

AN INVESTIGATION OF MENTAL HEALTH DIFFERENTIALS BETWEEN BOXERS AND HOCKEY PLAYERS

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(Received October 22, 2011, accepted November 29, 2011)

ABSTRACT

The purpose of the present study was to investigate the mental health differentials between male boxers and hockey players. Total fifty (n=50) players were selected from different Colleges and Academies of Punjab state for study as samples. The samples were further divided into two groups of 25 each. The first group consisted of male Boxers and the second group consisted of Hockey players. The data was collected by using simple random sampling technique. Boxers and Hockey players of Punjab state were taken from Lyallpur Khalsa College, Jalandhar, Yadav Academy Jalandhar, A.S.College Khanna, D.A.V College, Jalandhar and L.P.U Phagwara, and the age of the subjects was between 18 to 25 years. In order to assess mental health of Boxers and Hockey players, Mental Health Battery by Singh and Gupta (2000) was used. The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and t-test. The results revealed with regard to emotional stability, adjustment, security-insecurity, self-concept, intelligence and mental health (total) were found insignificant between boxers and hockey players. However, it was concluded that there was significant difference found between boxers and hockey players on the variable of autonomy.