



Comparison of Mental Health Status between Sedentary Girls and Girls Regularly Taking Part in Karate.

*Ms Chaina Biswas ** Dr. Saikot Chatterjee ***Ms Susmita Dey

*Asst. Teacher Maharani Jyotirmoyee Balika Vidyalaya, Krishnagar, Nadia West Bengal ** Assistant Professor

*** Ms Susmita Dey Research scholar Department of Physical Education University of Kalyani.

Corresponding Author: Ms Chaina Biswas

ABSTRACT: The term martial art is derived from Latin, and means "arts of Mars", the Roman god of war. Martial arts are codified systems and traditions of combat practices, which are practiced for a variety of reasons: self-defense, competition, physical health and fitness, entertainment, as well as mental, physical, and spiritual development. Martial art is mainly based on hand fighting with the forms of martial art skills and battle. It includes moves such as kicking, beating, falling and catching. Most of the above motor skills are directly related with physical fitness, depend upon physical fitness and helps in development and nurturing of Physical fitness. Apart from its impact on physical health and fitness martial art has wide range of positive consequence on mental health. According to research findings there is a positive correlation between length of time practicing or belt rank and self-confidence (Duthie et al., 1978; Konzak and Bourdeau, 1984), independence, self-reliance (Konzak and Bourdeau, 1984; Kurian et al., 1994), and self-esteem (Richman and Rehberg, 1986). In this study the scholar premeditated to explore the difference of general mental health status between sedentary girls and girls regularly taking part in karate. To accomplish the study the author accumulated 57 girls from different karate training centers of West Bengal and 52 sedentary girls from different schools as subjects of the study. She used GHQ questionnaire for assessment of mental health status and standard statistical procedures for data analysis. It is revealed through data analysis that the girls regularly performing martial art like karate are notably better than the sedentary girls with regard to the dimensions of general mental health.

KEY WORDS: Martial, impact, behavior pattern.

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I. INTRODUCTION:

The term martial art is derived from Latin, and means "arts of Mars", the Roman god of war. Martial arts are codified systems and traditions of combat practices, which are practiced for a variety of reasons: self-defense, competition, physical health and fitness, entertainment, as well as mental, physical, and spiritual development. Martial art is mainly based on hand fighting with the forms of martial art skills and battle. It includes moves such as kicking, beating, falling and catching. Most of the above motor skills are directly related with physical fitness, depend upon physical fitness and helps in development and nurturing of Physical fitness. Apart from its impact on physical health and fitness martial art has wide range of positive consequence on mental health. According to research findings there is a positive correlation between length of time practicing or belt rank and self-confidence (Duthie et al., 1978; Konzak and Bourdeau, 1984), independence, self-reliance (Konzak and Bourdeau, 1984; Kurian et al., 1994), and self-esteem (Richman and Rehberg, 1986).

Background: The scholar being a female by gender, Physical educationist by professional and considering the importance of empowering females with the help of martial like Karate premeditated to explore the difference of general mental health status between sedentary girls and girls regularly taking part in karate and nominated to conduct her research study on the topic "Comparison of mental health status between sedentary girls and girls regularly taking part in karate".

II. METHODOLOGY:

To accomplish the study the author accumulated 57 girls from different karate training centers of West Bengal and 52 sedentary girls from different schools as subjects of the study. She used GHQ questionnaire for

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assessment of mental health status and standard statistical procedures for data analysis. It is revealed through data analysis that the girls regularly performing martial art like karate are notably better than the sedentary girls with regard to the dimensions of general mental health.

III. RESULT AND DISCUSSION:

On personal data:

In this chapter results of data analysis and related discussion have been presented. The results of data analysis have been presented in tabular form and comparisons of data have been portrayed with column chart and pie diagrams.

Table 1 Descriptive Statistics of age height and weight of sedentary girls

Personal Data	N	Minimum	Maximum	Mean	Std. Deviation
Age in Yrs	52	15.10	18.00	16.72	.792
Height in Mt	52	1.50	1.71	1.59	.053
Weight in Kg	52	34.6	73.7	49.79	9.46
Valid N (listwise)	52				

It appears from Table-1 that the mean of the age height and weight of the sedentary girls are 16.72, 1.59 and 49.79 and their S.D. is .79, .05 and 9.46 respectively.

Table 2 Descriptive Statistics of age height and weight of karate girls

Personal Data	N	Minimum	Maximum	Mean	Std. Deviation
Age in Yrs	57	12.1	18.1	15.01	1.41
Height in Mt	57	1.42	1.67	1.53	.06
Weight in Kg	57	37.4	80.0	51.07	9.97
Valid N (listwise)	57				

It appears from the Table-2 that the mean of the age height and weight of the Karate girls are 15.01, 1.53 and 51.07 and their S.D. are 1.41, .06 and 9.97 respectively.

On General Mental Health

Table no 3 Descriptive Statistics of General Mental Health of Sedentary Girls

General Mental Health	N	Range	Minimum	Maximum	Mean	Std. Deviation
Somatic Symptoms	52	13	8	21	14.87	3.016
Anxiety/Insomnia	52	16	9	25	16.56	3.268
Social Dysfunction	52	14	9	23	15.90	3.176
Severe Depression	52	20	7	27	13.92	4.554

From table no. 3 it is clear that the mean of the mental health variables Somatic Symptoms, Anxiety/Insomnia, Social Dysfunction, Severe Depression for Sedentary Girls are 14.87, 16.56, 15.90 and 13.92 and their SD. are 3.016, 3.268, 3.176, and 4.554 respectively.

Table no 4 Descriptive Statistics of General Mental Health of Karate Girls

General Mental Health	N	Range	Minimum	Maximum	Mean	Std. Deviation
Somatic Symptoms	57	12	7	19	11.53	3.230
Anxiety/Insomnia	57	15	8	23	13.04	4.031
Social Dysfunction	57	13	8	21	14.96	3.349
Severe Depression	57	14	7	21	9.95	2.961

From table no. 4 it is clear that the mean of the mental health variables Somatic Symptoms, Anxiety/Insomnia, Social Dysfunction, Severe Depression for Karate Girls are 11.53, 13.04, 14.96 and 9.95 and their SD. are 3.230, 4.031, 3.349, and 2.961 respectively.

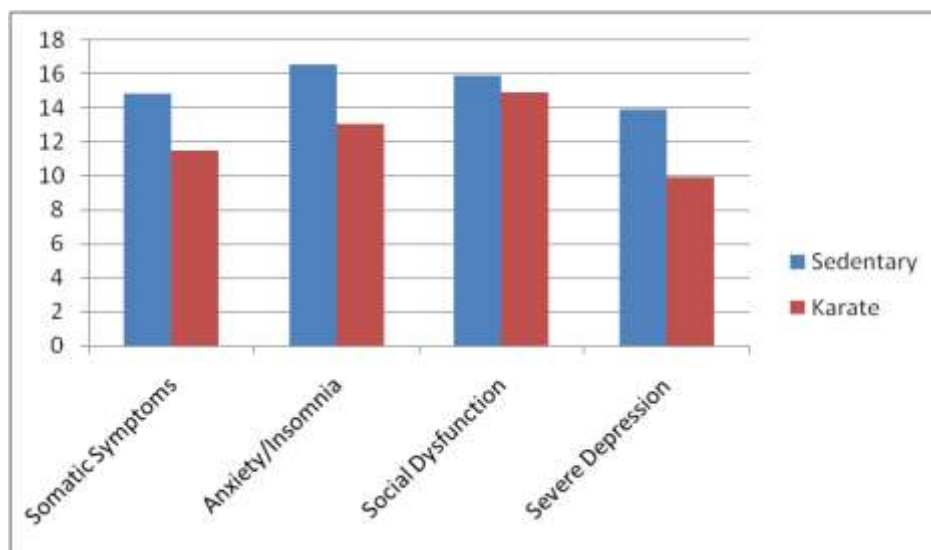


Fig.1 Column chart showing difference of health factor of both groups

From the column chart presented in Fig 1 it is clear that the girls regularly involved in the martial art karate are lower in all the health factors. Lower values in the dimensions like Somatic Symptoms, Anxiety/Insomnia, Severe Depression and Social Dysfunction resembles better mental health condition.

Table 5 Group Statistics of General Mental Health Scores of Sedentary and Karate Girls

General Mental Health	Status	N	Mean	Std. Deviation
Somatic Symptoms	Sedentary	52	14.87	3.016
	Karate	57	11.53	3.230
Anxiety/Insomnia	Sedentary	52	16.56	3.268
	Karate	57	13.04	4.031
Social Dysfunction	Sedentary	52	15.90	3.176
	Karate	57	14.96	3.349
Severe Depression	Sedentary	52	13.92	4.554
	Karate	57	9.95	2.961

Table 6 Results of Independent Samples Test for Comparison of Means of General Mental Health Scores of Sedentary and Karate Girls

General Mental Health		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	T	df	Sig. (2-tailed)
Somatic Symptoms	Equal variances assumed	0.694	0.407	5.563	107	0.000
	Equal variances not assumed			5.581	106.937	0.000
Anxiety/Insomnia	Equal variances assumed	4.061	0.046	4.982	107	0.000
	Equal variances not assumed			5.030	105.586	0.000
Social Dysfunction	Equal variances assumed	0.406	0.525	1.498	107	0.137
	Equal variances not assumed			1.502	106.830	0.136
Severe Depression	Equal variances assumed	10.810	0.001	5.450	107	0.000
	Equal variances not assumed			5.348	86.234	0.000

From group statistics presented in table no. 4 and result of independent samples t test presented in table no. 6 it is clear that there exist significant difference on the mental health dimensions Somatic Symptoms, Anxiety/Insomnia, Severe Depression except Social Dysfunction between girls performing karate and the

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sedentary ones. From the data analysis it is clear that in most of the important dimensions of mental health the karate girls are considerably better than the sedentary girls.

Findings: The findings of the study are as follows:

- i. The Karate girls are significantly better than the sedentary ones with respect to somatic symptoms.
- ii. The Karate girls are significantly better than the sedentary ones with respect to Anxiety/Insomnia.
- iii. The Karate girls are significantly better than the sedentary ones with respect to Severe Depression.
- iv. There is no significant difference on social dysfunction between sedentary girls and girls involved in regular Karate training.

IV. CONCLUSION:

From the data analysis it is clear that in most of the important dimensions of mental health the karate girls are considerably better than the sedentary girls. From the study it can be finally proclaimed karate training is a good sport activity for girls which not only help in maintenance of good physique or fitness it play a deciding role in maintaining sound mental health.

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