



PHYSICAL WELL -BEING OF SWIMMERS AND PLAYERS OF OTHER SPORTS DISCIPLINE

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Abstract: The primary objective of the study was to determine the Physical **well -Being** of mental Health of the swimmers and players of different sports discipline. The Universe of the study shall be the swimmers and players of different sports discipline of who has been minimum participating in intercollegiate tournament, Total 300 swimmers and 300 players from different sports discipline was taken from Kabaddi , Kho-Kho and volleyball with 100 in each group, self design was used to measure the mental health of the population. The result reveals that No significant difference of exercise aspect of universal supreme health for all physical well-being was found between Swimmers and Non-Swimmers . The findings of the study indicate that, Swimmers were found to have got better Nutrition aspect of universal supreme health for all physical well-being as compared to their counterparts Non-Swimmers. The findings of the study indicate that, Non-Swimmers were found to have got better supreme health for all physical well-being as compared to their counterparts Swimmers.

INTRODUCTION

Swimming helps adults keep on top of their mental health by helping reduce with stress and anxiety, and improving their quality of life, Swimming helps older people stay mentally agile, by helping slow the decline of things like memory that can often happen as we age. Swimming remains one of the most popular forms of physical activity across the world and may offer a unique opportunity to promote, maintain, and improve wellbeing (<https://myswimpro.com/blog/2017/11/17/the-wellbeing-benefits-of-swimming/>). Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many physical and mental health benefits. Swimming is a great recreational activity for people of all ages. Swimming can provide you with a low-impact workout and it's a good way to relax and feel good(<https://www.betterhealth.vic.gov.au/health/healthyliving/swimming-health-benefits>). Swimming has a positive impact on a range of physical and mental health conditions including obesity, Blood Pressure , Diabetes and other diseases . Other sporting activity not only helps develop aerobic fitness, but is also good for the development of strength and balance . Swimming and other sporting activities are great way to increase your body's capacity for high-quality sleep, which in turn can help you feel less stressed out. When you work hard during the day and expend a lot of energy, naturally you'll probably feel more tired later than if you just sat around all day.

METHODS

The Universe of the study shall be the **swimmers and players of different sports discipline** of who has been minimum participating in intercollegiate tournament sampling frame divided in biological maturity also. The method of sample was purposive –A non-random method of sampling **swimmers and players of different sports discipline** with a specific purpose. Total 300 swimmers and 300 players from different sports discipline was taken from Kabaddi , Kho-Kho and volleyball of with 100 in each group. The investigator was personally contacted to the respondent and the purpose of the research was explained to them. The questionnaires with consent form were distributed to the respondent and the complete filled in questionnaire was recollected later on. The required instructions about how to respond through the questionnaire was given by the investigator to the respondents. Mean, Standard deviation T-test was used to compare the categorical variables among the groups.



TABLE -1
THE MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF THE EXERCISE ASPECT OF UNIVERSAL SUPREME HEALTH FOR ALL PHYSICAL WELL-BEING BETWEEN SWIMMERS AND NON-SWIMMERS.

DIMENSION	Sample	NUMBER	MEAN	S.DS.	T-RATIO
Exercise	Swimmers	300	3.68	0.52	1.34 NS
	Non-Swimmers	300	3.98	0.57	

Table -1 shows the Mean scores and Standard deviations of exercise aspect of universal supreme health for all physical well-being between Swimmers (SWM) and Non-Swimmers (NSWM).

FIGURE -1 ILLUSTRATES THE MEAN SCORES (MS) AND STANDARD DEVIATIONS (SDS) OF EXERCISE ASPECT OF UNIVERSAL SUPREME HEALTH FOR ALL PHYSICAL WELL-BEING BETWEEN SWIMMERS (SWM) AND NON-SWIMMERS

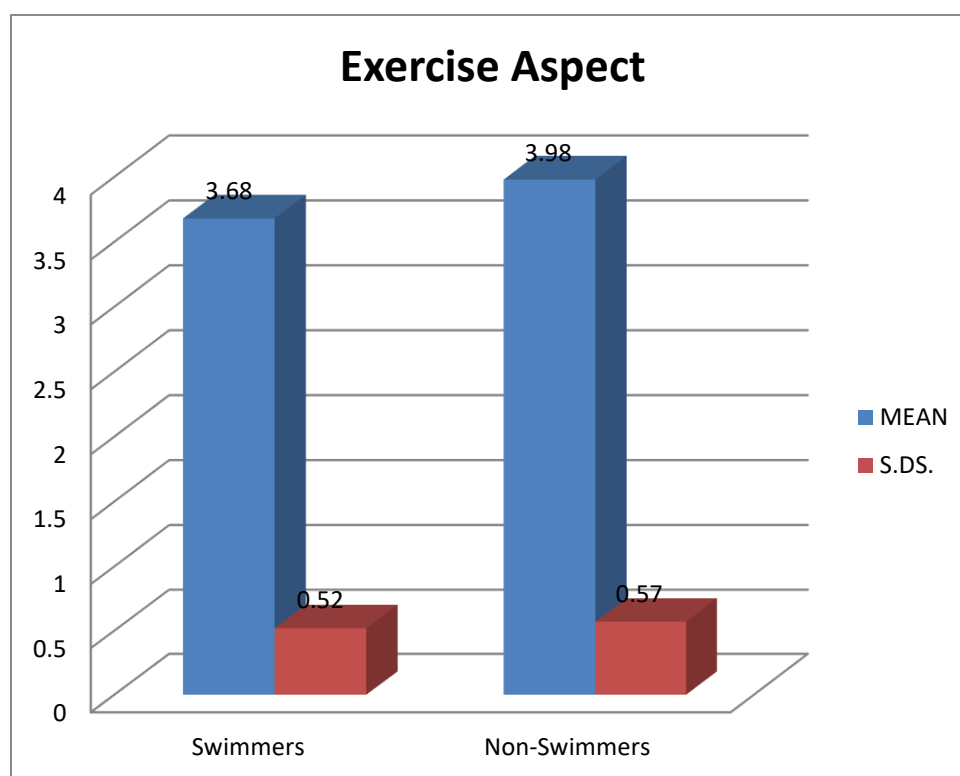


TABLE-2
MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF THE NUTRITION ASPECT OF UNIVERSAL SUPREME HEALTH FOR ALL PHYSICAL WELL-BEING BETWEEN SWIMMERS AND NON-SWIMMERS.

DIMENSION	SAMPLE	NUMBER	MEAN	S.DS.	T-RATIO
Nutrition	Swimmers (SWM)	300	4.58	0.46	3.80*
	Non-Swimmers (NSWM)	300	3.60	0.48	

***Significant**

Table -2 shows the Mean scores and Standard deviations of Nutrition aspect of universal supreme health for all physical well-being between Swimmers (SWM) and Non-Swimmers (NSWM).



FIGURE -2 ILLUSTRATES THE MEAN SCORES (MS) AND STANDARD DEVIATIONS (SDS) OF NUTRITION ASPECT OF UNIVERSAL SUPREME HEALTH FOR ALL PHYSICAL WELL-BEING BETWEEN SWIMMERS (SWM) AND NON-SWIMMERS

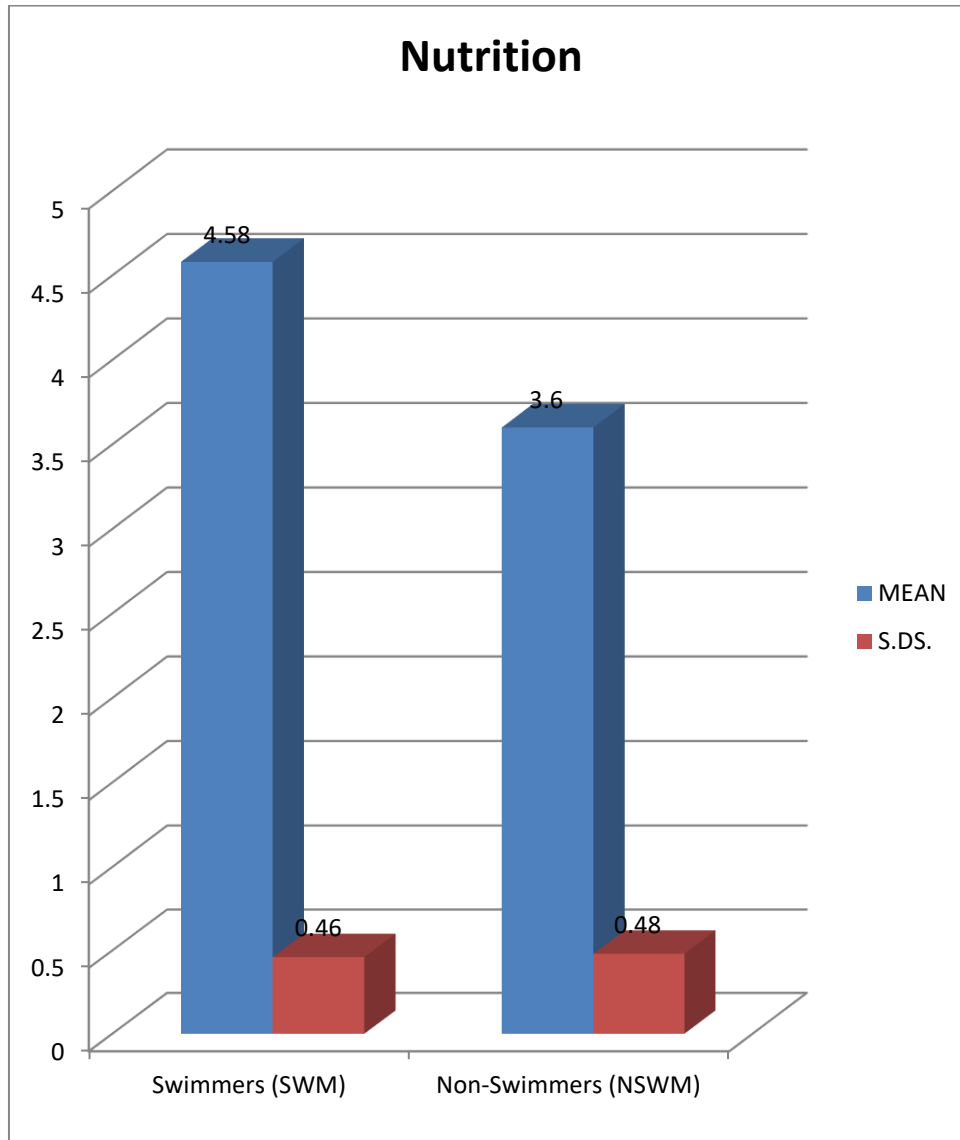


TABLE-3

MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF THE HYGIENE AND SAFETY ASPECT OF UNIVERSAL SUPREME HEALTH FOR ALL PHYSICAL WELL-BEING BETWEEN SWIMMERS AND NON-SWIMMERS.

DIMENSION	SAMPLE	NUMBER	MEAN	S.DS.	T-RATIO
Hygiene and safety	Swimmers (SWM)	300	3.65	0.42	<i>1.70</i>
	Non-Swimmers (NSWM)	300	3.98	0.35	

Table -3 shows the Mean scores and Standard deviations of Hygiene and safety aspect of universal supreme health for all physical well-being between Swimmers (SWM) and Non-Swimmers (NSWM).

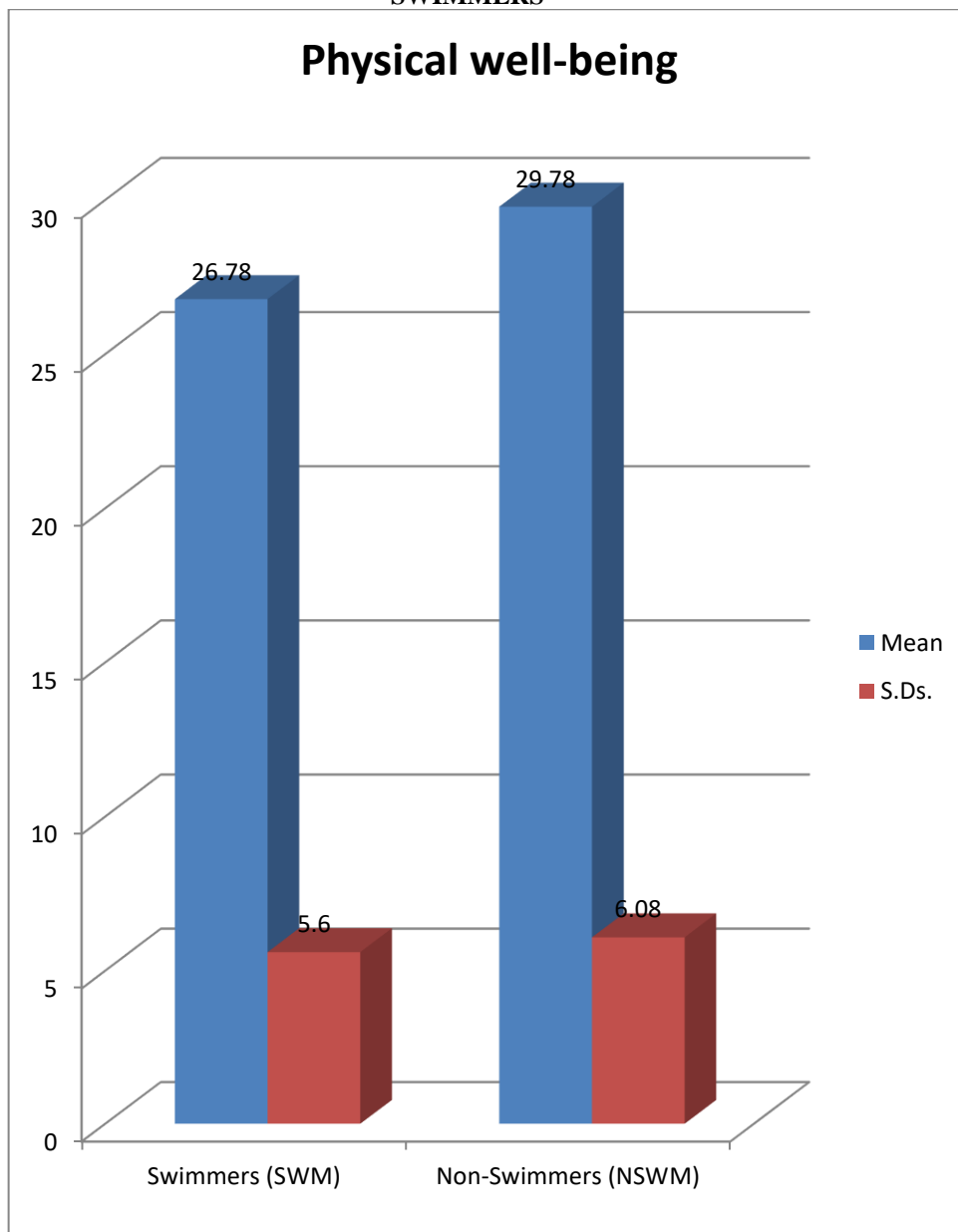


TABLE-4
MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF THE SUPREME HEALTH FOR ALL PHYSICAL WELL-BEING BETWEEN SWIMMERS AND NON-SWIMMERS.

<i>Dimension</i>	SAMPLE	<i>Number</i>	<i>Mean</i>	<i>S.Ds.</i>	<i>t-ratio</i>
Physical well-being	Swimmers (SWM)	300	26.78	5.60	5.32*
	Non-Swimmers (NSWM)	300	29.78	6.08	

Table -9 shows the Mean scores and Standard deviations of supreme health for all physical well-being between Swimmers (SWM) and Non-Swimmers (NSWM).

FIGURE -9 ILLUSTRATES THE MEAN SCORES (MS) AND STANDARD DEVIATIONS (SDS) OF SUPREME HEALTH FOR ALL PHYSICAL WELL-BEING BETWEEN SWIMMERS (SWM) AND NON-SWIMMERS





DISCUSSION

The mean scores (MS) of exercise aspect of universal supreme health for all physical well-being of Swimmers (SWM) were obtained 3.68 and the mean scores (MS) of exercise aspect of universal supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 3.98 respectively. The Standard Deviations (SDs) of exercise aspect of universal supreme health for all physical well-being of Swimmers (SWM) were obtained 0.52 and the Standard Deviations (SDs) of exercise aspect of universal supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 0.57 respectively. The result given in Table 1 reveals that No significant difference of exercise aspect of universal supreme health for all physical well-being was found ($t=1.34$) between Swimmers (SWM) and Non-Swimmers (NSWM). The mean scores (MS) of Nutrition aspect of universal supreme health for all physical well-being of Swimmers (SWM) were obtained 4.58 and the mean scores (MS) of Nutrition aspect of universal supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 3.60 respectively. The Standard Deviations (SDs) of Nutrition aspect of universal supreme health for all physical well-being of Swimmers (SWM) were obtained 0.46 and the Standard Deviations (SDs) of Nutrition aspect of universal supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 0.48 respectively. The result given in Table 2 reveals that significant difference of Nutrition aspect of universal supreme health for all physical well-being was found ($t=3.80, P<.05$) between Swimmers (SWM) and Non-Swimmers (NSWM). The findings of the study indicate that, Swimmers were found to have got better Nutrition aspect of universal supreme health for all physical well-being as compared to their counterparts Non-Swimmers (NSWM).

The mean scores (MS) of Hygiene and safety aspect of universal supreme health for all physical well-being of Swimmers (SWM) were obtained 3.65 and the mean scores (MS) of Hygiene and safety aspect of universal supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 3.98 respectively. The Standard Deviations (SDs) of Hygiene and safety aspect of universal supreme health for all physical well-being of Swimmers (SWM) were obtained 0.42 and the Standard Deviations (SDs) of Hygiene and safety aspect of universal supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 0.35 respectively. No Significant difference of Hygiene and safety aspect of universal supreme health for all physical well-being was found between Swimmers (SWM) and Non-Swimmers (NSWM).

The mean scores (MS) of supreme health for all physical well-being of Swimmers (SWM) were obtained 26.78 and the mean scores (MS) of supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 29.78 respectively. The Standard Deviations (SDs) of supreme health for all physical well-being of Swimmers (SWM) were obtained 5.60 and the Standard Deviations (SDs) of supreme health for all physical well-being of Non-Swimmers (NSWM) were obtained 6.08 respectively. The result given in Table-4 reveals that significant difference of supreme health for all physical well-being was found ($t=5.32^*, P<.05$) between Swimmers (SWM) and Non-Swimmers (NSWM). The findings of the study indicate that, Non-Swimmers (SWM) were found to have got better supreme health for all physical well-being as compared to their counterparts Swimmers.

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