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## A comparative study of mental health between basketball and volleyball players

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### Abstract

The purpose of the present is to find out the differences between male basketball and volleyball state level players on mental health. 200 male basketball and volleyball state level players of Haryana state within the age range of 14-18 years. The result of the study revealed that no statistical significant difference was seen on mental health variable on male basketball and volleyball state level players.

**Keywords:** Mental health, basketball players, handball players

### Introduction

Physical inactivity and sedentary lifestyle are among the risk factors for the accumulation of various diseases related to the physical and mental health of individuals. Adolescence, in particular, is the age when adolescents face many physical, mental, emotional and social changes. Good mental health helps achieve healthy adolescent development (Hagen, I., & Nayar, U. 2014; Compas, B. & Millstein, S. 1993) <sup>[2, 1]</sup>. Mental health is considered a positive mental state, encompassing the psychological, cognitive, behavioral and emotional aspects of an individual (Roeser, R. *et al.* 1999) <sup>[3]</sup>. Mentally healthy people think logically and adapt better in society to others.

### Methods

The survey method was used for carried out the present research work.

### Selection of subjects

The sample selected from the study was consisted of 200 male basketball (n=100) and volleyball (n=100) state level players of haryana state within the age range of 14-18 years.

### Tools used in the study

Mental Health Battery by AK Singh and Alpana Sengupta (2000) <sup>[4]</sup>.

### Results

Variables	Basketball players (n=100) Mean ± SD	Handball Players (n=100) Mean ± SD	t- value	df	Level of Significance
Mental Health	71.88±6.58	72.72±6.02	0.942	198	Non-Significant

The results of the study revealed that there is no significant difference was found between male basketball and volleyball state level players of Haryana state at 0.05 level of significance.

### Conclusion

Mentally healthy people think logically and adapt better in society to others. In addition, good mental health helps individuals cope better with all kinds of stress; Depression and trauma prevail in various life situations. In the case of juvenile deviant behavior, the family environment and mental health play an important role in the healthy development of the children.

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