

IMPORTANCE OF MENTAL HEALTH, EMOTIONAL MATURITY AND ACHIEVEMENT MOTIVATION IN SPORTS PERFORMANCE

Dr. Rajesh V. Sanariya

JG College of Commerce, Gujarat University, Ahmedabad.
rajeshsanariya14177@gmail.com

Abstract

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. Today technology has permitted every sphere of human life. Sports are no exception to it. However, accomplishments in sports do not come easy. A high degree of success in sports, The main aim of modern sports competitions is to detect and diagnose the human ability at an early stage of life and channelize in the right direction to realize the achievements aimed at in a particular sports and games. Today's sports field is very competitive, so all the athletes compete in sports to win not to play. And at the same time all the competitors are equally physical fit and prepared. so if you want win in the competition then you have to sound mental health, Emotional maturity and Achievement Motivation.

Keywords: Achievement Motivation, Mental Health, Emotional Maturity, Sports Performance

INTRODUCTION

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.

Today technology has permitted every sphere of human life. Sports are no exception to it. Science applied to sports has enabled modern youth to develop physical capacities beyond anything earlier imagined. Sports have become highly competitive and records are being broken with great rapidity.

However, accomplishments in sports do not come easy. A high degree of success in sports, as measured through external means such as records, recognition, and rewards, or internal means, such as perceived satisfaction and fulfillment, is certainly not realized overnight. Most sports are complex and quite challenging.

The main aim of modern sports competitions is to detect and diagnose the human ability at an early stage of life and channelize in the right direction to realize the achievements aimed at in a particular sports and games.

Today investigations by experts in psychology have given a new respectability to the study of sports. 'Sports should be studied because of its importance in our society and also should be studied as a continuation of the process of maturation of the individual, as a means by which the individual and society may be directly evaluated and improved, and as a process by which scientific knowledge may be furthered.

Psychology as a behavioral science has made its contribution in this regard. It has helped coaches to coach more effectively and athletes to perform more proficiently. Psychology is also concerned with the total well-being and personal adjustment of those involved in sports. Psychologists are concerned with behavior - understanding, explaining, and even predicting it.

With the growing interest of the psychologists to know and to understand the behavior of the human being new fields have opened for the coaches and psychologists to study the behavior on and outside the athletic fields, explaining their behavior and predicting it on the basis of the information collected with the help of various scientific enquires.

The sports psychology employs the concepts, theories and tools of the larger field of psychology in seeking to describe, control and predict the behavior of those involved in sports. And the sports psychologist seeks to use knowledge for the ultimate improvement of performance in sports and or satisfaction with sports.

With growing concern for the improvement of Sports performance and heightened recognition of the importance of psychological preparation of athletes the future of the psychological study of sports appears robust.

Sports performance is the sum of numerous factors which can vary from individual to individual. A few centimeters and fraction of seconds decide the record performance, victories or defeat in tough international competitions. It is very important to identify and fully mobilize each individual potential.

High level performance of a sportsman depends upon his psychological makeup. Different psychic abilities play decisive roles in achieving top level performance in track and field athletics. Therefore superb psychological

fitness and training of the individual are important factors, which help in achieving outstanding performance. Psychology can help the sportsmen in the activity of sports excellence. Role of psychology in selection of sports, training materials and rehabilitations would definitely help in achieving sports excellence. The emphasis has been laid on pointing out that psychology and sports converge at the same point and excellence in sports can be optimally obtained by developing appropriate strategies.

OBJECTIVES

- Find out of Mental Health in Sports Performance
- Find out of Achievement Motivation in Sports Performance
- Find out Emotional Maturity in Sports Performance.

REVIEW OF LITERATURE

Mostafia Ali conducted a study titled The Comparison Between Athlete Women and Non-Athlete Women Regarding Mental Health and Happiness. The aim of the present research was to study the mental health and happiness of female athletes and female non-athletes. The present research included 720 subjects.

In the present research, Goldberg's Generous Health Questionnaire was used to measure mental health. The "t" test was used for statistical analysis in the present research.

Studying the findings of the present research, it was found that there was a significant difference in mental health between female athletes and female non-athletes. There was a significant difference in positive and negative emotions, satisfaction and happiness between female athletes and female non-athletes.

Syed Jafar Mousavi conducted a study titled Relationship Between Personality Traits and Mental Health Emotional Intelligence of Female Student Athletes. The purpose of the present research was to use Goldberg's Generic Health Questionnaire (GHQ) to obtain information on mental health among student athletes. Pearson correlation test was used to test the hypothesis.

Studying the findings of the present research, it was found that there was a negative relationship between emotional intelligence and personality traits. Also, there was no significant relationship with mental health.

Dhonde S. P. conducted a study under the title of A Study of Mental Health Among Sportsmen and Non-Sportsmen. The aim of the present study was to investigate the mental health of sportsmen and non-sportsmen. In the present research, 180 students were selected from Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra state as subjects. The age of the subjects was 18 to 25 years. In the present research, C.G. Deshpande Mental Health Test was used to obtain information on mental health.

In the present research, sportsmen and non-sportsmen from rural and urban areas were selected as independent variables and mental health as dependent variable. "t" test was used for data analysis.

Looking at the findings of the present research, it was found that there is a difference between the mental health of sportsmen and non-sportsmen. Also, the mental health of sportsmen was found to be better than that of non-sportsmen.

Bhandari Deepak and Bhandari Rekha conducted a study titled Mental Health of Young Male and Female Sports Players: A Comparative Study. The aim of the present research was to study the mental health of male and female sports players. In the present research, 45 male and 45 female sports players were selected as subjects from government schools of Haridwar district of Uttarakhand. The test developed by Langer was used to obtain information on mental health. In the present research, "t" test was used to perform statistical analysis. The findings of the present research revealed that female and male sports players did not appear to be different in terms of mental health, so there was no significant difference between them.

Resedaghani Z. and Semihezari M. conducted a study in Iran titled Comparison of the Happiness Between Athlete Girls Students and Non-Athlete Girls Students. The aim of the present study was to study the mental health of female students of Islamic University who participate in sports and those who do not participate in sports. A total of 280 subjects were included in the present study. Of these, 145 were athletes and 135 were non-athletes. The Oxford Happiness Inventory was used to obtain information on mental health.

The findings of the present study showed that the mental health of athletes was higher than that of non-athletes.

Calif et al. conducted a study titled The Contribution of Emotional Maturity as an Outer Cover on the Cognitive Power of Adolescents. The subjects were selected from Univ. of California Irvine – USA Temple Univ. USA, Georgetown Univ.- USA and Univ. of Colorado – USA. The main purpose of the present research was to measure the effect of emotional maturity on the cognitive power of adolescents. A total of 935 people aged 10 to 30 years were selected as a sample for the present research. In which the comparison of emotional maturity was used. The conclusion was that the development of cognitive power occurs in adolescents at the age of 16 years. While emotional maturity develops in adolescents at the age of 22 years, the researcher found out at the end of the research.

A) Achievement Motivation:

Achievement motivation has a rich tradition that provides insights applicable to sport competition in the most common achievement situation in sport, but achievement also occurs in non-competitive situation when individuals compare their performance to personal standards.

B) Mental Health:

Mental health has expanded and its application is seen in all educational activities. Educationists take interest in developing positive attitudes and positive personalities in their students. Sound mental health can result in overall well-being.

In English there is a saying that “If wealth is lost something is lost but if health is lost everything is lost”. We understand that good physical and mental health plays an important role in living a wholesome fulfilling life. Physical and mental health are the two sides of the same coin and imbalance in one can affect the balance in the other, for example, weak health can lead to mental stress and even after recovery if a person continues to remain stressed or depressed it can lead to poor physical health. A person can be said to be in good health only if he/she is mentally and physically fit.

Mental health science means the science of keeping the mind healthy and peaceful. The mind can be kept healthy, when his/her thoughts are in a harmonious condition and he/she is able to lead a satisfying and fulfilling life with family and society. Man in his effort to solve problems related to finance, family, business etc. loses his peace of mind and the question of keeping peace of mind acquires importance. Today mental health and problems related to it are studied and discussed at an international level.

C) Emotional Maturity:

Emotional maturity is the ability to handle situations without unnecessarily escalating them. Instead of seeking to blame someone else for their problems or behavior, emotionally mature people seek to fix the problem or behavior. And in sports this type of emotional maturity is a very important and necessary aspect.

CONCLUSIONS

Today's sports field is very competitive, so all the athletes compete in sports to win, not to play. And at the same time all the competitors are equally physically fit and prepared. So if you want to win in the competition then you have to have sound mental health, emotional maturity and achievement motivation.

REFERENCES

- [1] Chakraborty, Samiran, Sports Psychology, (Delhi: Sports Publication, 2007).
- [2] Kamlesh M.L & M. S. Sanghal, Principle and History of Physical Education (Ludhiana : Prakash Brothers, 1981)
- [3] Tiger Josiver S., Khan, H. A. and Saini J.S., “A Study of Psychological demands of high level performance in athletics events as perceived by the experienced coaches and athletes”, (SNIPES, July 1986).