



## **Positive Mental Health Of National Hockey Players Representing Public Sector And Defence Services**

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***Abstract:***

*The present study was planned to compare positive mental health of male hockey players representing various public sector and defense services teams in national level hockey tournaments. 50 male national hockey players (Ave. age 24.33 yrs.) employed in various public sector undertakings as well as 50 male national hockey players (Ave. age 25.97 yrs.) employed in various defence organizations of India were selected as sample. Positive mental health of the subjects were assessed by three dimensional Mental Health Inventory prepared by Agashe and Helode (2007). Results reveals that male national hockey players employed in defence services showed significantly more magnitude of positive mental health as compared to their counterparts employed with public sector undertakings. It was concluded that defence service personnel representing their parent institute in national hockey tournaments have significant superior positive mental health as compared to hockey players their public sector institutes.*

## **1.Introduction**

According to Menninger “mental health” is defined as “an adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness”. According to Poursoltani (2003), Mental health comprises of self-confidence and respecting self and others; identification of one’s own capabilities and shortcomings and others’, knowing that human beings’ behaviors are resulted from some factors dependent on their existence integrity; and identification of needs, inspections and motives that cause the individual’s special behavior.

WHO expert committee report 1951 emphasised the concept of positive mental health and said that ‘just as physical health means more than the absence of disturbing symptoms, mental health also has a positive aspect. Where physical health implies energy, stamina and adequate strength or resources for the requirements of work, mental health indicates strength of purpose, coordination of effort, steady pursuit of well chosen goals, and a high degree of mental organisation and integration.

There are two models of mental health i.e. negative and positive are prevailing since long ago. While negative aspect deals with mental disorders, the positive approach deals with psychological well being. The proponents of positive mental health are Schneiders (1955), Strupp and Hadley (1977) and George and Tittler (1984), all of whom described mental health in a positive side of psychological well-being.

So far the positive mental health have been studied in the light of participation in sports, nature of sports as well as its relationship with sports performance etc. (Gill, et al., 1984; Philips, et al. 1987; Gill and Chauhan,1989; Terry et al., 1996; Norozi et al., 2011; Mostafai, A., 2012 to name a few) but no study has been conducted so far in which comparison of positive mental health have been done between hockey players employed in public sector undertakings and defence sector of India. The study is equally more important because the relationship of positive mental health with physical fitness have been established by quite a few researchers so it would be interesting to know if hockey players employed in defence services differ with hockey players employed in public sector undertakings.

## **2.Methodology**

To conduct the study, following methodological steps were used:

### *2.1.Sample*

50 male national hockey players (Ave. age 24.33 yrs.) employed in various public sector undertakings as well as 50 male national hockey players (Ave. age 25.97 yrs.) were selected as sample for the present study. The sample for the present study was collected from All India Hockey Tournaments organised in India where these selected male national hockey players represented their respective organizations. The selection of sample was based on random sampling method.

### *2.2.Tools*

To measure positive mental health, three dimensional positive mental health (namely self acceptance, ego strength and philosophy of life) inventory prepared by Agashe and Helode (2007) was used.

### *2.3.Procedure*

- Three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was administered to each subject.
- Scoring of data have been carried out according to authors manual, and independent sample 't' test was used to compare positive mental health of selected subjects belonging to two pre-defined study groups.
- The results of such statistical analysis is presented in table no. 1.

### 3.Results

Variable	Public Sector		Defence Services		t	Level of Significance
	Male Hockey Players (N=50)		Male Hockey Players (N=50)			
	M	S.D.	M	S.D.		
Positive Mental Health	18.64	2.62	21.02	3.98	3.53	.01

*Table No. 1: Comparison of Positive Mental Health between Male Hockey Players Employed in Public Sector and Defence Services*

A perusal of table 1 indicates that positive mental health of male hockey players of defence services is significantly superior as compared to their counterparts representing various public sector undertakings. The reported  $t=3.53$  which is significant at .01 level also states the same statistically.

### 4.Conclusion

On the basis of results of the present study it can be concluded male hockey players representing various defence service segment in national hockey tournaments have significantly higher level of positive mental health as compared to male national hockey players representing various public sector undertakings. The result may have its footing on specific physical exercises and mental aspect of training provided to defence personnel as compared to hockey players of public sector undertakings.

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