

## **The role of Indoor Games in enhancement of Mental Health**

**A.Sankar Reddy**

Lecturer in Physical Education, Rayalaseema College of Physical Education, Proddatur,  
Andhra Pradesh.

### ***Introduction:***

*Mental health is a complex phenomenon depends on a set of familiarly personal, psychological and social variables. Mental health is an important feature as the physical health of a person to make him complex with balance mental disposition of the children to cope with life more effectively and productively.*

**Effects of Indoor games on Mental Health:** In this article, health is considered to be a dynamic balance between resources and potential risk factors. Sport and physical activity may represent resources that do not only contribute to an increased well-being, but also to an improved self-concept as a cognitive representation of one's health-status. It would provide clue whether sports are truly fulfilling this much-publicized purpose or the differences in their mental health status are defeating the fundamental purpose of sports promotion.

### **Objectives of the Study:**

- To examine the level of Mental Health of GRADUATION students of Sri Venkateswara University
- To find out the influence of indoor games on mental health of sample group.

### **Hypothesis of the Study:**

- There would be significant difference between in the Mental Health level of GRADUATION students of Sri Venkateswara University.
- There would be significant effect of indoor games on mental health of GRADUATION students of Sri Venkateswara University.

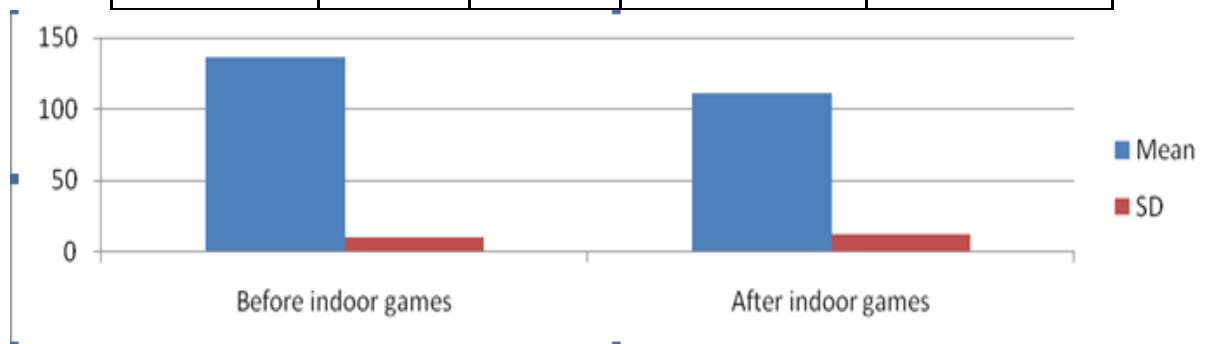
### **Collection of Data:**

- The data were collected from the GRADUATION students of Sri Venkateswara University who were administered the Mental Health scale during the Indoor games competitions.
- The data was collected twice before indoor games two weeks involving in indoor activities. Low score means High mental Health.

**Analysis and interpretation of data:**

**Table -1 Mental Health levels before & after involving in the indoor games.**

	mean	n	Std deviation	T value
<b>Before indoor games</b>	<b>136.40</b>	<b>50</b>	<b>9.97</b>	<b>9.04</b> <b>Significant at 0.05 level*</b>
<b>After indoor games</b>	<b>110.70</b>	<b>50</b>	<b>12.54</b>	



This table & graph were shown score of mental health of the GRADUATION students of Sri Venkateswara University. Before the indoor games the researcher was taken the mental health data was higher,(136.40) After the involvement in indoor games for two weeks again the data was taken the mean score of post measurement of mental health was 110.70 (mean score)

This study revealed that the indoor games like, Volleyball, Badminton, Tennis, etc. were positive impact on the mental health of GRADUATION students of Sri Venkateswara University, Andhra Pradesh, INDIA.

**Recommendation:**

- This study may extend to the various sample groups like teachers, bank employee`s & patients those suffering from low mental health.

**Conclusion:**

- This study found that the indoor games like Volleyball, Badminton, Tennis, etc. were having the positive impact on the mental health of the GRADUATION students of Sri Venkateswara University.

**References:**

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