



Impact of Sports participation on selected Socio-psychological variables among Sportsperson and Non-sportsperson

*Megha Sahu and **Prof. Vijay Kumar Shrivastava

* Asst. Professor, Amity University, India

**Professor, LNIPE, Gwalior (M.P.) - India

Abstract

In today's society students are constantly battling a variety of mental stress that sometimes their parents, teachers or caretakers are not familiar. Sports can offer an opportunity for students handle their stress, anger and depression by transferring those emotions into practice and competition. Sport was associated with positive psychological and social outcomes, including higher positive affect and well-being and greater social skills.

The purpose of study was to find out the impact of sports participation on selected socio-psychological variables among sports person and non-sports person. Total 200 students were selected for the study. The data was collected by using questionnaire. T-test was used to compare between the two groups i.e. sports person and non sports person. The result of the study revealed that participation in physical activity and sports have positive impact on ENTHUSIASM, MENTAL HEALTH, and SHREWDNES which are an important dimension of personality index.

Key-Words: Enthusiasm, Mental health, Shrewdness

Introduction

Aristotle said, "The body is the temple of soul and to reach harmony of body, mind and spirit the body must be physically fit."

In today's society students are constantly battling a variety of mental stress that sometimes their parents, teachers or caretakers are not familiar. Sports can offer an opportunity for students handle their stress, anger and depression by transferring those emotions into practice and competition.

In the debate about athletic or sports participation to academic performance and social values, it is often assumed that sport activities of adolescent are harmful to their educational outcomes. The underline of reasoning is over simplified; since the time spent on sports activities erodes out time

devoted to schooling, the impact of sports is negative. However, empirical investigations find a rather positive correlation between sports and academic attainment which further put impact on socio-psychological development.

Sport was associated with positive psychological and social outcomes, including higher positive affect and well-being and greater social skills. Shy and aggressive

children who participated in sport had reported higher self-esteem.

It seems that an enthusiasm to life is associated with both positive and negative effects on people's lives. On the negative side, it makes the hard work to get the enthusiasm and personal interests and on the positive side it causes the motivation in an individual's life to reach the pinnacle of his/her abilities.

The purpose of the study was to find out the impact of Sports participation on selected socio-psychological variable among sports person and non sports person. It is hypothesized that sports participation might having impact on socio-psychological development of sports person.

*** Corresponding Author**

E.mail: 22meghasahu@gmail.com

Methodology

Total two hundred (200) students were selected randomly among hundred (100) sports participants and one hundred (100) non- sports participants the age ranged of the subject 16-19 from various schools of Delhi, NCR which are following CBSE curriculum. The selected variable for the study was **ENTHUSIASM, MENTAL HEALTH and SHREWDNESS**. Questionnaire used was **Multi-dimensional Assessment of Personality Series**

(MDAPS) was used to find out responses given by both the selected group. To describe the information or data contained in questionnaire mean and SD was used and to compare the impact of sports participation on **ENTHUSIASM, MENTAL HEALTH, and SHREWDNESS** between sports-person and non-sportsperson "t-test" was used. The level of significance was chosen at 0.05.

Findings

Table 1: Mean difference of enthusiasm scores between sports person and non sports person

	N	Mean	S.D.	df	T
Sports person	100	6.48	1.95	198	5.138*
Non sports person	100	5.07	1.92		

*significant at 0.05

It is found that t value of 5.138 is significant at 0.05. Table no. 1 showed that mean score of enthusiasm between sports & non sports persons does differ significantly. Therefore, concluded that participation in physical activity and sports had a positive influence on enthusiasm trait.

Table 2: Mean difference of mental health scores between sports person and non sports person

	N	Mean	S.D.	df	T
Sports person	100	6.47	1.96	198	6.314*
Non sports person	100	4.81	1.75		

*significant at 0.05

It is showed that t value of 6.314 is significant at 0.05. Table no.2 revealed that mean score of mental health between sports & non sports persons does differ significantly.

Table 3: Mean difference of shrewdness scores between sports person and non sports person

	N	Mean	S.D.	df	T
Sports person	100	6.37	1.90	198	5.14*
Non sports person	100	4.97	1.94		

*significant at 0.05

It is evident that t value of 5.14 is significant at 0.05. Table no. 3 found that mean score of shrewdness between sports & non sports persons does differ significantly. There will be significant difference in the mean score is accepted.

Results and discussion

The result of the study revealed that participation in physical activity and sports have positive impact on **ENTHUSIASM, MENTAL HEALTH, SHREWDNESS** which are an important dimension of personality index. Sports participation contributes to develop social skills, enthusiasm, mental health, maturity, motivation,

leadership, self-control, cognitive, shrewdness etc. Sports participation is a fun way to learn values and lessons that will last for life time.

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