

## **Comparative Study of Physical Health and Mental Health Between Chess and Wrestling Players of Aurangabad District**

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### **Abstract:**

The point of this examination was to discover the Comparative Study of Physical Health and Mental Health among Chess and Wrestling Players of Aurangabad. In the present examination, forty male players were chosen indiscriminately by purposive testing strategy; from partnered schools of Aurangabad District. 20 male players were chosen from Chess and another 20 male players were chosen from Wrestling Players during the scholarly year 2017-2018. The age bunch was extending from 18-25 years. The factors chose for the exploration work like that Physical Health and Mental Health. The information of physical wellbeing and psychological well-being was gathered by utilizing independent survey. After that gathered information was placed into Microsoft Excel to create Master Chart and ten's' test was utilized for the factual treatment. To test the speculation the degree of centrality was set at 0.05 degree of certainty, after the measurable examination of information identified with the physical wellbeing and psychological well-being among Chess and Wrestling Players of Aurangabad, it is discovered that there is critical contrast in physical wellbeing and emotional well-being among Chess and Wrestling Players of Aurangabad District. Thus the analyst's pre-expected speculation is acknowledged.

**Keywords: Physical Health, Mental Health, Chess and Wrestling.**

### **Introduction:**

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**Wellbeing:**

Wellbeing is a condition of physical, mental, passionate and social prosperity. Great wellbeing engages individuals to appreciate life and to have the chance to accomplish the objectives they have set for themselves. The genuine motivation behind wellbeing is to create and keep up force and imperativeness, to obtain interests and propensities in methods for living that are healthy and to fulfil the needs put upon the individual effectively, with vitality and fulfilment.

**Physical Health:**

Physical wellbeing is intense for entire prosperity and is the most noticeable of the different components of wellbeing, which additionally incorporate social, scholarly, enthusiastic, profound and condition wellbeing. The absolute generally clear and genuine signs that we are undesirable show up physically. Tending to this measurement is urgent for anybody endeavouring to support in general wellbeing and health (John Koshuta). Physical wellbeing can be controlled by numerous things; however some significant segments can incorporate physical action, sustenance and diet, liquor and medications, therapeutic self-care, and rest and rest.

**Emotional well-being:**

Emotional well-being is an equivalent of mental prosperity, or a nonappearance of psychological instability. It is the 'mental condition of somebody who is working at a satisfactory degree of enthusiastic and conduct modification'. From the impression of positive brain research or comprehensive quality, emotional wellness may incorporate a person's capacity to appreciate life, and make a harmony between life exercises and difficult work to accomplish mental strength.

**Targets:** The fundamental motivation behind this examination was to discover the Comparison of Physical Health and Mental Health among Chess and Wrestling Players of Aurangabad.

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**Speculation:**

Based on writing looked and the scientist's own observation it was guessed that there would be noteworthy distinction in Physical Health and Mental Health among Chess and Wrestling Players of Aurangabad.

**Approach:**

**Wellspring of Data:** In the present examination subjects were chosen from partnered schools of Aurangabad District, for the assortment of information.

**Determination of Subjects:** Forty male subjects (20) from Chess and (20) from Wrestling in Aurangabad were chosen for the assortment of information. The age bunch was extending from 18-25 years.

**Examining Method:**

The subjects were being chosen by utilizing purposive examining strategy.

**Assortment of Data:**

For the assortment of information, the subjects were given full organization of the tests. The information of Physical Health and Mental Health was gathered without anyone else's input made Questionnaire. After that gathered information was placed into Microsoft Excel to create Master Chart and then't' test was utilized for the measurable treatment.

**Standard measures:**

Following are the standard estimates which were answerable for assortment of information, to testing the speculation.

**Physical Health:**

Oneself planned survey of physical wellbeing was being utilized to know the degree of physical soundness of Chess and Wrestling Players of Aurangabad District.

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**Emotional well-being:**

Oneself planned survey of emotional well-being was being utilized to know the degree of psychological wellness of Chess and Wrestling Players of Aurangabad District. Level of Significance:

To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

**Analysis of the Data:** After the collection of data from Chess and Wrestling Players of Aurangabad District, the raw data were converted into standard one by using a statistical technique 't' test for testing of hypothesis.

**Table No. 1 Comparison of Physical Health between Chess and Wrestling Players**

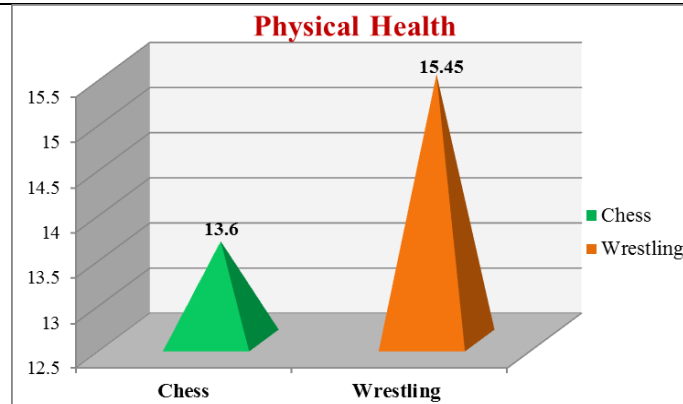
| Game      | Mean  | S.D. | S.E. | Mean Difference | Degree of freedom | O.T.   | Tabulated 't' |
|-----------|-------|------|------|-----------------|-------------------|--------|---------------|
| Chess     | 13.60 | 2.64 | 0.84 | 1.85            | 38                | 2.215* | 2.021         |
| Wrestling | 15.45 | 2.50 |      |                 |                   |        |               |

**Table No1:** indicates that the mean of chess players is 13.60 which is less than the mean of wrestling players which is 15.45. So this mean difference is found as 1.85. The calculated value of 't' is found as 2.215 which is greater than tabulated 't' which is 2.021 at 0.05 level of significance. Hence the hypothesis which was given by the researcher is accepted.

**Graph-1 Graphical Representation of Mean difference of Physical Health**

**Between Chess and Wrestling Players**

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**Table No. 2**

**Comparison of Mental Health between Chess and Wrestling Players**

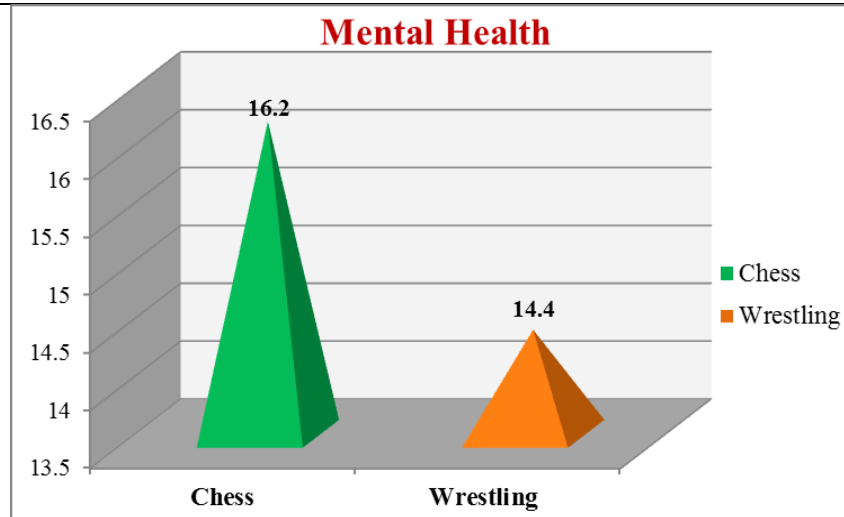
| Group     | Mean  | S.D. | S.E. | Mean Difference | Degree of freedom | O.T.   | Tabulated 't' |
|-----------|-------|------|------|-----------------|-------------------|--------|---------------|
| Chess     | 16.20 | 1.93 | 0.70 | 1.80            | 38                | 2.578* | 2.021         |
| Wrestling | 14.40 | 2.34 |      |                 |                   |        |               |

**Table No. 2:** indicates that the mean of chess players is 16.20 which is greater than the mean of wrestling players which is 14.40. So this mean difference is found as 1.80. The calculated value of 't' is found as 2.578 which is greater than tabulated 't' which is 2.021 at 0.05 level of significance. Hence the hypothesis which was given by the researcher is accepted.

**Graph-2**

**Graphical Representation of Mean difference of Mental Health**

**Between Chess and Wrestling Players**

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In the beginning of this study it was hypothesized that there would be significant differences in physical health and mental health between Chess and Wrestling Players of Aurangabad. But after the statistical analysis of data related to the physical health and mental health between Chess and Wrestling Players of Aurangabad, it is found that there is significant difference in physical health and mental health between Chess and Wrestling Players of Aurangabad District. Hence the researcher's pre-assumed hypothesis is accepted.

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