ABSTRACT

Adivasi Tribes accustomed reside in Republic of India before the arrival of 'Aaryans' and even nowadays variety of tribes are residing through the forests. In fact, they are the 'original-residents' of this country. They are called tribal. Further, majority of the Indians who are socio-culturally and educationally more advanced as well as civilized are called here as non-tribal. Today, both the tribal and non-tribal participate in various sports competitions irrespective sex categories. World performance record indicates that along with non-tribal, the tribal population also exhibits top performance in different sports competitions. Many reports compared the psycho-physiological, morphological and fitness abilities of tribal as well as non-tribal players. However, the comparison mental health, self concept and aggression between Indian tribal and non-tribal players are meager. The present study, therefore, has been undertaken with the following objectives:

- To assess the status of mental health, self concept and aggression of male and female tribal and non-tribal college players.

- To compare status of mental health, self concept and aggression between the male tribal Vs male non tribal college players.

- To compare status of mental health, self concept and aggression between the female tribal Vs female non tribal college players.

- To compare status of mental health, self concept and aggression between the male tribal Vs female non tribal college players.
To compare overall status of mental health, self concept and aggression between the tribal Vs non tribal college players.

To find out the relationship between mental health, self concept and aggression among male tribal and non tribal college players.

To find out the relationship between mental health, self concept and aggression among female tribal and non tribal college players.

To find out the overall relationship between mental health, self concept and aggression among tribal and non tribal college players.

To predict mental health on the basis of the status of self concept and aggression among the college level tribal and non tribal players.

The study tested the following hypotheses:

H01: There would be no significant difference in mental health between tribal college players and non tribal college players.

H02: There would be no significant difference in self concept between tribal college players and non tribal college players.

H03: There would be no significant difference in aggression between tribal college players and non tribal college players.
H0₄: There would be no significant relationship among the scores of mental health, self concept and aggression of tribal and non tribal players.

H0₅: The scores of mental health would not be predictable on the basis of the scores of self concept and aggression of college level tribal and non tribal players.

Here the research design adopted the descriptive research design that goes through comparative survey method, relationship and regression. The junior college level players (age ranged from 15 to 18 years) participating in various sports and representing tribal and non-tribal area in Nandurbar district of Maharashtra state, have been considered as population for this study. Out of available students (age: 15-18 years; sex: male and female) representing various sports from 20% of the junior colleges, four hundred (n=400) tribal and non-tribal players were selected as sample considering random sampling technique.

Three major variables viz., mental health, self concept and aggression of college level tribal and non-tribal players were tested by administering standard questionnaires.

The researcher first made a list of students (Players) representing tribal and non-tribal communities in Nandurbar. He visited all the colleges and discussed and convinced the Principal of each college about the importance of this study. Total 400 students participated in this study and written consent was taken from each of them. All subjects voluntarily agreed to participate in the program out
of their own interest. It was assumed that all the students exhibited their best performance in each test.

Descriptive statistics were used to process the data. Further factorial ANOVA followed by Scheffe’s post hoc test was employed to compare the variables among the students (boys and girls) of tribal and non-tribal colleges. Moreover, Pearson’s product moment correlation was used to establish the relationship between the variables and Multiple Step Up Regression analysis was done to predict the interdependence of the three major variables undertaken in this study.

**Major findings**

A) Results on mental health

- The *Positive Self Evaluation* of the non-tribal college level players was higher than the tribal college level players. The female players are having better *Positive Self Evaluation* than the male players.

- The *Perception of reality* of the non-tribal college level players was higher than the tribal college level players. The female players are having better *Perception of reality* than the male players.

- The *Integration of personality* of the non-tribal college level players was higher than the tribal college level players. The female players are having better *Integration of personality* than the male players.

- The *Autonomy level* of the non-tribal college level players was higher than the tribal players. The female players are having better *Autonomy level* than the male players.
- The **Group oriented attitude** of the tribal college level players was higher than the non-tribal players. The male players are having better **Group oriented attitude** than the female players.

- The **Environmental competence** of the tribal college level players was higher than the non-tribal players. The male players are having better **Environmental competence** than the female players.

- The **Overall mental health** of the non-tribal college level players was higher than the tribal players. The female players are having better **overall mental health** than the male players.

B) Results on self concept

- The **Health and sex appropriateness** concept of the non-tribal college level players was higher than the tribal players. The male players are having better **Health and sex appropriateness** concept than the female players.

- The **Abilities** concept of the non-tribal college level players was higher than the tribal players. The male players are having better **Abilities** concept than the female players.

- The **Self confidence** of the non-tribal college level players was lower than the tribal players. The male players are having better **Self confidence** than the female players.

- The **Self acceptance** concept of the non-tribal college level players was lower than the tribal players. The male players are having better **Self acceptance** concept than the female players.
• The *Worthiness* concept of the non-tribal college level players was higher than the tribal players. The male players are having lower *Worthiness* concept than the female players.

• The *Present, past and future* concept of the non-tribal college level players was similar like the tribal players. The male players are having similar *Present, past and future* concept like the female players.

• The *Belief and convictions* concept of the non-tribal college level players was lower than the tribal players. The male players are having higher *Belief and convictions* concept than the female players.

• The *Feeling of shame and guilt* concept of the non-tribal college level players was higher than the tribal players. The male players are having lower *Feeling of shame and guilt* concept than the female players.

• The *Sociability* concept of the non-tribal college level players was higher than the tribal players. The male players are having higher *Sociability* concept than the female players.

• The *Emotional* aspect of the non-tribal college level players was higher than the tribal players. The male players are lower *Emotional* than the female players.

• The *Overall self concept* of the non-tribal college level players was lower than the tribal players. The male players had lower *Overall self concept* than the female players.
C) Results on aggression

- The *Aggression* of the non-tribal college level players was lower than the tribal players. The male players are having higher *Aggression* level than the female players.

D) Results on relationship among the major variables

- In case of *Tribal players*, there exists a positively high coefficient of correlation between *mental health* and *self concept* ($r=0.81$, $p<0.01$). Similar result on relationship was evident between *mental health* and *aggression* ($r=0.47$, $p<0.05$) and *self concept* and *aggression* ($r=0.65$, $p<0.01$).

- For Non-*Tribal players*, there exists a positively high coefficient of correlation between *mental health* and *self concept* ($r=0.76$, $p<0.01$). Similar result on relationship was evident between *mental health* and *aggression* ($r=0.45$, $p<0.05$) and *self concept* and *aggression* ($r=0.63$, $p<0.01$).

E) Results on regression analysis

- The tribal players having **high level** of *self concept* can predict one’s *mental health* ($R^2=0.555$, $p<0.01$). Similarly for the non-tribal players, the result on prediction on the same variables was also evident ($R^2=0.538$, $p<0.01$).

- The tribal players having **average level** of *aggression* can predict one’s *mental health* ($R^2=0.635$, $p<0.01$). Similarly for the non-tribal
players, the result on prediction on the same variables was also evident ($R^2=0.673$, $p<0.01$).

**Conclusion**

The result of this study helps to draw the following conclusion:

- In case of mental health there exists a significance difference between tribal college players and non tribal college players. However, tribal players possess better status of mental health than the non-tribal players. Amazingly, female players of either category (tribal and non-tribal) acquire better mental health than the male players.

- There exists a statistically significant difference in self concept between tribal college players and non tribal college players. However, tribal players possess better status of self concept than the non-tribal players. Amazingly, female players of either category (tribal and non-tribal) acquire better self concept than the male players.

- For aggression, there exists a significance difference between tribal college players and non tribal college players. However, tribal players possess better status of aggression than the non-tribal players. Overall, the male players of either category (tribal and non-tribal) acquire better aggression level than the male players.

- There exists a significantly positive relationship between the high scores of mental health and self concept and average score in aggression among the tribal and non tribal players.
Mental health is predictable on the basis of the high scores in self concept and average scores in aggression for the college level tribal and non tribal players.

**Recommendation**

The present study recommends the followings:

- Since the female players of either category (tribal and non-tribal) possess higher state of mental health and self concept, they should be encouraged properly for participation in different sports.

- Further, as tribal players possess better mental health and self concept, this study recommends that the sports organizers and coaches must consider the tribal players while selecting sports persons to compose a team or to represent an individual sport.

- Aggression in sports is known to exhibit top performance, but excessively higher aggression may be detrimental for a sports person. However, this study recommends that average level of aggression is to be appreciated for both tribal and non-tribal players.

- Since mental health is predictable on the basis of the high scores in self concept and average scores in aggression for the college level tribal and non tribal players, this investigation recommends to conduct further study in this direction to re-confirm this result and accordingly the sports coaches can predict the status of mental health based on the score of either self concept or aggression.
Contribution to the Knowledge

Although tribal players dominate international sports in many sport events, the appearance of tribal players in Indian sports is comparatively less than the non-tribal players. This idea in fact encouraged the present researcher to undertake this investigation. The result as appeared in this investigation reveals that Indian tribal players possess better mental health, higher self concept and moderate aggression that are conducive favorable for exhibiting top performance. The result obtained so far is interesting and thought provoking that suggests for encouraging more involvement of tribal players in sports. Much more sports facilities are to be provided in the tribal areas in India to imbibe more sports talents. Thus, the present investigation adds a quantum of knowledge to the literature about more involvement of tribal players in Indian sports.