



IMPORTANCE OF MENTAL HEALTH AMONG ATHLETES

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Abstract

Base Ball is ninety percent mental and other half is physical- Yogi Berra. Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health and Mental Health both are equally important for athlete and non- athlete. Being a great athlete not only requires great physical attributes, but also a mastery of the mental game. Most of the greatest athletes in sports history became great because they mastered the psychological aspect of their respective game. Health issues of Athletes concern the health and well-being of athletes who participate in an organized sport. If athletes are physically and mentally underdeveloped, they are susceptible to mental or physical problems. Mental health is a part of athlete health. Mental health exists on a continuum, with resilience and thriving on one end of spectrum and mental health disorders that disrupt a athlete's functioning and performance at the other. There are so many problems among athletes and non-athletes regarding mental health. So, the purpose of the research paper is to explore mental health of athletes.

Key Words-Health, Mental Health, Athlete, Non-Athlete, Social Well-Being.

Introduction

Health is: "a state characterized by anatomic, physiologic, and psychological integrity; ability to perform personally valued family, work, and community roles; ability to deal with physical, biological, psychological, and stress "Then in 1948, in a radical departure from previous definitions, the World Health Organization (WHO) proposed a definition that aimed higher: linking health to well-being, in terms of "physical, mental, and social well-being, and not merely the absence of disease and infirmity.

An athlete is a person who competes in one or more games that involve physical strength, speed or endurance. The application of the term to those who participate in other activities. Athletes may be professionals or amateurs. Most professional athletes have particularly well-developed physiques obtained by extensive physical training and strict exercise accompanied by a strict diet. Athlete is a Romanization of the Greek word. The primary definition of "sportsman" according to Webster's Third Unabridged Dictionary (1960) is, "a person who is active in sports, as one who engages in the sports of the field and especially in hunting or fishing." Athletes involved in isotonic exercises have an increased mean left ventricular end-diastolic volume and are less likely to be depressed.

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps in determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. If we experience mental health problems, our thinking, mood and behavior could be affected. Many factors contribute to mental health problems including:

1. Biological factors, such as genes or brain chemistry.
2. Life experiences, such as trauma or abuse.
3. Family history of mental health problems.

Physical activity has significant benefits for mental health. Therefore, each athlete needs to find a way to reap those benefits. yoga In addition, for many athletes high school sports are an accessible and enjoyable way to get moving, basketball, baseball, intramural sports, and youth track clubs are all options for adolescents. Moreover, youth athletes have the opportunity to gain benefits that go beyond physical and mental activity. Specifically, sports also provide self-esteem, teamwork skills, and a close community of peers and supportive adults. Science provides evidence of the positive impact of teen sports. According to a Canadian study published in the Journal of Adolescent Health, students who play team sports in grades 8 through 12 have less stress and better mental health as young adults. Researchers found that youth who were involved in school sports had better scores on all three



mental health assessments, compared with those who did not play sports at all. Therefore, the study found that playing school sports during adolescent years is significantly linked to lower depression symptoms, lower perceived stress, and better self-rated mental health in young adulthood. In other words, playing school sports from ages 12 to 17 protects young people from poor mental health four years later.

According to study co-author Catherine Sabastian, of the University of Toronto, “Team sports offer a heightened emphasis on group goals, social support, and sense of connection that provide more opportunity for learning adaptive coping strategies that can be essential for long-term mental health.”

Physical and Mental inactivity is associated with the development of psychological disorders. Thus, being inactive puts athlete at a higher risk of developing mental high conditions. Mental health in athletes is crucial to their health overall” said Vijay Jotwani, a Houston Methodist primary care sports medicine physicians. The biggest challenge is recognizing when an athlete might be struggling with mental health problems and helping him or her seek assistance from a medical professional. Playing sports has so many benefits, such as regular physical exercise and experience in team settings”. Jotwani said. However, we need to remove the stigma surrounding mental health and start focusing on encouraging athletes to be aware of their mental health and report symptoms. That is the first step in making sports safer for all.

Simon, Stefanie, Daveena, Patrick, Alexander finds in the study that elite athletes experience a broadly comparable risk of high-prevalence mental disorders (i.e. anxiety, depression) relative to the general population. Evidence regarding other mental health domains (i.e. eating disorders, substance use, stress and coping) is less consistent. The evidence base regarding the mental health and wellbeing of elite athletes is limited by a paucity of high-quality, systematic studies. Nonetheless, the research demonstrates that this population is vulnerable to a range of mental health problems (including substance misuse), which may be related to both sporting factors (e.g. injury, overtraining and burnout) and non-sporting factors. More high-quality epidemiological and intervention studies are needed to inform optimal strategies to identify and respond to player mental health needs. Goodarzi, Rajabi, Yousefi and Mansoo investigated the positive effect of physical activities on the rate of happiness among male and female participants in proper exercises. What is more interesting (as it was showed in this study) is the effect of physical activities on female athlete more than male participants. Athletics are beneficial for our physical health. In recent years, research has also found that sport participation can positively affect your mental health. Some benefits are as follows-

1. Athletics improve our mood.
2. Athletics improve our concentration.
3. Athletics reduce stress and depression.
4. Athletics improve sleep habits.
5. Athletics help maintain a healthy weight.
6. Athletics boost your self-confidence.
7. Athletics have been linked to leadership traits.

So, on the basis of all the above content related to mental health of athletes shows that really mental health is very much important not only for athletes but also for all human beings. If there is positive and sound mental health in a person there will be happiness and well-being in a healthy manner.

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