

A COMPARATIVE STUDY OF MENTAL HEALTH STATUS BETWEEN PLAYERS AND NON PLAYERS

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ABSTRACT

This paper attempts to conduct a comparative study of Mental Health Status between Players and Non Players of Amravati City. Researchers took 20 Players and 20 non players for the present study and also age ranging from 18-28 years. The mental health inventory (MHI-38) was applied for the collection of data. The inventory included five mental health variables i.e. Anxiety, Depression, Loss of Behaviour, Positive Affect, Emotional Ties and Life Satisfaction. The subjects were selected by using simple random sampling method. In this study data were analyzed and interpreted with the help of statistical term 't' test. The finding of the study shows that excepting life satisfaction variable of mental health status of players were better than non players.