SUMMARY, CONCLUSION AND RECOMMENDATION

SUMMARY

Games and sports as a part of human education have always existed in the human society. Before the dawn of civilization and culture, physical exercise was the important aspect of human existence. In the primitive societies, the “Necessity for survival” motivated man to keep himself more physically fit and strong enough in comparison with stronger forces for nature.

Sport is established as an important part of human life from the ancient time. From the origin of mankind, its main and big movements are its movement of hand, leg and back. He walks, runs, jumps, and swims on foot. It picks, throws, pulls and pushes things with the help of hand. It turns to right or left side and forward and backward by back. And turns the body from waist. All these movements are necessary for its life. The efforts to obtain food or defend from enemies are not possible without these movements. The horses in form of muscles are driven by the driver mind with the help of bridle in form of vessels and thus the chariot of human body moves. All these movements are as old as mankind. The young and children like to play, sports give joy to young and children and development of body is achieved. Thus, it can be easily understood that, sports are inevitable for the physical, mental and social development of a child.

In today’s world, the social, personal and academic life of a student plays a major role in building their personality development. At the same time, he/she has to maintain a successful progress in his/her career which involves good time management in both curricular and co-curricular
activities. Students of different background feel difficult to adjust in their college level which leads them to frustration, tension, conflicts, anxiety and depression. They come across negative social factors, like, competition for position, fulfillment of ambitions, difficult in getting placed in good companies, lack of communication and confidence.

If we define Mental Health Science verbally, then we can say that it is a scripture giving knowledge about Mental Health. The knowledge about this scripture means to live in clean atmosphere, awakening about physical cleanliness. Balanced diet, conscious about the insects of deceases. To follow the regulations of health, to take treatment of decease and take steps to prevent it etc. If one remains still ill after taking the treatment of the illness then lake of mental health can be considered its cause. One loses his Mental Health due to worry, fear, being angry in small matters, distress, disappointment etc. Mental illness affects the physical health of the man. Man can be said completely healthy only when he is physically healthy as well as mentally healthy. Both affect each other. Mental worry ruins the health. And physical illness creates many worries, therefore man cannot remain healthy paying attention toward physical health only but he should be mentally healthy too.

The history of life contentment is very old. Happiness and sadness are contradictory emotions and evolve from the notion of desirable and undesirable things in life. If humans know what is desirable and achievable then they experience a sense of balance which leads to life satisfaction. According to Charak the emotions of happiness and sadness are the related chemical composition of the body of happiness and sadness are related chemical composition of the body and imbalance in such chemicals cause humans to experience happiness or sadness.
Objective of the Study:

The purpose of this study was to make “A Comparative Study of Depression, Mental Health and Satisfaction of players of different games”.

Selection of Subjects:

The main purpose of the study was “A Comparative Study of Depression, Mental Health and Satisfaction of Player of Different Games”. To achieve this purpose, two hundred forty students, one hundred twenty male and one hundred twenty female students studying at Saurashtra University Gujarat having compulsory player of Athletic, Kho-Kho, Handball and Kabaddi who had participated in inter college competitions were randomly selected as subjects. The age of the subjects ranged from Seventeen to Twenty Eight years.

Criterion Measure:

- For this research study to measure Depression questioner formed by Dr. Shamim Karim and Dr. Rama Tiwari was used.
- For this research study to measure mental health questioner formed by Dr. D. J. Bhatt and G. R.Gida was used.
- For this research study to measure life satisfaction questioner formed by Q. G. Aalam was used.

Statistical Technique:

To know the effect on Athletics, Kho-Kho, Handball and Kabaddi group after applying One way Analysis of Variance (One way ANOVA) test the difference between the means significance was checked at 0.05 level through Least Significant Different (LSD) Post Hoc Test.
Results of the Study:

Depression of Male players of Athletics, Kho-Kho, Handball and Kabaddi is 86.833, 75.166, 91.333 and 82.700 respectively, Sum of square and Mean of Sum of Square of among the groups are 42453.692 and 1415.231 respectively and Sum of Square and Mean of Sum of Square of between the groups are 161765.300 and 1394.528 respectively. It also reveals that the calculated $F$ value is 1.015 which is not significant at 0.05 level since, the value is less than tabulated value at 2.282.

Depression of Female players of Athletics, Kho-Kho, Handball and Kabaddi is 86.966, 76.066, 94.133 and 94.300 respectively, Sum of square and Mean of Sum of Square of among the groups are 5011.267 and 1670.422 respectively and Sum of Square and Mean of Sum of Square of between the groups are 155312.600 and 1338.902 respectively. It also reveals that the calculated $F$ value is 1.248 which is not significant at 0.05 level since, the value is less than tabulated value at 2.282.

Mental Health of Male players of Athletics, Kho-Kho, Handball and Kabaddi is 95.100, 97.033, 94.166 and 94.686 respectively, Sum of square and Mean of Sum of Square of among the groups are 141.492 and 47.164 respectively and Sum of Square and Mean of Sum of Square of between the groups are 14392.500 and 124.073 respectively. It also reveals that the calculated $F$ value is 0.380 which is not significant at 0.05 level since, the value is less than tabulated value at 2.282.

Mental Health of Female players of Athletics, Kho-Kho, Handball and Kabaddi is 94.000, 94.400, 95.200 and 93.200 respectively, Sum of square and Mean of Sum of Square of among the groups are 62.400 and 20.800 respectively and Sum of Square and Mean of Sum of Square of between the groups are 13748.800 and 118.524 respectively. It also
reveals that the calculated $F$ value is 0.175 which is not significant at 0.05 level since, the value is less than tabulated value at 2.282.

Life Satisfaction of Male players of Athletics, Kho-Kho, Handball and Kabaddi is 37.433, 38.067, 38.500 and 38.000 respectively, Sum of square and Mean of Sum of Square of among the groups are 17.267 and 5.756 respectively and Sum of Square and Mean of Sum of Square of between the groups are 3792.733 and 32.696 respectively. It also reveals that the calculated $F$ value is 0.176 which is not significant at 0.05 level since, the value is less than tabulated value at 2.282.

Life Satisfaction of Female players of Athletics, Kho-Kho, Handball and Kabaddi is 37.800, 37.033, 37.966 and 37.566 respectively, Sum of square and Mean of Sum of Square of among the groups are 14.892 and 4.964 respectively and Sum of Square and Mean of Sum of Square of between the groups are 4036.100 and 34.494 respectively. It also reveals that the calculated $F$ value is 0.143 which is not significant at 0.05 level since, the value is less than tabulated value at 2.282.

**CONCLUSION**

- Hence, it becomes clear that, the Similarity in the Result was seen in the Depression of male players of selected games.
- Hence, it becomes clear that, the Similarity in the Result was seen in the Depression of female players of selected games.
- Hence, it becomes clear that, the Similarity in the Result was seen in the Mental Health of male players of selected games.
- Hence, it becomes clear that, the Similarity in the Result was seen in the Mental Health of female players of selected games.
Hence, it becomes clear that, the Similarity in the Result was seen in the Life Satisfaction of male players of selected games.

Hence, it becomes clear that, the Similarity in the Result was seen in the Mental Life Satisfaction players of selected games.

**RECOMMENDATION**

- Similar study may be taken by selecting a large sample of different ability groups other than that employed in the study.
- This research can be used as a selection tool/criterion for selection of players for subjects of physical education.
- This research can be used to determine the role of age & gender as a variable in the selection of male and female players.
- The study of their research can be useful to universities in selection of players & different sports.
- The study can be used to understand the difference in the attitude & life style of players & non players.
- The conclusion of their study can be used to understand the variables of sports psychology.
- This study can be used for selection of military and para military personnel.
- Similar study may be undertaken by selecting physiological and physical variables other than those employed in this study
- A similar study also may be undertaken in the other games and sports.
- A similar study may be conducted on various age groups.