



Sports and Mental Health: A Review

Prof. Wazarkar U. M.¹

Head of Dept. Phy.Edu & sports

Siddharth College, Jafrabad

Dr. Suhas Yadav²

Head of Dept. Phy.Edu. sports

Arts, comm. & science college kannad

Abstract

The article presented provides useful information on sports and mental health. Sports improve mental health. Mental health is essential for improving the performance and winning of sports at the highest levels. Mental health problem is increasing in the fast and competitive life. Stress, anxiety, aggression, emotions, sadness and properly expressing success are all things that can be handled well through sports. In the article definition of the game, the effect of poor mental health on sport the definition of mental health, the impact of the game on mental health, the mental health problems and solutions to the player are mentioned here.

Key Word: Sport, Mental Health.

Introduction:

The history of the game is very old. In the old days, sports depended on hunting, self-defence, war, for example. Archery, Fencing, Recalling, Gada Fight. Later on, games were played for entertainment, financial gain, fame, professional gain, physical and mental health. For example carrom, cricket, rifle, and pistol shooting, volleyball, basketball etc.

Playing sport on higher level require higher level good mental health. If mental health is good players can make the right decisions quickly improve the player's performance, generally there is no sense, if the performance is low or the match is lost. The player is not confused at the

crucial moment. Winning a match does not make him over-confident. Aggression level is normal. There is no feeling of rivalry about the opponent. The player's offspring does not collapse and most importantly his concentration is good. If mental health is good due to the fact that no matter how hard the opponent tries the player's mentality is not distracted.

Goal: Aims:

- 1) Explain how mental health is affected by sports.
- 2) Explain the benefits of sports due to good mental health
- 3) Give information about sports and mental health.

Research Methodology:

The research methodology depends on the nature of the research. The research methodology is used in the research presented. These include surveying, describing, observations and reviewing related literature.

Sports: Sports is a natural process. Whether it is human beings or both are play naturally and enjoy sports. Sport is a deliberate act of overtime. Sports is needs of the living thing. Sports promote the physical, mental development of a human being. Sports work well in the digestive system tract, circulation, respiration, excretion, etc. The greater movement, the muscles, joints, all work well.

Mental Health: Good mental health is the right mental response to various aspects of society. In the current fast life and competitive life and various types of mental illness is increasing in person. It affects the body. Excessive anxiety, aggression, lack of mental concentration, lack of proper mental response, forgetfulness are symptoms of mental illness.

Sports and Mental Health: Sport is a very important factor in achieving mental health. The sports help to reduce the tension of the mind. Emotions are expressed, sports utilize spare time, personality develops, happiness is expressed, decision making abilities, players can express various emotions, sports have various physical benefits, and good health is good for mental health.

The psychological benefits of Sports:

Sport/ Game	Benefits
Rifle and pistol shooting, archery	concentration increases
Basketball,Cricket, Hockey, Football, etc.	Decision capacity increases
Log Distance Runs, Boxing	Stamina Increases
All games	controlled by emotion

The side effects of poor mental health in the sport:

1. A player's performance deteriorates.
2. Have a quarrel with a fellow player and with a competitive player.
3. Sorrow and happiness cannot be digested.
4. Anger comes early.
5. There is no progress in the sport.

The benefits of having good mental health in sports at a higher level.

1. Improves player performance.
2. The player can calmly combine opinion and intelligence.
3. Players can get the support of accompanying players.
4. The right tactics can be devised.
5. Increases your chances of winning.

A good sports coach requires knowledge of psychology. The Coach not only teach the players skills but also strengthen them physically and mentally. They prepare mentally for practice and competition.

The following are the mental problems that a player may face.

1. Mental Fatigue: Players get tired of practicing or playing matches consistently.

2. **Anxiety:** Players are concerned about the injury and loss of the game. Excessive worry is deadly.
3. **Stress:** If the workout does not improve by practicing the game for long periods of time, the player gets stress.
4. **Aggression:** The player's desire to win increases his aggression and thus increases his chances.
5. **Break the Concentration:** Concentration is a very essential factor for any sport. The left side of the competition can disrupt concentration and all of the above factors can adversely affect the sports performance of the players.

The following are the solutions to the mental problems of players.

1. **Mental Fatigue:** Give players practice with proper training session, as well as giving them proper rest between practice and competition. From this give players relief from mental fatigue.
2. **Anxiety:** Provide the right materials to prevent the player from getting hurt. Keeping players on the field of medical service is a part of the game. Telling this understanding so they will not be afraid of defeat. They will not be concerned about the above.
3. **Stress:** If player not improve the performance or increase the practice load by continuous practice in such situations where the players are stressed, the stress can be reduced by giving the mental support to the players and increasing the level slow of training in the game.
4. Providing the player complete information and guidance about the timing of the tournament, geographical situation of the competing player, the fear of the player being reduced in the competition. The above factors reduce the player's fear of competition. The above factors improve the performance of the player and increase the chances of winning.

Conclusion: This article give information sport and mental health. Sports improve mental health. Also, mental health of the players is very important to perform well at the highest level and to win.

Reference:

Dr.Ajamer Singh (2004), Olympic Abhiyan

K. Chandrashekar, Sports Training, KhelSahitya Kendra

Prof. Aalegavakar, Sports Psychology

Ramesh Chandra Kavar (1995), ManovigyanShastra