CHAPTER-IV
DATA ANALYSIS AND INTERPRETATION

This study reveals the effect of age, gender and residential area on the psychological factors of the sports players of the Hyderabad Karnataka region. The study also showing the influence of the external effects on the sports players.

The investigator had collected the research data through the psychological tools from the sports players who had participated at intercollegiate sports competition. In this chapter, collected data has been formulated, and all the statistical values are shown in the form of tables and graphs.
Table No. 1
Mean, SD, t-values of Group game and individual game sports player’s difference in their Psychological variables.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Group Game</th>
<th>Individual Game</th>
<th>t-values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M 120</td>
<td>91.98</td>
<td>9.845*</td>
</tr>
<tr>
<td></td>
<td>SD 24.08</td>
<td>26.57</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M 34.88</td>
<td>48.99</td>
<td>9.331*</td>
</tr>
<tr>
<td></td>
<td>SD 10.94</td>
<td>13.55</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>M 22.24</td>
<td>40.60</td>
<td>16.27**</td>
</tr>
<tr>
<td></td>
<td>SD 3.91</td>
<td>10.36</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>M 22.54</td>
<td>27.39</td>
<td>1.866*</td>
</tr>
<tr>
<td></td>
<td>SD 22.1</td>
<td>13.81</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level

![Graph showing comparison between Group Game and Individual Game for Mental Health, Self Confidence, Depression, and Anxiety]
The table and graph showing that the group game players having the higher mental health than the individual game players the group games players mean score is 120 and the individual game players mean score is 91.98 the t value 9.845* indicates the significance difference at 0.05 level. The group games players are having better mental health than the individual games players of the study.

In the self confidence the group game players mean score is 34.88 and the individual game players mean score is 48.99 the t value is 9.331* at 0.05 level which showing that the group game players are more self confidence than the individual game players of the study.

Depression is the psychological variable used in this study. in this test the group game players mean score is 22.24 and the individual game players mean score is 40.6 the t-value is  16.27 significance at 0.05 level. This showing that the group game players having the mild depression and the individual game players are having the more depression that the counterparts.

Anxiety is the most importance psychological factor in the sports field the group game players mean score is 22.54 and the individual game players mean score is 27.39 the t value is 1.866* significance at 0.05 level.

The table No 1 showing the all four psychological factor differ between group and individual game players due to differ in the playing condition or nature of the game.
Table No. 2
Mean, SD and t-values of Group game male and female sports player’s difference in their Psychological variables.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Male</th>
<th>Female</th>
<th>t-values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M 124.10</td>
<td>94.70</td>
<td>5.176*</td>
</tr>
<tr>
<td></td>
<td>SD 20.95</td>
<td>36.32</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M 32.96</td>
<td>42.34</td>
<td>4.239*</td>
</tr>
<tr>
<td></td>
<td>SD 13.03</td>
<td>18.14</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>M 20.96</td>
<td>38.74</td>
<td>9.414*</td>
</tr>
<tr>
<td></td>
<td>SD 5.32</td>
<td>12.93</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>M 15.54</td>
<td>28.26</td>
<td>3.469**</td>
</tr>
<tr>
<td></td>
<td>SD 6.28</td>
<td>24.45</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level
The table and graph showing that the group game male players having the higher mental health than the female players the group games male players mean score is 124.1 and the female players mean score is 94.70 the calculated t value is 5.176* this indicates the significance difference at 0.05 level. The group games male players are having better mental health than the female players of the study.

In the self confidence the group game male players mean score is 32.96 and the female players mean score is 42.34 the t value is 4.239* at 0.05 level which showing that the group game male players are more self confidence than the female players of the study.

Depression is the psychological variable used in this study. In this test the group game male players mean score is 20.96 and the female players mean score is 38.74 the t value is 9.414* significance at 0.05 level. This showing that the group game male players having the mild depression and the female players are having the more depression that the counterparts

Anxiety is the most importance psychological factor in the sports field the group game male players mean score is 15.54 and the female players mean score is 28.26 the t value is 3.469* significance at 0.05 level.

The table No 2 showing the all four psychological factor differ between group game male and female game players due to differ in their gender.
Table No. 3  
Mean, SD and t values of Group game male Age Cat-II and Age Cat-I sports players difference in their Psychological variables.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Age Cat-II</th>
<th>Age Cat-I</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M</td>
<td>119.52</td>
<td>97.56</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>21.91</td>
<td>22.11</td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M</td>
<td>36.60</td>
<td>48.48</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>12.74</td>
<td>12.55</td>
</tr>
<tr>
<td>Depression</td>
<td>M</td>
<td>20.92</td>
<td>31.16</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>8.11</td>
<td>11.98</td>
</tr>
<tr>
<td>Anxiety</td>
<td>M</td>
<td>14.96</td>
<td>38.04</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>2.82</td>
<td>22.49</td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level
The table and graph showing that the group game male Age Cat-II players having the higher mental health than the Age Cat-I male players, the group games Age Cat-II players mean score is 119.52 and the Age Cat-I male players mean score is 97.56 the calculated t value is 3.29* this indicates the significance difference at 0.05 level. The group games male Age Cat-II players are having better mental health than the Age Cat-I male players of the study.

In the self confidence the group game male Age Cat-II players mean score is 36.60 and the male Age Cat-I players mean score is 48.48 the t value is 3.923* Significant at 0.05 level which showing that the group game Age Cat-II male players are more self confidence than the Age Cat-I male players of the study.

Depression is the psychological variable used in this study. In this test the group game Age Cat-II male players mean score is 20.92 and the Age Cat-I male players mean score is 31.16 the t value is 3.599* significance at 0.05 level. This showing that the group game Age Cat-II male players having the mild depression and the Age Cat-I male players are having the more depression that the counterparts.

Anxiety is the most importance psychological factor in the sports field the group game Age Cat-II male players mean score is 14.96 and the Age Cat-I male players mean score is 38.04 the t value is 5.106* significance at 0.05 level.

The table No 3 showing the all four psychological factor differ between group game Age Cat-II male and Age Cat-I male players due to differ in their age.
Table No. 4
Mean, SD and t values of Group game Female Age Cat-II and Age Cat-I sports player difference in their Psychological variables.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Age Cat-II</th>
<th>Age Cat-I</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M</td>
<td>130.16</td>
<td>102.28</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>20.23</td>
<td>18.21</td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M</td>
<td>41</td>
<td>46.76</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>16.1</td>
<td>13.46</td>
</tr>
<tr>
<td>Depression</td>
<td>M</td>
<td>29.16</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>12.71</td>
<td>11.20</td>
</tr>
<tr>
<td>Anxiety</td>
<td>M</td>
<td>21.32</td>
<td>37.92</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>12.31</td>
<td>22.01</td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level
The table and graph showing that the group game female Age Cat-II players having the higher mental health than the Age Cat-I female players the group games Age Cat-II players mean score is 130.16 and the Age Cat-I female players mean score is 102.28 the calculated t value is 4.79* this indicates the significance difference at 0.05 level. The group games female Age Cat-II players are having better mental health than the Age Cat-I female players of the study.

In the self confidence the group game female Age Cat-II players mean score is 41 and the female Age Cat-I players mean score is 46.76 the t value is 1.667* at 0.05 level which showing that the group game Age Cat-II female players are more self confidence than the Age Cat-I female players of the study.

Depression is the psychological variable used in this study. In this test the group game Age Cat-II female players mean score is 29.16 and the Age Cat-I female players mean score is 36 the t value is 2.948* significance at 0.05 level. This showing that the group game Age Cat-II female players having the mild depression and the Age Cat-I female players are having the more depression that the counterparts

Anxiety is the most importance psychological factor in the sports field the group game Age Cat-II female players mean score is 21.32 and the Age Cat-I female players mean score is 37.92 the t value is 3.415* significance at 0.05 level.

The table No 4 showing the all four psychological factor differ between group game Age Cat-II female and Age Cat-I female players due to differ in their age.
Table No. 5
Mean, SD and t values of Individual game male and female sports player difference in their Psychological variables.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Male</th>
<th>Female</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M 115.36</td>
<td>86.28</td>
<td>6.636*</td>
</tr>
<tr>
<td></td>
<td>SD 25.72</td>
<td>21.29</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M 41.36</td>
<td>49.44</td>
<td>2.816**</td>
</tr>
<tr>
<td></td>
<td>SD 11.18</td>
<td>16.65</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>M 31.62</td>
<td>49.40</td>
<td>5.586*</td>
</tr>
<tr>
<td></td>
<td>SD 20.43</td>
<td>18.60</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>M 22.2</td>
<td>33.52</td>
<td>3.955*</td>
</tr>
<tr>
<td></td>
<td>SD 16.6</td>
<td>22.8</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level

![Bar chart showing the comparison between male and female scores for Mental Health, Self Confidence, Depression, and Anxiety.](chart.png)

Male | Female
---|---
Mental Health | 115.36 | 86.28
Self Confidence | 41.36 | 49.44
Depression | 31.62 | 49.4
Anxiety | 22.2 | 33.52
The table and graph showing that the individual game male players having the higher mental health than the female players the group games male players mean score is 115.36 and the female players mean score is 86.28 the calculated t value is 6.636* this indicates the significance difference at 0.05 level. The individual games male players are having better mental health than the female players of the study.

In the self confidence the individual game male players mean score is 41.36 and the female players mean score is 49.44 the t value is 2.816** at 0.05 level which showing that the individual game male players are more self confidence than the female players of the study.

Depression is the psychological variable used in this study. In this test the individual game male players mean score is 31.62 and the female players mean score is 49.40 the t value is 5.586* significance at 0.05 level. This showing that the individual game male players having the mild depression and the female players are having the more depression that the counterparts

Anxiety is the most importance psychological factor in the sports field the individual game male players mean score is 22.2 and the female players mean score is 33.52 the t value is 3.955* significance at 0.05 level.

The table No. 5 showing the all four psychological factor differ between individual game male and female game players due to differ in their gender.
Table No 6

Mean, SD and t values of Individual game male Age Cat-II and Age Cat-I sports player difference in their Psychological variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Age Cat-II</th>
<th>Age Cat-I</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M 89.28</td>
<td>69.88</td>
<td>2.085*</td>
</tr>
<tr>
<td></td>
<td>SD 50.54</td>
<td>25.66</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M 42.28</td>
<td>53.28</td>
<td>2.975*</td>
</tr>
<tr>
<td></td>
<td>SD 14.31</td>
<td>11.17</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>M 30.96</td>
<td>41.52</td>
<td>2.565*</td>
</tr>
<tr>
<td></td>
<td>SD 21.56</td>
<td>14.16</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>M 21.16</td>
<td>50.80</td>
<td>4.159**</td>
</tr>
<tr>
<td></td>
<td>SD 15.23</td>
<td>29.09</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level
The table and graph showing that the individual game male Age Cat-II players having the higher mental health than the Age Cat-I male players the individual games Age Cat-II players mean score is 89.28 and the Age Cat-I male players mean score is 69.88 the calculated t value is 2.085 this indicates the significance difference at 0.05 level. The individual games male Age Cat-II players are having better mental health than the Age Cat-I male players of the study.

In the self confidence the individual game male Age Cat-II players mean score is 42.28 and the male Age Cat-I players mean score is 53.28 the t value is 2.975* at 0.05 level which showing that the individual game Age Cat-II male players are more self confidence than the Age Cat-I male players of the study.

Depression is the psychological variable used in this study. In this test the individual game Age Cat-II male players mean score is 30.96 and the Age Cat-I male players mean score is 41.52 the t value is 2.565* significance at 0.05 level. This showing that the individual game Age Cat-II male players having the mild depression and the Age Cat-I male players are having the more depression that the counterparts

Anxiety is the most importance psychological factor in the sports field the individual game Age Cat-II male players mean score is 21.16 and the Age Cat-I male players mean score is 50.80 the t value is 4.159* significance at 0.05 level.

The table No 6 showing the all four psychological factor differ between individual game Age Cat-II male and Age Cat-I male players due to differ in their age.
Table No 7
Mean, SD and t values of Individual game female Age Cat-II and female Age Cat-I sports player difference in their Psychological variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Age Cat-II</th>
<th>Age Cat-I</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M</td>
<td>117.92</td>
<td>87.72</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>27.69</td>
<td>24.70</td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M</td>
<td>49.04</td>
<td>55.96</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>21.07</td>
<td>14.40</td>
</tr>
<tr>
<td>Depression</td>
<td>M</td>
<td>42.32</td>
<td>53.44</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>27.64</td>
<td>25.46</td>
</tr>
<tr>
<td>Anxiety</td>
<td>M</td>
<td>31.2</td>
<td>43.12</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>14.44</td>
<td>17.3</td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level

![Bar Chart]

- Mental Health: Age Cat-II (117.92) vs Age Cat-I (87.72)
- Self Confidence: Age Cat-II (49.04) vs Age Cat-I (55.96)
- Depression: Age Cat-II (42.32) vs Age Cat-I (53.44)
- Anxiety: Age Cat-II (31.2) vs Age Cat-I (43.12)
The table and graph showing that the individual game female Age Cat-II players having the higher mental health than the Age Cat-I female players the individual games Age Cat-II players mean score is 117.92 and the Age Cat-I female players mean score is 87.72 the calculated t value is 4.103* this indicates the significance difference at 0.05 level. The individual games female Age Cat-II players are having better mental health than the Age Cat-I female players of the study.

In the self confidence the individual game female Age Cat-II players mean score is 49.04 and the female Age Cat-I players mean score is 55.96 the t value is 1.093* at 0.05 level which showing that the individual game Age Cat-II female players are more self confidence than the Age Cat-I female players of the study.

Depression is the psychological variable used in this study. In this test the individual game Age Cat-II female players mean score is 42.32 and the Age Cat-I female players mean score is 53.44 the t value is 1.748* significance at 0.05 level. This showing that the individual game Age Cat-II female players having the mild depression and the Age Cat-I female players are having the more depression that the counterparts

Anxiety is the most importance psychological factor in the sports field the individual game Age Cat-II female players mean score is 31.2 and the Age Cat-I female players mean score is 43.12 the t value is 3.909* significance at 0.05 level.

The table No 7 showing the all four psychological factor differ between individual game Age Cat-II female and Age Cat-I female players due to differ in their age.
**Table No. 8**
Mean, SD and t values of Group game male and individual game male sports player difference in their Psychological variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Group game</th>
<th>Individual game</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>124.10</td>
<td>115.36</td>
<td>2.132*</td>
</tr>
<tr>
<td>SD</td>
<td>20.95</td>
<td>25.72</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>32.96</td>
<td>41.36</td>
<td>3.689*</td>
</tr>
<tr>
<td>SD</td>
<td>13.03</td>
<td>11.18</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>20.96</td>
<td>31.62</td>
<td>3.683*</td>
</tr>
<tr>
<td>SD</td>
<td>5.32</td>
<td>20.43</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>15.54</td>
<td>22.22</td>
<td>2.973*</td>
</tr>
<tr>
<td>SD</td>
<td>6.28</td>
<td>16.6</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05

![Bar chart showing the comparison of mental health, self confidence, depression, and anxiety between group game male and individual game male sports players.](chart.png)
The table and graph showing that the group game male players having the higher mental health than the individual game male players the group games players mean score is 124.10 and the individual game male players mean score is 115.38 the t value 2.132* indicates the significance difference at 0.05 level. The group game male players are having better mental health than the individual game male players of the study.

In the self confidence the group game male players mean score is 32.96 and the individual game male players mean score is 41.36 the t value is 3.689* at 0.05 level which showing that the group game male players are more self confidence than the individual game male players of the study.

Depression is the psychological variable used in this study. in this test the group game male players mean score is 20.96 and the individual game male players mean score is 31.62 the t value is 3.683 significance at 0.05 level. This showing that the group game male players having the mild depression and the individual game male players are having the more depression that the counterparts

Anxiety is the most importance psychological factor in the sports field the group game male players mean score is 15.54 and the individual game male players mean score is 22.22 the t value is 2.973* significance at 0.05 level.

The table No 8 showing the all four psychological factor differ between group and individual game male players due to differ in the psychological variables due to residential area.
Table No. 9
Mean, SD and t values of Group game female and individual game female sports player difference in their Psychological variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Group game</th>
<th>Individual game</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M</td>
<td>94.70</td>
<td>86.28</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>36.32</td>
<td>21.29</td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M</td>
<td>42.34</td>
<td>49.44</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>18.14</td>
<td>16.65</td>
</tr>
<tr>
<td>Depression</td>
<td>M</td>
<td>38.74</td>
<td>49.40</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>12.93</td>
<td>18.60</td>
</tr>
<tr>
<td>Anxiety</td>
<td>M</td>
<td>28.26</td>
<td>33.52</td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>24.45</td>
<td>22.87</td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level
The table No 9 and graph showing that the group game female players having the higher mental health than the individual game female players the group games players mean score is 94.70 and the individual game female players mean score is 86.28 the t value 1.622* indicates the significance difference at 0.05 level. The group game female players are having better mental health than the individual game female players of the study.

In the self confidence the group game female players mean score is 42.34 and the individual game female players mean score is 49.44 the t value is 2.535* at 0.05 level which showing that the group game female players are more self confidence than the individual game female players of the study.

Depression is the psychological variable used in this study. in this test the group game female players mean score is 38.74 and the individual game female players mean score is 49.40 the t value is 4.084* significance at 0.05 level. This showing that the group game female players having the mild depression and the individual game female players are having the more depression that the counterparts.

Anxiety is the most importance psychological factor in the sports field the group game female players mean score is 28.26 and the individual game female players mean score is 33.52 the t value is 1.282* significance at 0.05 level.

The table No 9 showing the all four psychological factor differ between group and individual game female players due to difference in the nature of the game.
Table No. 10
Mean, SD and t values of Group game male Age Cat-II and individual game male Age Cat-II sports players’ difference in their Psychological variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Group game, Male Age Cat-II</th>
<th>Individual game, Male Age Cat-II</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td></td>
<td></td>
<td>3.268*</td>
</tr>
<tr>
<td>M</td>
<td>119.52</td>
<td>89.08</td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>21.91</td>
<td>50.54</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td></td>
<td></td>
<td>1.796**</td>
</tr>
<tr>
<td>M</td>
<td>36.60</td>
<td>42.28</td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>12.74</td>
<td>14.31</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td></td>
<td></td>
<td>2.307*</td>
</tr>
<tr>
<td>M</td>
<td>20.92</td>
<td>30.96</td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>8.11</td>
<td>21.56</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td></td>
<td></td>
<td>2.125*</td>
</tr>
<tr>
<td>M</td>
<td>14.96</td>
<td>21.16</td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>2.82</td>
<td>15.23</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level

![Bar chart showing mean, SD, and t-values for Mental Health, Self Confidence, Depression, and Anxiety for Group and Individual games]
The table and graph showing that the group game male Age Cat-II players having the higher mental health than the individual game Age Cat-II male players the group games Age Cat-II players mean score is 119.52 and the individual game Age Cat-II male players mean score is 89.08 the calculated t value is 3.268* this indicates the significance difference at 0.05 level. The group games male Age Cat-II players are having better mental health than the individual game Age Cat-II male players of the study.

In the self confidence the group game male Age Cat-II players mean score is 36.60 and the individual game Age Cat-II male players mean score is 42.28 the t value is 1.796* at 0.05 level which showing that the group game Age Cat-II male players are more self confidence than the individual game Age Cat-II male players of the study.

Depression is the psychological variable used in this study. In this test the group game Age Cat-II male players mean score is 20.92 and the individual game Age Cat-II male players mean score is 30.96 the t value is 2.307* significance at 0.05 level. This showing that the group game Age Cat-II male players having the mild depression and the individual game Age Cat-II male players are having the more depression that the counterparts.

Anxiety is the most importance psychological factor in the sports field the group game Age Cat-II male players mean score is 14.96 and the individual game Age Cat-II male players mean score is 21.16 the t value is 2.125* significance at 0.05 level.

The table No 10 showing the all four psychological factor differ between group game Age Cat-II male and individual game Age Cat-II male players due to differ in their nature of games.
<table>
<thead>
<tr>
<th>Variable</th>
<th>Group game Male Age Cat-I</th>
<th>Individual game Male Age Cat-I</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>M  97.56</td>
<td>69.88</td>
<td>4.070*</td>
</tr>
<tr>
<td></td>
<td>SD  22.11</td>
<td>25.66</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td>M  48.48</td>
<td>53.28</td>
<td>1.793**</td>
</tr>
<tr>
<td></td>
<td>SD  12.55</td>
<td>11.17</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>M  31.16</td>
<td>41.52</td>
<td>2.959**</td>
</tr>
<tr>
<td></td>
<td>SD  11.98</td>
<td>14.16</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>M  38.04</td>
<td>50.80</td>
<td>1.795*</td>
</tr>
<tr>
<td></td>
<td>SD  22.49</td>
<td>29.09</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level
The table and graph showing that the group game male Age Cat-I players having the higher mental health than the individual game Age Cat-I male players the group games Age Cat-I players mean score is 97.56 and the individual game Age Cat-I male players mean score is 69.88 the calculated t value is 4.070* this indicates the significance difference at 0.05 level. The group games male Age Cat-I players are having better mental health than the individual game Age Cat-I male players of the study.

In the self confidence the group game male Age Cat-I players mean score is 48.48 and the individual game Age Cat-I male players mean score is 53.28 the t value is 1.793* at 0.05 level which showing that the group game Age Cat-I male players are more self confidence than the individual game Age Cat-I male players of the study.

Depression is the psychological variable used in this study. In this test the group game Age Cat-I male players mean score is 31.16 and the individual game Age Cat-I male players mean score is 41.52 the t value is 2.959* significance at 0.05 level. This showing that the group game Age Cat-I male players having the mild depression and the individual game Age Cat-I male players are having the more depression that the counterparts.

Anxiety is the most importance psychological factor in the sports field the group game Age Cat-I male players mean score is 38.04 and the individual game Age Cat-I male players mean score is 50.80 the t value is 1.795* significance at 0.05 level.

The table No 11 showing the all four psychological factor differ between group game Age Cat-I male and individual game Age Cat-I male players due to differ in their nature of games.
Table No 12
Mean, SD and t values of Group game female Age Cat-II and individual game female Age Cat-II sports player difference in their Psychological variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Age Cat-II</th>
<th>Age Cat-II</th>
<th>t – values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>130.16</td>
<td>117.92</td>
<td>2.211**</td>
</tr>
<tr>
<td>SD</td>
<td>20.23</td>
<td>27.69</td>
<td></td>
</tr>
<tr>
<td>Self Confidence</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>41</td>
<td>49.04</td>
<td>2.253*</td>
</tr>
<tr>
<td>SD</td>
<td>16.16</td>
<td>21.07</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>29.16</td>
<td>42.32</td>
<td>2.525*</td>
</tr>
<tr>
<td>SD</td>
<td>12.71</td>
<td>27.64</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>21.32</td>
<td>29.52</td>
<td>2.692*</td>
</tr>
<tr>
<td>SD</td>
<td>12.31</td>
<td>19.64</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level

![Graph showing the comparison of Mental Health, Self Confidence, Depression, and Anxiety between Group game female Age Cat-II and Individual game female Age Cat-II sports player]
The table and graph showing that the group game female Age Cat-II players having the higher mental health than the individual game Age Cat-II female players the group games Age Cat-II female players mean score is 130.16 and the individual game Age Cat-II female players mean score is 117.92 the calculated t value is 2.211* this indicates the significance difference at 0.05 level. The group games female Age Cat-II players are having better mental health than the individual game Age Cat-II female players of the study.

In the self confidence the group game female Age Cat-II players mean score is 41 and the individual game Age Cat-II female players mean score is 49.04 the t value is 2.253* at 0.05 level which showing that the group game Age Cat-II female players are more self confidence than the individual game Age Cat-II female players of the study.

Depression is the psychological variable used in this study. In this test the group game Age Cat-II female players mean score is 29.16 and the individual game Age Cat-II female players mean score is 42.32 the t value is 2.525* significance at 0.05 level. This showing that the group game Age Cat-II female players having the mild depression and the individual game Age Cat-II female players are having the more depression that the counterparts.

Anxiety is the most importance psychological factor in the sports field the group game Age Cat-II female players mean score is 21.32 and the individual game Age Cat-II female players mean score is 29.52 the t value is 2.692* significance at 0.05 level.

The table No 12 showing the all four psychological factor differ between group game Age Cat-II female and individual game Age Cat-II female players due to differ in their nature of games.
Table No. 13
Mean, SD and t values of Group game female Age Cat-I and individual game female Age Cat-I sports player difference in their Psychological variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Age Cat-I</th>
<th>Age Cat-I</th>
<th>t-values</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mental Health</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>102.28</td>
<td>87.72</td>
<td>3.319*</td>
</tr>
<tr>
<td>SD</td>
<td>18.21</td>
<td>24.70</td>
<td></td>
</tr>
<tr>
<td><strong>Self Confidence</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>46.76</td>
<td>55.96</td>
<td>2.585**</td>
</tr>
<tr>
<td>SD</td>
<td>13.46</td>
<td>14.40</td>
<td></td>
</tr>
<tr>
<td><strong>Depression</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>36</td>
<td>53.44</td>
<td>3.893**</td>
</tr>
<tr>
<td>SD</td>
<td>11.20</td>
<td>25.46</td>
<td></td>
</tr>
<tr>
<td><strong>Anxiety</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>37.92</td>
<td>63.32</td>
<td>3.491*</td>
</tr>
<tr>
<td>SD</td>
<td>22.01</td>
<td>30.31</td>
<td></td>
</tr>
</tbody>
</table>

Significance at 0.05* & 0.01** level

![Chart showing the comparison of Mental Health, Self Confidence, Depression, and Anxiety between Age Cat-I and Age Cat-I sports player.](chart.png)
The table and graph showing that the group game female Age Cat-I players having the higher mental health than the individual game Age Cat-I female players the group games Age Cat-I players mean score is 102.28 and the individual game Age Cat-I female players mean score is 87.72 the calculated t value is 3.319* this indicates the significance difference at 0.05 level. The group games female Age Cat-I players are having better mental health than the individual game Age Cat-I female players of the study.

In the self confidence the group game female Age Cat-I players mean score is 46.76 and the individual game Age Cat-I female players mean score is 55.96 the t value is 2.585* significant at 0.05 level which showing that the group game Age Cat-I female players are more self confidence than the individual game Age Cat-I female players of the study.

Depression is the psychological variable used in this study. In this test the group game Age Cat-I female players mean score is 36 and the individual game Age Cat-I female players mean score is 53.44 the t value is 3.893* significance at 0.05 level. This showing that the group game Age Cat-I female players having the mild depression and the individual game Age Cat-I female players are having the more depression that the counterparts

Anxiety is the most importance psychological factor in the sports field the group game Age Cat-I female players mean score is 37.92 and the individual game Age Cat-I female players mean score is 63.32 the t value is 3.491* significance at 0.05 level.

The table No 13 showing the all four psychological factor differ between group game Age Cat-I female and individual game Age Cat-I female players due to differ in their nature of games.