

Mental Health of Physical Education and Non-Physical Education Students: A Comparative Study

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Abstract

With the aim to assess and compare the mental health status of physical education (PE) and non-physical education (NPE) students' present study was structured. Fifty students (twenty-five PE and twenty-five NPE) of AMU, Aligarh were the participants of the study. The age of the subjects were ranged from 17 to 24 years. PE students were those who are undergoing B.P.Ed. course and NPE students were those who are studying in B.A., B.Sc. and B.Com. at AMU, Aligarh. Mental health checklist (MHC) constructed by Kumar (1992) was used to measure the mental health status of the subjects. MHC is a self administering inventory and it was administered individually to the students in their respective classrooms. Scoring was done according to the instruction given in the test manual. The t-test was used to compare the mean score of PE students and NPE students on mental health. The results indicated that there were significant difference exists between PE students and NPE students at 0.05 level of significance. The physical education students have had better mental health in comparison with non-physical education students.

Keywords: Physical education students, non-physical education students, mental health.

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