

# Mental Wellness and Athletic Identities in High School Students

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**Abstract:-** Earlier researches has revealed about physical activities with better mental and communal wellness including lessened risk of gloominess and suicide. Gloominess and suicide are the third main reason of death among youths. So there is a want to execute a study to be familiar themselves from their individuality and minimise risk factor. This research aimed on relationship among various aspects of athletic participation (team sport cooperation, personal sport sharing and athletic individuality) gloominess and suicidal character in a sample of 500 high school children of CBSE and MP Board schools of Bhopal. Depression and suicide attempt were used as a liberated measures and sports-related identities, personal and team sport involvement were used as a independent measures.

All the students finished a 45 minutes questionnaire about sports related identities and mental fitness. The conclusions are argued in the light of the relation between mental wellness and sports related identities to reduce health risk.

**Keywords:-** Social well-being athletic identity, depression.

## I. INTRODUCTION

Identity is known as the answer of “Who am I”. For an sports person, sports related individuality is an important part of the self-concept and it can be defined as the degree to which an personal identity with the athlete role (Brewer, Van Raalte and Linder, 1993). Researches revealed that tough but not restricted sports person individuality comes with various advantages that are beneficial during the testing time such as commitment about training, focus on targets and being galvanized, accustomed and encouraged. (Horton and Mack, 2000).

Suicide is the third emerging reason among the young generation. Approx.12% of all death among 15 to 24 years old. Teenagers are at maximum risk with suicide attempt rate more than 6 times of their female companion. American Association of Suicidology realize that only 1 is every 100-200 trials adult suicide is concluded. Teen ager girls are three times likely as their male companion to feel an unfinished suicide attempted.

The investigation was analysed with the manners in which young generations happening of school physical education are mediated by dimensions of liked physical culture, specially by depiction of the body in miscellaneous visual media and so how teenagers create social meaning

and importance of their and others bodies within physical culture.

## II. ADOLESCENT’S CONSTRUCTIONS OF BODIES

By which manner youths carried out their body physique while body and self (a little bit or more)already build according to the daily life needs .But some sites allow students with access to the means of special physically active surrounding. The physical education requires a set of such type of plans which provide physical tasks according to the personal requirements and according to their job needs.

Gender also plays a key role to provide physical activities to the individual. We can take the example of a badminton tournament in which boys and girls both are involved. The act of hitting hard, of swiping the shuttle seems to be a great enjoyment to the boys. They discussed and bicker regularly whether shots in or out. The style of their game contrasts sharply with whole female games on the middle court. Their shots are always wild, hit hard for the sake of being hit hard. In fact the pair who triumphs are always the boys who can shout the others down.

Earlier researches indicate the relation between physical activity and sport involvement with well intellectual and communal health in teenagers. This method is recently most familiar to treat the depression among the young students (American College Health Association [ACHA], 2007). Past researches have showed that regular physical exercise and athletic involvement proved as secured covering against gloominess, stress and suicidal trials.

## III. THE RELATIONSHIP BETWEEN SPORTS AND MENTAL HEALTH

The relationship between sport and intellectual health conclusion is further difficult by earlier investigation suggested that various sport related individuality shows variations to each other (Miller, Sabo, Melnic, Farrell and Barnes, 2006).

The research also supported that physical activity can increase the favourable impact on classroom behaviour, memory, concentration and cognitive wellness or functions. It has proven that-

- Physical exercise. Sports and some stress- reducing techniques like yoga, deep breathing, meditation, morning walk, cycling, etc increases definite dimensions of brain which are liable for memory and learning.
- It raises effectiveness between communicating neurons.

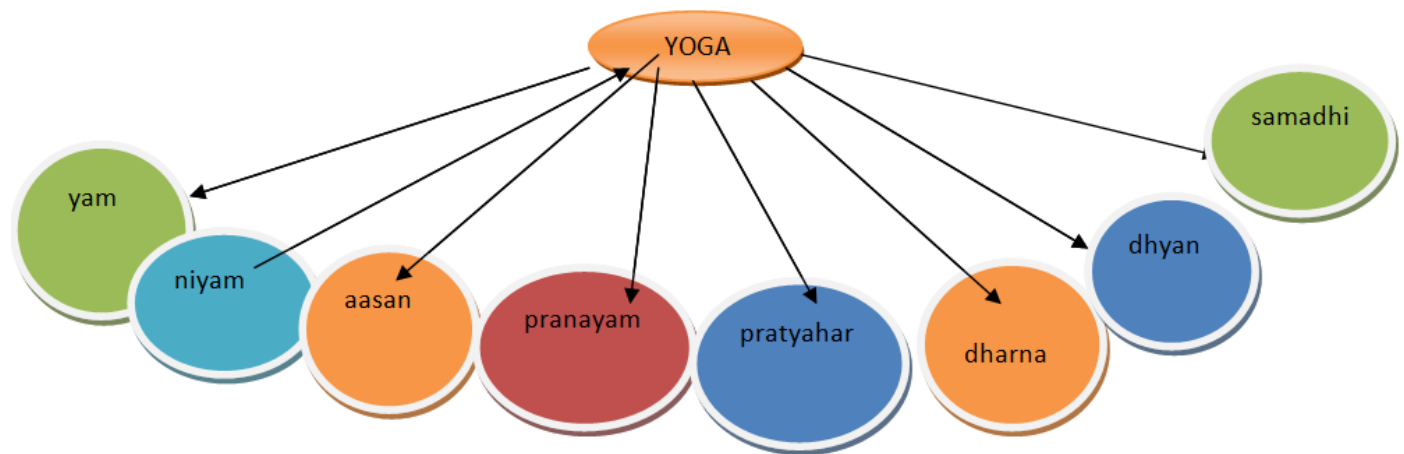
- It also raising the flexibility of neurons.
- It boosts neurotransmitters which exceed mood and concentration power.
- It increases the amount of oxygen in the body which purify the blood, reduce poisonous substances and helps to treat various diseases.
- It boosts BDNF or “miracle grow” for brain cells, and it is liable for neuro-genesis.

Trudeau and Shephard (2008) states “the literature strongly advises that the academic achievement, physical fitness and health of our children will not be developed by

limiting the time allocated to PE instructions, school physical activity and sports programs.”

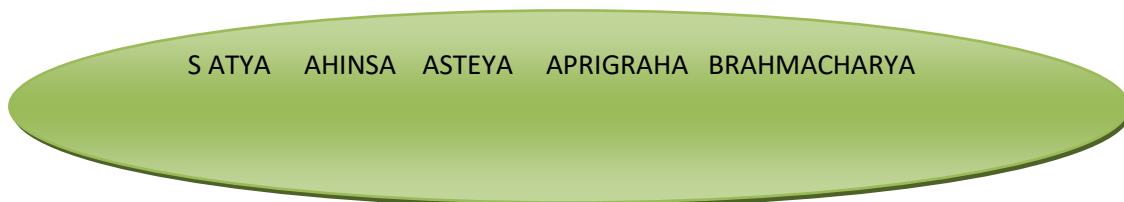
**IV. FACTORS THAT HELPS TO IDENTIFY SPORTS RELATED IDENTITIES WITHIN OURSELF**

Among different types of physical activity yoga is the best technique for all over development of teenagers. Because yoga contains 8 main concepts which are most significant for youth as well as society development. They are:



In all of these concept first YAM consists 5 sub-concepts which proves a mile stone in the youth as well as

social development. And helps identify the self identities to the young generation .They are



These 5 sub-concepts of YAMA can be attained only by continuous yoga. These are the 5 most important pill of individual and social development to self identification. If we want to identify our-self than we should have involved in

yoga .We should have participated our young generation in yoga. To attain the 5 magical features which helps them to improve their own future by recognizing self sport related identities.

**V. LITERATURE REVIEW**

- A. *Silverman, Meyer, Sloane, Raffel, andPratt,( 1997)*  
According to the Durkheim’s classic theory of suicidality, this system would suggested that scholars are more strongly united in to current, encouraging communal network strengthen provisional standards and guard them against the psychological outcomes of social separation and solitary.
- B. *Dunn, Trivedi and O’Neal,(2001)*  
The outcomes of this investigation that exercise is helpful to minimize gloominess and that the conclusion becomes visible to be strong and healthy across level (moderate vs. Vigorous) and type of exercise (resistance vs. Aerobics).
- C. *Unger,( 1997); Brown and Blanton,( 2002)*

- Investigated that chronic exercise (six or seven days a week) as a significant forecaster of suicidal behaviour in young girl children. Brown and Blanton (2002) identically found that college girls who were participated in strong physical activity everyday had maximum odds of suicidality than their inactive companions.
- Athletic identities may differ notably in terms of how they stimulate the latest gender order.
- D. *Messner and Sabo, (1990); Messner,(1992)*  
The standards correlated with high grade, high living standard, high rank, U.S. sport (especially, male body-contact sport such as football) may agree health by increasing extreme force and discouraging self- regard for damage like fracture, cramps etc.

## VI. HYPOTHESIS

➤ *Following hypothesis are there*

- Strength of athlete identity will be inversely associated to depression and suicide trial.
- The relation between personal and team sport involvement, depression and suicide trials will be conciliated by athletic identities.
- The relation between athletic identity and depression will be average by gender.

## VII. METHODOLOGY

To execute this research 500 students of CBSE Board and MP Board schools of Bhopal. The sample were selected randomly. They completed a 45 minute questionnaire (Wilcoxon signed-rank test). Depression and suicide attempt were used as dependent measures and sport related identity and personal and team sport participation were used as independent data. T test is used to compare the distribution of two related variable.

## VIII. RESULTS

- First hypothesis observed about gender specific descriptive statistics for the athletic involvement study sample.
- Girl's mean GPA remarkably raised to boy's GPA.
- Boys scored maximum on three of the four athlete-related standards, 40% of the boys had involved on a school or society sport team than 20% of the girls.
- Depression scores were normally distributed neither depression nor previous year suicide trials varied by gender.
- Between gender comparisons observed no remarkable difference in how girls and boys realized the features.
- These conclusions may shows an important trend for girls to differentiate between the two athletic identities, it may attainable because one (athlete ) is supposed as more easy-going to girls than the other .
- Team sport involvement were related with minimum depression scores as compared to individual participation.
- This test committed that power of sport person's identity completely acts as a mediator for the relation between team sport involvement and depression.

## IX. DISCUSSION

Outcomes of this study were commonly favourable to the first three hypotheses. Sports related identities indicate remarkable negative impact for both depression and suicidal behaviour. Feeling of team spirit in sports involvement was related with minimum rate of depression. This study examined no gender difference in unadjusted mean score. By the regular effect of exercise young adult with strong athlete individuality shows negligible depression score.

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