REVIEW OF RELATED LITERATURE

A review of related literature to the present study that the research scholar could gather in order to provide the back ground material to evaluate the significance of this study as well as to interpret its findings.

Aghili et al. (2012) study was to consider happiness and mental health of athletes before and after competitions. The information gathered by two standard questionnaire; Oxford happiness and general health. Participants completed the two questionnaires two weeks before competition and in the day of competition. The results showed a statistically significant increase in athletes’ level of happiness in the day of competition rather than before it and a statistically significant decrease in athletes’ mental health in the day of competition rather than before. Finally, we observed a significant increase in the athletes’ level of happiness in the day of competition after gathering information for two times and a statistically significant decrease in the level of athletes’ mental health in the day of competition rather than before competition.

Bal and Dureja (2012) examined to determine sport imagery and mental health among omnivorous combative players. To obtain data for this study, the investigators had selected ninety (N=90) male omnivorous combative players. They were further assigned into three categories that is Category (A) thirty (N=30) judokas, Category (B) thirty (N=30) wrestlers and Category (C) thirty (N=30) boxers, who had participated in inter-college competitions from various colleges of Guru Nanak Dev University, Amritsar and Panjab University, Chandigarh were randomly selected for the collection of data. The age of the subjects was ranged between 20 to 25 years. Sport imagery questionnaire developed by Hall et al. (1998) and mental health questionnaire prepared by Singh and Gupta (2000) were administered. One way analysis of variance (ANOVA) was applied to find out the significant differences among omnivorous judokas, wrestlers and boxers. Where ‘F’ values found significant in ANOVA test then Tukey post-hoc test (TPHT) was applied to see the mean difference between mean scores of three categories. Data was analyzed using the statistical package for social science (SPSS) version 18.0. The level of significance was set at 0.05. It is concluded that the results on the subscales that is cognitive general, motivational general-arousal and motivational general were found
insignificant among all omnivorous combative players. With regard to cognitive specific, motivational specific, the overall sport imagery were found highly significant among omnivorous combative players. However, the results on the subscales that is emotional stability, security-insecurity, the overall mental health were found insignificant whereas highly significant results were found on the subscales overall adjustment, autonomy, self-concept and intelligence among omnivorous judokas, wrestlers and boxers.

Grievink et al (2007) After the firework disaster in Enschede, The Netherlands, on 13 May 2000, a longitudinal health study was carried out. Study questions were: (1) did the health status change over this period; and (2) how is the health status 18 months after the disaster compared with controls? A longitudinal comparative study with two surveys at 3 weeks and 18 months after the disaster. A control group for the affected residents was included in the second survey. Respondents filled in a set of validated questionnaires measuring their physical and mental health problems. The prevalence of physical and emotional role limitations, severe sleeping feelings of depression and anxiety, as well as intrusion and avoidance decreased from 3 weeks to 18 months after the disaster for the affected residents. Independent of background characteristics and other life events, residents had 1.5 to three times more health problems than the control group; for example, physical role limitations (odds ratio [OR] ¼ 1.5, 95% confidence interval [CI] 1.2–2.0) and anxiety (OR ¼ 3.1, 95% CI 2.4–4.2).

Tara Edwards & Lew Hardy (1996) conducted a study in which he tried to examine Netball players and found that facilitating effect of anxiety upon performance did not emerged directly through the direction scale but a significant interaction emerged from the two factor cognitive anxiety and physiological arousal quadrant analysis suggesting that anxiety may enhance performance as proposed by catastrophic model predictions.
Mishra (1994) conducted a study on twenty National Hockey Academy players to sketch their Mental profiles. The variables selected for this study were incentive motivation (consisting of seven different systems), achievement motivation, state and trait anxiety and sports competition anxiety. The collection of relevant data was based on four test batteries. Mean scores and standard deviation were calculated in order to sketch the psychological profiles of the subjects as a whole. Standardized intervals were designed on the model developed by Watren sites, namely biceps, triceps, supraltiac and subscapular regions with skinfold caliper.

Devi (1985) Made a study on 36 college level volleyball players to determine the relationships of depth perception, agility and speed of movement. Her findings reveal that depth perception, agility and speed of movement contribute to Volleyball playing ability. The significant correlation of agility and speed of movement may be expected in the game of Volleyball as it demands quick acceleration rate along with performing movement in any direction the result showed a significant relationship with speed of movement and agility.

Bhandari and Bhandari (2011) investigation was undertaken to study the mental health of male and female sport players. For this research work, a sample of 110 public school’s sport players (45 Males and 65 females) belonging to various schools located at district Haridwar (Uttarakhand) were selected with the help of incidental sampling techniques. Mental Health Questionnaire developed by Langner (1962) has been used to make this study. Finding indicated that male and female sport players did not differ significantly in terms of mental health.

Crone (2006) positive relationship between physical activity and mental health, and in the treatment and maintenance of mental illness. Despite this relationship however, there still remains a lack of consensus on the mechanism responsible for the relationship. This paper explores the physical activity and mental health relationship by reviewing and critiquing the biochemical, physiological and psychological mechanisms proposed to explain this phenomenon.
Through this review it becomes apparent that although there are varied explanations proposed, there is little agreement except that the relationship is complex and the responsible mechanism(s) are likely to be interrelated combining the disciplines of psychology, biochemistry and physiology. In an attempt to understand further the complexities of the relationship the paper presents findings from qualitative research that investigated the relationship from the perspectives of people that experience mental health benefits from exercise. Using grounded theory methodology the study investigated the experiences of participants on exercise programmes in the UK. The paper concludes that qualitative methodologies which explore people experiences, and what helps to facilitate them, provide further insight into the interrelated nature of the physical activity and mental health relationship.

Elizabeth (1979) studied the relationship between physical measures of arousal and Mental measures were determined for female high trait anxious and low state anxious. In general the relationship between physiological and psychological meaner have aroused were low.

Boon (1977) investigated arousal and anxiety of gymnastic performance pulse rate and palmor sweating were utilized as indenters of arousal. Anxiety was assesses by means of the state trait.

Bessemer (1968) through his study investigated the effect of different recovery methods on pulse rate following strenuous exercise. The subjects of the study were 12 members of the Illinois State University team. Harvard Step Test was given. But no significant difference was observed between the three methods of recovery used.

Velden et al. (2006) examined mental health problems and mental health services (MHS) utilization after a fireworks disaster among adult survivors and a comparison group. The disaster took place on May 13, 2000, in the city of Enschede, The Netherlands. Victims (N=662) participated in a survey 2–3 weeks (T1), 18 months (T2) and 4 years (T3) post-disaster. The comparison group consisted of non-affected people from another city (N=526). They participated
at T2 and T3. Victims used MHS more often than the comparison group in the 12-month period before T2 and T3 (OR 3.9 and 2.4). Victims with severe depression and anxiety symptoms at T2 used MHS more often than participants in the comparison group with these symptoms (OR 2.6 and 2.0). After 4 years, MHS utilization among participants in both groups with anxiety symptoms did not differ, suggesting attenuation of the observed effects. Results suggest that after a disaster survivors with mental health problems are less reluctant to use MHS than under normal circumstances.

Ballou (2012) Mental Health of Teachers: Dr. Gary W. Ballou, Department of Education, Central Washington University – This study compared the likelihood of minor psychiatric disorders among teachers with civil servants. Using the General Health Questionnaire (GHQ-28), the study surveyed 403 teachers and 611 civil servants in a large city in Washington State (USA), with 59.6% of teachers and 62.0% of civil servants responding. Logistic regression analysis revealed that the proportion of teachers with MPD was greater than civil servants. The difference, however, was not statistically significant through multiple logistic regression analysis adjusted for potential confounders. Reduced job satisfaction and lack of leisure time were associated with an increase in MPD among teachers. Among civil servants, longer working hours, reduced life satisfaction, and physical illness were associated with an increase in MPD. Separate analysis for male and female teachers revealed that job dissatisfaction was associated with MPD only in female teachers.