



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (RJIIF): 5.38  
IJPESH 2024; 11(3): 79-84  
© 2024 IJPESH  
<https://www.kheljournal.com>  
Received: 06-02-2024  
Accepted: 11-03-2024

**Malkeet Kaur**  
Department of Physical  
Education, Guru Kashi  
University, Talwandi Sabo,  
Punjab, India

**Dr. Arun Kumar**  
Assistant Professor, Department  
of Physical Education, Guru  
Kashi University, Talwandi  
Sabo, Punjab, India

**Corresponding Author:**  
**Malkeet Kaur**  
Department of Physical  
Education, Guru Kashi  
University, Talwandi Sabo,  
Punjab, India

## Comparative study on mental health among male and female handball players of Guru Kashi University

**Malkeet Kaur and Dr. Arun Kumar**

### Abstract

This study, entitled “Comparative Study on Mental Health between Male and Female Handball Players of Guru Kashi University,” aims to evaluate and compare the mental health levels of male and female handball players within the university. Descriptive statistics revealed that both male and female players exhibited high levels of anxiety and significant perceptions of public expectations. Depression levels were generally low for both groups. A notable difference was observed in the 'Loss of Behaviour' dimension, where female players showed higher scores, indicating more behavioural issues compared to their male counterparts. Emotional ties and life satisfaction scores were similar for both groups, reflecting strong emotional connections and moderate satisfaction with life.

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

### Introduction

We are all aware of how important it is to take care of our physical health, but taking care of our mental health is just as important. When you feel good about yourself and handle life's normal stresses well, you're in good mental health. Everyone should have the right to great mental wellness.

Physical well-being is an idea that has existed for as long as humans. Throughout human history, physical well-being has been seen as an essential aspect of daily existence. The elderly were essentially inferior in terms of their vitality, quality, and necessity for bodily survival. This involved possessing superiority in a few core skills, such as quality, speed, consistency, agility for sprinting, jumping, and climbing, among other skills needed to pursue their livelihoods. Adults of all ages, genders, and racial/ethnic backgrounds are seeing a breakdown in their physical wellbeing.

Regardless of the sport or game, sports performance is based on a variety of factors, including psychological, social, and physical, and it necessitates constant progress at every level of sports training (Shrigiriwar, 2017 and Alamdarloom *et al.*, 2019) <sup>[3-4]</sup>. Particularly in team sports where success is determined by more intricate factors than in solo competitions, as in team competitions coaches and players must maintain harmony and have an understanding of each other's psychophysiology (Rammehar, 2019) <sup>[1]</sup>.

Both good health and a sense of well-being are components of an individual's well-being. Personal perception in the context of optimistic thinking, happiness, enjoyment, carefree living, etc. is referred to as well-being. The goal of the current study was to compare how well-being affected male and female handball players (Kumari and Sandhya, 2015) <sup>[2]</sup>.

### Methodology

#### Design of Study

The study adopted a survey research design to fulfil its objectives and test the stated hypotheses. Specifically, a cross-sectional comparative study design was employed to compare the mental health levels of male and female handball players. This design allows for the simultaneous examination of both male and female handball players within a single time frame.

### Source of Data

The primary source of data for this study was the handball players enrolled at Guru Kashi University during the academic year 2023-24. Data will be collected directly from the participants through questionnaires.

### Sampling Method

A random sampling technique was utilized to select participants from the pool of male and female handball players at Guru Kashi University. This method was allowed for the inclusion of participants who are easily accessible and willing to participate in the study.

### Selection of Subjects

Participants was selected based on the following criteria:

- Male and female handball players aged between 18 to 25 years.

**Table 1:** Subjects Distribution

S. No.	Subjects	Total no.
1	Male	15
2	Female	15

### Collection of Data

Data collection was conducted using self-report measures administered through questionnaires, the surveys included standardized scales or instruments designed to assess various dimensions of mental health, such as emotional well-being, stress levels, and psychological adjustment.

### Tool and Techniques

The main tool for data collection was a validated mental health assessment questionnaire, such as the General Health Questionnaire (GHQ) or the Mental Health Inventory (MHI). These instruments have been widely used in previous research to measure mental health across different populations and are considered reliable and valid for assessing mental health in the context of sports.

### The Mental Health Inventory (MHI-38)

The Mental Health Inventory (MHI-38) was developed by William W. Eaton, Marc G. G. Chilcoat, Susan M. Kessler, and L. Jeanne Barker. It's a self-report questionnaire designed to measure psychological well-being and distress in adults.

### Variables

The independent variable in this study is gender (male vs. female), while the dependent variable is mental health.

### Method of Presentation

Data was analyzed using appropriate statistical methods, such as descriptive statistics (mean, standard deviation) and inferential statistics (t-tests, analysis of variance) to compare the mental health levels between male and female handball players. The findings were presented using tables, graphs, and

descriptive summaries to facilitate interpretation and discussion.

### Result and Discussion

**Data Analysis:** This chapter presents a detailed analysis of the collected data to understand the mental health levels of Guru Kashi University male and female handball players. The analysis includes descriptive statistics, comparative assessments, and hypothesis testing to determine the differences in mental health among the groups under study.

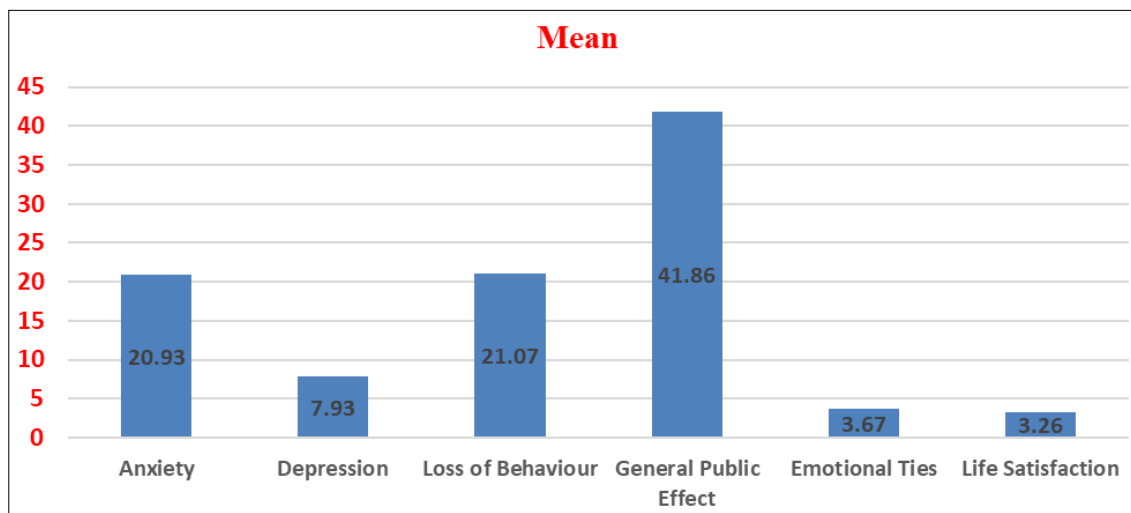
**Table 2:** Descriptive Statistics for Male Handball Players

Dimension	Mean	Standard Deviation
Anxiety	20.93	1.27
Depression	7.93	0.88
Loss of Behaviour	21.07	1.05
General Public Effect	41.86	1.24
Emotional Ties	3.67	0.49
Life Satisfaction	3.26	0.45

### Analysis of Descriptive Statistics for Male Handball Players

Table No. 2 presents the descriptive statistics for the mental health dimensions of male handball players. The mean scores and standard deviations for anxiety, depression, loss of behavior, general public effect, emotional ties, and life satisfaction provide a comprehensive overview of the mental health status within this group.

- Anxiety:** The mean anxiety score for male players is 20.93, with a standard deviation of 1.27. This suggests that while anxiety levels are relatively high, there is some variability among the players.
- Depression:** The mean depression score is 7.93, with a standard deviation of 0.88. This indicates that male players generally experience low levels of depression, with moderate variability in their scores.
- Loss of Behavior:** The mean score for loss of behavior is 21.07, with a standard deviation of 1.05. This dimension shows that male players have a moderate tendency towards behavioral changes, with a moderate variation among individuals.
- General Public Effect:** With a mean score of 41.86 and a standard deviation of 1.24, this dimension reflects the players' perceptions of public expectations and pressures. The scores suggest that male players feel a significant level of influence from the public, with moderate consistency in their experiences.
- Emotional Ties:** The mean score for emotional ties is 3.67, with a standard deviation of 0.49. This indicates that male players generally have strong emotional connections, with little variability in their scores.
- Life Satisfaction:** The mean life satisfaction score is 3.26, with a standard deviation of 0.45. This shows that male players are moderately satisfied with their lives, with slight differences in individual satisfaction levels.



**Fig 1:** Mean Scores for Mental Health Dimensions of Male Handball Players

**Description:** Figure 1 presents a bar chart illustrating the mean scores for six mental health dimensions among male handball players. Each bar represents the average score for a specific dimension, providing a visual comparison of the different aspects of mental health assessed in the study.

The figure shows that "General Public Effect" has the highest mean score among the dimensions, suggesting that male handball players feel significant public expectations and pressures. "Anxiety" and "Loss of Behavior" also have relatively high mean scores, indicating notable levels of anxiety and behavioral changes. In contrast, "Depression," "Emotional Ties," and "Life Satisfaction" have lower mean scores, implying that players generally experience lower levels of depression, maintain strong emotional connections, and have moderate satisfaction with life.

This visualization aids in understanding the mental health landscape of male handball players by highlighting areas where they might need additional support or intervention.

**Table 3:** Descriptive Statistics for Female Handball Players

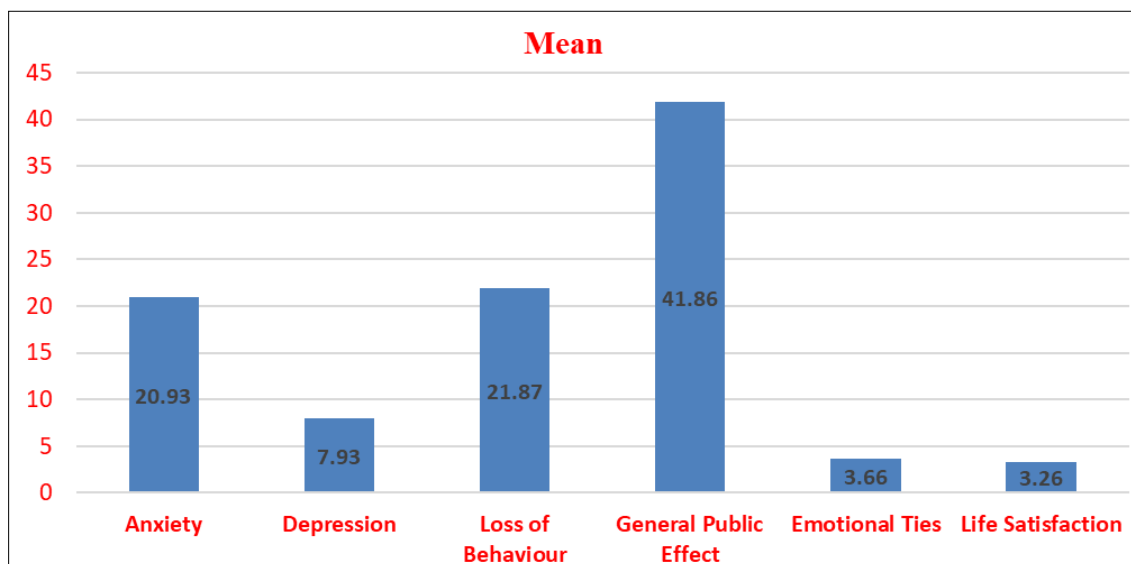
Dimension	Mean	Standard Deviation
Anxiety	20.93	1.27
Depression	7.93	0.88
Loss of Behaviour	21.87	1.24
General Public Effect	41.86	1.24
Emotional Ties	3.66	0.48
Life Satisfaction	3.26	0.45

### Analysis of Descriptive Statistics for Female Handball Players

Table No. 3 presents the descriptive statistics for the mental health dimensions of female handball players. The mean scores and standard deviations for anxiety, depression, loss of behaviour, general public effect, emotional ties, and life satisfaction provide a detailed overview of the mental health

status within this group.

- **Anxiety**  
The mean anxiety score for female players is 20.93, with a standard deviation of 1.27. This suggests that anxiety levels among female handball players are relatively high but consistent, similar to their male counterparts.
- **Depression**  
The mean depression score is 7.93, with a standard deviation of 0.88. Female players exhibit low levels of depression with moderate variability in their scores, consistent with the male players.
- **Loss of Behavior**  
The mean score for loss of behavior is 21.87, with a standard deviation of 1.24. This indicates that female players show a moderate to high tendency towards behavioral changes, with a greater variation among individuals compared to male players.
- **General Public Effect**  
With a mean score of 41.86 and a standard deviation of 1.24, this dimension reflects the players' perceptions of public expectations and pressures. The scores suggest that female players feel a significant level of influence from the public, similar to male players, with moderate consistency in their experiences.
- **Emotional Ties**  
The mean score for emotional ties is 3.66, with a standard deviation of 0.48. This indicates that female players generally have strong emotional connections, with little variability in their scores, similar to male players.
- **Life Satisfaction**  
The mean life satisfaction score is 3.26, with a standard deviation of 0.45. This shows that female players are moderately satisfied with their lives, with slight differences in individual satisfaction levels, similar to male players.



**Fig 2:** Mean Scores for Mental Health Dimensions of Female Handball Players

### Description

Figure 2 presents a bar chart illustrating the mean scores for six mental health dimensions among male handball players. Each bar represents the average score for a specific dimension, providing a visual comparison of the different aspects of mental health assessed in the study.

The figure shows that "General Public Effect" has the highest mean score among the dimensions, suggesting that male handball players feel significant public expectations and pressures. "Loss of Behaviour" and "Anxiety" also have relatively high mean scores, indicating notable levels of behavioral changes and anxiety. In contrast, "Depression," "Emotional Ties," and "Life Satisfaction" have lower mean scores, implying that players generally experience lower levels of depression, maintain strong emotional connections, and have moderate satisfaction with life.

This visualization aids in understanding the mental health landscape of male handball players by highlighting areas where they might need additional support or intervention. Specifically, the high scores in "General Public Effect," "Loss of Behaviour," and "Anxiety" suggest these are key areas of concern that might warrant further attention and resources to help players manage these aspects of their mental health.

### Comparative Analysis

To compare the mental health scores between male and female handball players, we use an Independent Sample t-test. The results are shown in the following table.

**Table 5:** Comparison of Male and Female Handball Players

Dimension	Male Mean	Male SD	Female Mean	Female SD	Difference
Anxiety	20.93	1.27	20.93	1.27	0
Depression	7.93	0.88	7.93	0.88	0
Loss of Behaviour	21.07	1.05	21.87	1.24	+0.80
General Public Effect	41.86	1.24	41.86	1.24	0
Emotional Ties	3.67	0.49	3.66	0.48	-0.01
Life Satisfaction	3.26	0.45	3.26	0.45	0

### Explanation of Each Dimension

#### 1. Anxiety

- **Male Mean:** 20.93
- **Female Mean:** 20.93
- **Difference:** 0
- **Interpretation:** Both male and female handball players

have the same mean anxiety score, indicating no significant difference in their anxiety levels. The identical standard deviations suggest that the variability in anxiety scores is also the same for both genders.

#### 2. Depression

- **Male Mean:** 7.93
- **Female Mean:** 7.93
- **Difference:** 0
- **Interpretation:** The mean depression scores are identical for both males and females, indicating that they experience similar levels of depression. The standard deviations are also the same, indicating similar variability in depression scores.

#### 3. Loss of Behaviour

- **Male Mean:** 21.07
- **Female Mean:** 21.87
- **Difference:** +0.80
- **Interpretation:** Female handball players have a higher mean score in loss of behaviour than male players, suggesting that females may experience more issues related to behavioural control. The higher standard deviation for females indicates greater variability in their responses.

#### 4. General Public Effect

- **Male Mean:** 41.86
- **Female Mean:** 41.86
- **Difference:** 0
- **Interpretation:** There is no difference between male and female handball players in the general public effect dimension. Both groups perceive the general public effect similarly, with identical means and standard deviations.

#### 5. Emotional Ties

- **Male Mean:** 3.67
- **Female Mean:** 3.66
- **Difference:** -0.01
- **Interpretation:** The mean score for emotional ties is slightly lower for females than males, but the difference is minimal. Both groups have similar levels of emotional connections, as indicated by the almost identical standard deviations.

## 6. Life Satisfaction

- **Male Mean:** 3.26
- **Female Mean:** 3.26
- **Difference:** 0
- **Interpretation:** Both male and female handball players have the same mean score for life satisfaction, indicating no difference in how satisfied they are with their lives. The identical standard deviations suggest similar variability in their life satisfaction scores.

## Summary

- **Identical Scores:** Anxiety, Depression, General Public Effect, Life Satisfaction

- **Slight Difference:** Emotional Ties (Females slightly lower)
- **Significant Difference:** Loss of Behaviour (Females higher)

This detailed comparative table and analysis highlight the similarities and differences in the mental health dimensions of male and female handball players. The most notable difference is in the "Loss of Behaviour" dimension, where females show higher scores, indicating potential areas for targeted interventions or support.

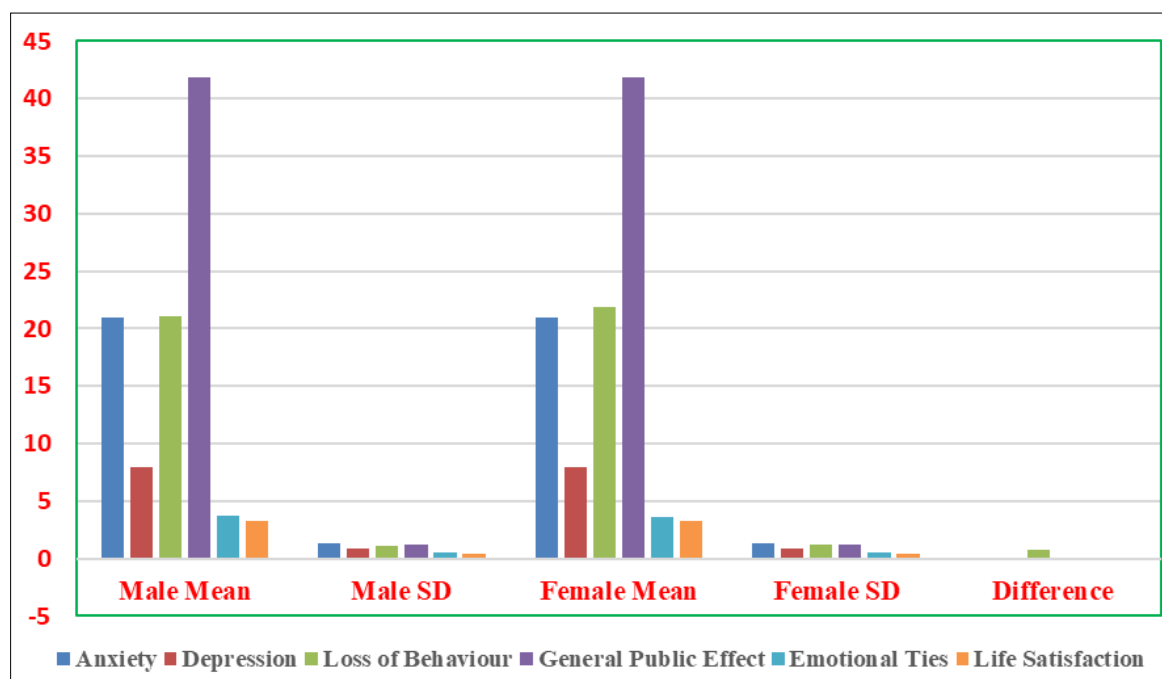


Fig 3: Comparison of mental health among male and female handball players.

The figure compares the mental health levels of male and female handball players across six dimensions. The blue bars represent the mean scores for male players, and the orange bars represent the mean scores for female players.

### 1. Anxiety

- Both male and female players have the same level of anxiety.

### 2. Depression

- Both male and female players experience the same level of depression.

### 3. Loss of Behaviour

- Female players have a higher loss of behaviour score by 0.80, indicating more behavioural issues compared to male players.

### 4. General Public Effect

- Both male and female players perceive the general public similarly.

### 5. Emotional Ties

- There is a very slight difference in emotional ties, with males scoring 0.01 higher than females. However, this difference is minimal.

## 6. Life Satisfaction

- Both male and female players have the same level of life satisfaction.

## Findings

1. **Uniformity in Anxiety and Depression:** The levels of anxiety and depression are similar for both male and female handball players, suggesting that the psychological demands and pressures of the sport are consistent across genders.
2. **Behavioral Changes:** Female players exhibit a higher tendency towards behavioral changes compared to male players. This difference indicates potential gender-specific stress responses or different external pressures faced by female athletes.
3. **Public Pressure:** The influence of public expectations is equally significant for both male and female players, highlighting the universal impact of external scrutiny in competitive sports.
4. **Emotional and Life Satisfaction:** Strong emotional ties and moderate life satisfaction levels are consistent across genders, underscoring the importance of relationships and overall well-being in maintaining mental health for athletes.

**Conclusion**

The descriptive statistics reveal a nuanced picture of the mental health status of male and female handball players. While there are notable similarities, particularly in anxiety, depression, public effect, emotional ties, and life satisfaction, differences in behavioral changes suggest some gender-specific experiences. These findings highlight the need for targeted mental health support that addresses both common and unique challenges faced by male and female athletes in handball.

**References**

1. Rammehar D. A study of wellbeing between male and female handball players. *International Journal of Sports, Health and Physical Education*. 2019;1(2):32-33.
2. Kumari A, Sandhya G. A study of emotional intelligence and frustration tolerance among adolescents. *Advance Research Journal of Social Science*; c2015, 6.
3. Shrigiriwar BV. A comparative study of social intelligence and its sub-factors between university athletes and non-athletes. *Agriculture & Technology*. 2017;5(7):1-2.
4. Alamdarloo GH, Shojaee S, Asadmanesh E, Shahin HS, Rangani A, Negahdarifard SA. A comparison of psychological well-being in athlete and non-athlete women. *Baltic Journal of Health and Physical Activity*. 2019;11:109-116.