academic anxiety between these groups) is rejected as the mean scores academic anxiety of government schools having higher than private schools and it is also evident that t value (1.27) for mental health which is significant at 0.05 level for the degree of freedom (N=78), this indicates that means scores of government and private schools difference is significant, hence the hypothesis (There would be significance difference in academic anxiety between these groups) is accepted as the mean scores for academic anxiety of government schools having higher than private schools.



DISCUSSIONS OF FINDINGS:

The intent of this exploratory study was to compare academic anxiety and mental health of regular male participants in sports in the government & private schools. In this study the results favorable to prove the hypothesis that there is no significance difference in mental health and in academic anxiety there is significant difference between regular male participants in sports in the

government schools and private schools of Delhi. The difference in academic anxiety is due to huge academic pressure and frequently class test on private school students. Future research may wish to explore factors that contribute to the differences found in academic anxiety such as the dedication towards study, ethnicity, gender, and types of athletic experience. This study has some limitations that should be outlined. First, the sample represented a small percentage of the population of student athletes from the government and private schools. Therefore, the results of this study cannot be generalized beyond this group. Second, the AASC and MHB scales though validated on Indian population were not specifically validated on student athletes. Third, the personality difference among the subjects in relation to the academic anxiety and mental health level.

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