

## **A COMPARATIVE STUDY OF MENTAL HEALTH STATUS BETWEEN PHYSICAL EDUCATION MALE AND FEMALE STUDENTS**

**\*Jaiswal Manish and \*\*Malik Kuldeep**

1. Assistant Director, Physical Education Department, Shri G.S. Institute of Technology and Science Indore, **INDIA.**
2. Assistant Professor, Department of Physical Education, S.D. (P.G.) College, Muzaffarnagar, **INDIA.**

**Email:** manish\_jaiswal74@rediffmail.com

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### **ABSTRACT**

*The purpose of the study was to compare the mental health status between physical education male and female students. To achieve the purpose of the study 40 students i.e. 20 male and 20 female students of B. P. Ed (Physical Education) for the session 2017-18 were selected randomly from S. D. (P.G) College, Muzaffarnagar (U.P.). The selected subjects were in the age group of 19 to 25 years. The variable for this study was selected as mental health and it was measured by Mithila Mental Health Status Inventory. To compare the mental health status between male and female (B. P. Ed.) students of S. D. (P.G) Colleges, Muzaffarnagar 't' test was used. The level of significance was set at 0.05 level. The findings of the study revealed that there was statistically insignificant difference in mental health status between the male and female (B. P. Ed.) students of S. D. (P.G) College, Muzaffarnagar. It clearly reflects that mental health status of B. P. Ed. female students is better than B. P. Ed. male students. On the basis of results conclusion was drawn that the mental health status of B. P. Ed. female students is better than B. P. Ed. male students.*