



Influence of socio-economic status on mental health of sports women

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Abstract

The present study was undertaken to measure and compare the SES and Mental Health between Sportswomen and to find the difference between Mental Health. The allied purposes of the study were to find out SES Mental Health The data obtained from the responses of Mental Health given by students through standard questionnaire. The data was collected qualitatively on two tests SES and Mental Health of Sportswomen. Low SES (N=20), and High SES (N=20), from the interuniversity the data was analyzed by using appropriate statistical techniques, viz. Mean, Standard Deviation and 't' test to find out the significant difference among the selected variables and the subjects were selected by using simple Random sampling method. The study was concluded that in SES and Mental Health the sportswomen are having sharp mind and they are doing exercise regularly so they were not feel the mental fatigue easily and the non sportswomen would feel easily as they were not attached with games and sports.

Keywords: socio economic status mental health

Introduction

Sport may be one area where the appearance of equality is more cosmetic than reality. Sport remains highly associated with the so-called "masculine" element of our culture, and the female in sport is still considered a woman in man's territory. Thus, the female athlete is a special case in two senses. Because of her sport interests, she is considered a special kind of female; because she is female she is considered a special kind of athlete. Awareness of her exceptional status surely colours the female athlete's approach to sport and makes her sport experience qualitatively different from that of the male athlete. The female athlete's special status raises significant questions about the psychological dimensions of her sport involvement. While the western world has progressed in the area of equality, in most third world countries including India, it remains a long way off. Therefore, the present chapter deals with the history, participation, position and performance of sportswomen in India.

The rise of modern sport coincides with the rise of industrial capitalism. By the 20th Century, sport was seen as a safety valve and developed as a means of inculcating the right attitude for the ruling class. But women still had no role to play, rather even watching of sport was discouraged. By the end of 19th Century physical education and gymnastics became essential components of girl's education programmes, and ideal of womanhood from the pale beauty of 18th century changed into the beauty of "perfect health and high spirit". By the beginning of 21st Century, women's participation in sport was reckoned to be a mark of their "real emancipation". Ironically, despite the giant step, Perre de Coubertin, while reviving the Olympic games, defined, "Women have but one task that of crowing the winners with garlands". Women's

sport in 20th century gained a new image only after the First World War, since women took to many jobs, which earlier were only performed by men. This brought about the change and awareness in the society about the physical capabilities of women and the need for strength and Mental Health among them.

Socio-Economic Status

The socio-economic status is a very important concept being employed frequently in day to day matters nonetheless its determination is very complex and complicated difference tests envisage its determination with weight age on one of the many factors that go to constitute its integrity. Status by term we mean that, recognition given to an individual by his group relation. Socio-Economic status (SES) is one of the key factors, which has been studied extensively in behavioural science research. It has been observed that SES as an independent variable has a greater impact on dependent variable performance of a individual. Behavioural components have greater bearing on socio-economic conditions of the individual. It has been conclusively proved that SES is one of the main correlates of behavioural component.

Mental Health

The socio-psychological concept Mental Health relates to self-assurance in one's personal judgment, ability, power, etc. Self-belief has been directly connected to an individual's social network, the activities they participate in, and what they hear about themselves from others. Positive self-esteem has been linked to factors such as psychological health, mattering to others, and both body image and physical health. Low self-esteem in adolescents has been shown to be an important

predictor of unhealthy behaviours and psychological problems such as suicidal ideation later in life.

Mental Health can be defined as having a positive, realistic self-image. With self-confidence comes the ability to handle criticism, show affection, and be optimistic and assertiveness. Mental Health people have a positive outlook and think positive thoughts about themselves, believing that their abilities match the tasks that they must take on. Emotional maturity and the ability to pragmatically evaluate capabilities are also markers of Mental Health. Marked by quotes, and plenty of other anecdotal evidence, as one of the most influential psychological constructs in sport, Mental Health has been extensively studied in a field of sport psychology. Mental Health has been found to be related to frequent use of imagery, efficient coping skills, lower cognitive and somatic anxiety, and the anxiety-performance relationship in catastrophe models, adoptive goal orientation, intrinsic motivation and better performance.

We know that healthy mind lies in healthy body. Now a day's video games and computer games have taken the place of our traditional games. Man does not have time to play indoor or outdoor games in the modern age of technology.

According to "The Oxford Dictionary, the socio-psychological concept of Mental Health relates to self-assurance in one's personal judgment, ability, power, etc." Mental Health is our self assurance in trusting our abilities, capacities and judgment that we can successfully complete a given task. Mental Health is commonly defined as the sureness of feeling that we are equal to the task at hand. This sureness is characterized by absolute belief in our ability. It is believed that when athletes feel confident, they use their full potential but contrary to this when athletes doubt their abilities it may hamper their performance. Importance of Mental Health in sports performance have long been explored by researchers but surprisingly in a team game like volleyball, basketball, kabaddi, khokho etc Mental Health has not been assessed in the light of sports achievements. It is also.

Methodology

In the review, the researcher has presented a resume of all the studies conducted in the psychology of sport in general, socio-economic status (SES) on self confidence. It is apparent that although a number of studies are available both in the field of socio-economic status (SES) and Mental Health but there is no integrated picture of socio-economic status and its impact on the personality dimension of sportsmen. The complex relation between sociological factors like SES and psychological factors of sportsmen like self confidence would never be understood, until they are presented simultaneously. At the same time it also became clear that what is needed is a comprehensive picture of the relationship between socio-economic status and its impact on Mental Health of sportswomen. It was felt necessary to find out the impact of socio-economic status (SES) on personality, adjustment and Mental Health of sportswomen.

Statement of the Problem

Social conditions in which an individual is interacting and transacting provide the framework for internalizing the values, modes, practices and procedures of the given conditions. In

the process, the social experiences, orientation and learning accordingly help to a large extent develop socially adequate personality traits (Nangia, Suman, 1991). Sports environment also belongs to this category. Sports persons through their participation in games get an opportunity to take in new learning, new experiences and orientation which pave for them a way for developing an adequate and desirable personality traits. The socio-economic background of the players together has significant repercussions on their development of desirable and adequate traits like Mental Health. Considering this rationale, the present study undertakes a rare and distinctive task to examine the impact of the socioeconomic status on Mental Health of the sportswomen.

Objectives of the Study

1. To understand the impact and influence of SES on Mental Health of sportswomen.

The Variables

1. The socioeconomic status is an independent variable
2. The dependent variables - Mental Health

Hypothesis of the Study

1. There is significant influence of SES on Mental Health of Sportswomen.

Methodology

The present investigation pertaining to 'The Influence of Socioeconomic Status on Mental Health Sportswomen' is in the framework of ex-post-facto research. The particulars of samples, tools, collection of data and statistical techniques are given as under;

Sample

The total sample consists of 40 sportswomen belonging to high and low socioeconomic status. The age level ranging from 19-25 and were selected randomly. The sample design is given below:

Sample Design

Table 1

Sl. No.	Sportswomen with High Socioeconomic Status	Sportswomen with Low Socioeconomic Status	Total
1	20	20	40

Tools.

1. Personal data schedule was used to collect the information related to personal and socio-demographic status of the subject.
2. The socio-economic status scale developed by Bharadwaj and Chavan (1989)
3. The Mental Health Test developed by Dr. A. K. Srivastava (1970).

Scoring: As per Mannual

Discussions

Basic division in human societies can readily be observed among members. Some of the variations like race or sex are

biological, while others, such as occupation distinctions or gradations in prestige and power, are primarily social products. In both cases, the differences provide the foundation for discrete social positioning and the creation of specific roles in the organization of human affairs. This analysis points to further study of social differentiation and its effects. Like all areas of social life, Sport has been greatly influenced by the institutionalized divisions and inequalities that serve to differentiate societies.

Recent sports technology is based on close relationship of physical, psychological and sociological aspects of human development. In the domains of social life, the social structure, traditional and newly emerging values do have social consequences and effect on its members. The impact of widespread social distinction between classes, ethnic groups and sex has been constantly reflecting the changing scope of sport. A great variation has also been observed in the skills performed individually when compared with performance of the same individuals in team situations. Studies also indicate that sports performance does not only depend upon skills but also on the personal factors developed through social institutions of which an individual is chiefly a product. Perhaps the influence of any such specific reference group is a reflection of social structure variables and hence accounts for various socio-psychological factors affecting the choice of sports and performance.

Table 2: showing the Mean, SD and t values of Mental Health of high and low SES Sportswomen.

Variables	High SES	Low SES
Mean	63.69	67.24
SD	10.73	11.88
t-value	2.74*	

* Significant at 0.05 level

The Table presents the mean, SD and t values of Mental Health of high and low SES sportswomen. The high SES sportswomen have the mean score of 63.69 whereas the low SES sportswomen have the mean score of 67.24. It suggests that the low SES sportswomen have more Mental Health than the high SES Mental Health. The obtained t value is 2.74 which is significant at 0.05 level indicates that there is a significant difference between Mental Health of high and low SES sportswomen.

In the above table, the low SES sportswomen have the higher self confidence, which could have been a resultant of their strong desire to win and succeed. The fear and humiliations associated with failure, the urge to grow and develop might have influenced them to adopt the higher Mental Health. On the contrary, the high SES sportswomen might have become complacent due to their higher standard of living, higher income, and secured environment. Thus, it becomes clear that the hypothesis mentioning of the high SES sportswomen having the high self confidence than the low SES sportswomen is not accepted.

Summary

The participation of women in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training, besides good physique

and physical fitness of the athlete, main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is in this context that the present study aimed to probe the impact of SES on adjustment, Mental Health and personality of sportswomen.

Conclusion

The low Socio Economic Status sportswomen have high Mental Health than the high Socio Economic Status sportswomen and there is a significant difference in their Mental Health level.

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