Effect of Recreation Sports on Positive Mental Health of Male and Female Physically Challenged Adolescents

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Abstract
The present study explored the impact of recreational sports on positive mental health of physically challenged adolescents. In this study 2x2 research design was used and the data was collected with the help of three-dimensional positive mental health inventory prepared by Agashe and Helode. This study was carried on 50 physically challenged male and female adolescents participating in various recreational sports events while 50 physically challenged male and female adolescents were also selected with no participation in recreational sports and games.

Results reveal significant beneficial effects of recreational sports and games on positive mental health of physically challenged adolescents but the interaction effect of participation in recreational sports and games with gender was not observed on positive mental health. Results are discussed in the light of established theories and principles on recreational sports and mental health.

Keywords: Recreation sports, male and female adolescents, physically challenged.

Introduction
Mental health includes self-acceptance, personal growth, purpose of life, environmental mastery, autonomy and positive relations with other. The term mental health is a dynamic process where a living person strives to achieve balance between internal demands and requirements of ‘changing environment’.

According to Manninger’s, “it is the adjustment of human-beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behaviour and happy disposition.” Mental health has been accepted as an enduring state of psychological well-being and/or state of sound mind in sound body that makes an individual useful for himself and effective for his fellow beings within the framework of a given socio-cultural environment of which he is a valuable member.

It has also been opined that people with disability are just as likely as the general population to experience mental health problems. They may even experience more mental health problems than general population.

Although disability has been variously defined and measured, definitions used in the International Classification of Functioning, Disability and Health (ICF) and the UN Convention on The Rights of Persons with Disabilities (UNRPD) are seen as current best practice, defining individuals with disabilities as those who experience long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

So many studies have been conducted in the past with disability as central theme. These include studies conducted by Tasiemski et al, Groff and Zabriskie, Kokaridas et al, Omolayo et al, Mohammad and Tavakko, Kasum et al, Scarpa et al, Urmila Goel, Seena Abraham, Martin Ginis et al etc. Since gender and sports are considered to be factors that may influence positive mental health in certain conditions, joint action effect of these two variables i.e. recreational sports and gender was observed upon positive mental health of physically disabled adolescents.

Hypothesis
It was hypothesized that participation in recreational sports and gender will show its joint effect on positive mental health of physically challenged adolescents.

Methodology
Sample: To conduct the study, 25 physically challenged adolescent boys (Ave. age 16.12 years) as well as 25 physically challenged adolescent girls (17.12 yrs) who took part in recreational sports activities organised for physically challenged persons by various institutions, were selected as sample. Another set of 25 physically challenged adolescent boys (Ave. age 17.10 yrs) and 25 physically challenged adolescent girls (Ave. age 17.09 yrs) who did not take part in recreational sports, were also selected as sample.

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

Procedure: Three-dimensional Positive Mental Health Inventory was administered to all 100 subjects. Response given on PMHI by each subject was scored off according to authors’ manual. The obtained mental health score for each subject was tabulated in their respective groups. A four-fold 2x2 ANOVA design was used to analyze the data.
Results and Discussion
A four-fold ANOVA table was set-up and the results found after statistical treatment are presented in table 1.

Table reveals the following facts:
1. F=4.77, an indicator of the main effect of participation in recreational sports on positive mental health of physically challenged adolescents is statistically significant at .05 level. It reveals that the positive mental health (M=16.72) of physically disabled adolescents with regular participation in recreational sports is significantly greater than that of physically challenged adolescent with no such participation in recreational sports (M=14.78).

2. F=8.44, an indicator of the main effect of gender on positive mental health of physically challenged adolescent is statistically significant at .01 level. It reveals that the positive mental health of physically challenged male adolescents (M=17.04) is significantly better as compared to physically challenged female adolescents (M=14.46).

3. The F of 0.01, an indicator of interaction effect of participation in recreational sports and gender upon positive mental health of physically challenged adolescents turned out to be statistically insignificant.

Conclusion
Positive impact of recreational sports on positive mental health of physically disabled adolescents was observed in the present study. Similar results were obtained by Sepasi et al \cite{14} and Zarei and Ghasemi \cite{18} but in terms of competitive sports. It shows that participation in recreational or competitive sports is equally good for positive mental health of physically challenged population.

In the present study, physically disabled male adolescents have shown more magnitude of positive mental health as compared to physically disabled female adolescents. The reason may be attributed to the fact that girls are emotionally less stable than boys. Similar results were reported by Islam \cite{3} in his study.

The two-factor interaction effect of participation in recreational sports and gender upon positive mental health of physically challenged adolescents was insignificant which is natural because the two independent variables alone are generating significant effect upon positive mental health.

Table 1
Effect of Participation in Recreational Sports (A) x Gender (B) on Positive Mental Health of Physically Disabled Adolescents (N=100)

<table>
<thead>
<tr>
<th>Participation in Recreational Sports (A)</th>
<th>Gender (B)</th>
<th>Marginal Mean</th>
</tr>
</thead>
</table>
| Yes (a\textsubscript{1})                | Male (b\textsubscript{1}) | N=25  
M=18.00  
S.D.=4.48 | Female (b\textsubscript{2}) | N=25  
M=15.44  
S.D.=4.36 |
| No (a\textsubscript{2})                 |            |               |
|                                        | Male (b\textsubscript{1}) | N=25  
M=16.08  
S.D.=4.45 | Female (b\textsubscript{2}) | N=25  
M=13.48  
S.D.=3.92 |
| Marginal Mean                          |            | 17.04         |
|                                        |            | 14.46         |

ANOVA Summary

<table>
<thead>
<tr>
<th>Source of Variation</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>94.09</td>
<td>1</td>
<td>94.09</td>
<td>4.77*</td>
</tr>
<tr>
<td>B</td>
<td>166,410</td>
<td>1</td>
<td>166,410</td>
<td>8.44**</td>
</tr>
<tr>
<td>AB</td>
<td>0.010</td>
<td>1</td>
<td>0.010</td>
<td>0.001 (NS)</td>
</tr>
<tr>
<td>Within treatment (Error)</td>
<td>1892.240</td>
<td>96</td>
<td>19.711</td>
<td></td>
</tr>
</tbody>
</table>

* Significant at .05 level; ** Significant at .01 level; NS Not Significant

References


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