



A Psychological Screening Of The Mental Health Of National Level Male And Female Sports Cicerone Of India

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ABSTRACT

Introduction: This study assesses the mental health disparities between male and female national-level coaches in India, aiming to understand the influence of gender on various components of mental health within the coaching profession.

Methodology: A quantitative approach was employed, involving 100 national-level coaches (50 male and 50 female) in India. Data were collected on mental health and its components, including Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group-Oriented Attitudes, and Environmental Competence. Independent samples t-tests were used for the analysis.

Results and Discussion: Significant gender differences were found in several components of mental health. Male coaches reported higher overall mental health scores, Positive Self-Evaluation, Group-Oriented Attitudes, and Environmental Competence. Female coaches demonstrated a higher Integration of Personality. No significant differences were observed in Perception of Reality and Autonomy. These findings suggest that gender-specific factors influence the mental health of coaches, highlighting areas where targeted interventions could enhance well-being and professional effectiveness.

Conclusion: The study reveals significant mental health disparities between male and female national-level coaches in India, underscoring the need for gender-sensitive support programs in the coaching profession. Tailored interventions addressing the identified disparities can contribute to the development of a more supportive, effective, and inclusive coaching environment.

KEYWORDS: Mental Health, Gender Differences, Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group-Oriented Attitudes, Environmental Competence, Sports Psychology

INTRODUCTION

Background

In the high-stakes environment of national-level sports, the mental health of coaches plays a pivotal role in shaping the dynamics of training, performance, and overall team morale. Coaches are not just strategists; they are mentors, motivators, and often the emotional backbone of their teams. Given their influential position, the psychological well-being of these individuals has far-reaching implications, not only for their personal health but also for the effectiveness of their coaching and the performance of their athletes. Recent studies have begun to shed light on the psychological challenges faced by coaches, including stress,

burnout, and the pressure to perform, suggesting a critical need for a deeper understanding of their mental health landscape.

The Importance of Gender Perspective

The intersection of gender with the mental health of coaches introduces an additional layer of complexity. Gender differences in psychological well-being have been extensively documented in various fields, with societal, cultural, and biological factors all playing contributory roles. In the context of sports coaching, where male and female coaches may face different expectations, challenges, and opportunities, exploring these differences becomes crucial. Such an exploration not only helps in identifying specific needs but also in tailoring interventions that address the unique pressures and challenges encountered by coaches of different genders.

Study Objective

This study aims to assess and compare the mental health and its underlying components among male and female national-level coaches in India. Through a comprehensive analysis of various mental health components—including Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group-Oriented Attitudes, and Environmental Competence—this research seeks to uncover significant gender-based differences. The objective is twofold: first, to provide a nuanced understanding of the mental health status of national-level coaches in India across genders; and second, to identify areas where targeted psychological interventions could significantly impact their professional well-being and, by extension, their effectiveness as coaches.

Significance of the Study

The findings of this study hold the potential to significantly influence coaching practices, coach education programs, and sports psychology interventions within India and potentially in other similar contexts. By highlighting specific areas of mental health where gender disparities exist, the research offers a roadmap for sports organizations and psychological support services to develop more nuanced, effective support mechanisms. Ultimately, this study not only contributes to the academic literature on sports psychology and coaching but also provides practical insights that can enhance the well-being of coaches, the quality of coaching, and the performance of athletes at the national level.

METHODOLOGY

The study employed a quantitative research design, involving 100 participants (50 male and 50 female coaches). Data were collected on various components of mental health and analysed using descriptive statistics and independent samples t-tests to identify any significant differences between genders.

RESULTS

1. TEST OF COMPARISON (MALE AND FEMALE COACHES)

Table 1.1
Group Statistics

	Coaches	N	Mean	Std. Deviation
Mental Health	Male	50	188.5000	4.06202
	Female	50	183.2200	5.77924

Table 1.2
Independent Samples Test

		t-test for Equality of Means			
		t	df	Sig. (2-tailed)	Mean Difference
Mental Health	Equal variances assumed	5.285	98	.000	5.28000
	Equal variances not assumed	5.285	87.916	.000	5.28000

The t-test results from Table 30.2 indicate a statistically significant difference in the mental health scores between male and female coaches, with male coaches reporting higher scores on average. The significant p-value ($< .000$) strongly suggests that the observed difference is not due to random chance but reflects a true difference in the population from which the sample was drawn.

TEST OF COMPARISON OF MENTAL HEALTH COMPONENTS**2. Positive Self-Evaluation****Table 2.1****Group Statistics**

	Coaches	N	Mean	Std. Deviation
Positive Self-Evaluation	Male	50	33.1200	2.24645
	Female	50	31.0400	3.37433

Table 2.2**Independent Samples Test**

		t-test for Equality of Means			
		t	df	Sig. (2-tailed)	Mean Difference
Positive Evaluation	SelfEqual variances assumed	3.628	98	.000	2.08000
	Equal variances not assumed	3.628	85.304	.000	2.08000

The analysis of Table 2.1, Table 2.2 reveals a significant gender difference in Positive Self-Evaluation among national level coaches. Male coaches exhibit a higher average score (33.12) with a relatively narrow standard deviation (2.24645), suggesting a homogenous and elevated self-assessment across the group. This uniformity in high positive self-evaluation implies a strong and consistent self-belief among male coaches, potentially contributing to their confidence in decision-making and leadership within the sporting domain.

3. Perception of Reality**Table 3.1****Group Statistics**

	Coaches	N	Mean	Std. Deviation
Perception of Reality	Male	50	29.4200	2.11013
	Female	50	28.8800	2.12507

Table 3.2

Independent Samples Test

	t-test for Equality of Means			
	t	df	Sig. (2-tailed)	Mean Difference
Perception of Reality Equal variances assumed	1.275	98	.205	.54000
Equal variances not assumed	1.275	97.995	.205	.54000

Table 32.1 and Table 32.2 examination suggests that both male and female coaches share a closely aligned perception of reality, with male coaches scoring slightly higher (29.42) compared to female coaches (28.88). However, the similarity in standard deviations for both groups and the nonsignificant p-value (.205) point towards a negligible difference in how both genders perceive and interpret their coaching environments and outcomes. This finding indicates that gender does not substantially influence the realism or optimism with which coaches assess their professional landscapes. Such a realization could inform coaching development programs, suggesting that training and mental health support can be uniformly applied to enhance realistic optimism among coaches, regardless of gender.

4. Integration of Personality

Table 4.1

Group Statistics

	Coaches	N	Mean	Std. Deviation
Integration of Personality	Male	50	40.1200	1.62431
	Female	50	41.3000	1.40335

Table 4.2

Independent Samples Test

	t-test for Equality of Means			
	t	df	Sig. (2-tailed)	Mean Difference
Integration of Personality Equal variances assumed	-3.887	98	.000	-1.18000
Equal variances not assumed	-3.887	95.977	.000	-1.18000

The analysis from Table 4.1 and Table 4.2 highlights a notable difference in the Integration of Personality scores, with female coaches demonstrating a higher mean score (41.30) and a tighter standard deviation (1.40335) compared to their male counterparts. This significant difference ($p < .000$) suggests a more cohesive and consistent self-concept among female coaches, which might contribute to their approach to coaching, communication, leadership, and decision-making. A higher integration of personality among female coaches implies a stable and unified identity that could facilitate more effective and consistent coaching practices. Recognizing and leveraging this trait in coaching development programs could enhance the overall effectiveness and impact of female coaches, promoting a coaching style that is reflective, consistent, and adaptable.

5. Autonomy

Table 5.1

Group Statistics

	Coaches	N	Mean	Std. Deviation
Autonomy	Male	50	19.3200	2.22637
	Female	50	19.0200	2.31667

Table 5.2

Independent Samples Test

		t-test for Equality of Means			
		t	df	Sig. (2-tailed)	Mean Difference
Autonomy	Equal variances assumed	.660	98	.511	.30000
	Equal variances not assumed			.660	97.846

The findings from Table 5.1 and Table 5.2 reveal no significant difference in the levels of perceived autonomy between male and female coaches, with a minimal mean difference (0.3) and a nonsignificant p-value (.511). This similarity suggests that both genders perceive themselves as equally independent and capable of making decisions, which is crucial for leadership and strategic thinking in coaching roles.

6. Group Oriented Attitude

Table 6.1

Group Statistics

	Coaches	N	Mean	Std. Deviation
Group Oriented Attitudes	Male	50	33.6400	1.56179
	Female	50	31.2400	2.17180

Table 6.2

Independent Samples Test

		t-test for Equality of Means			
		t	df	Sig. (2-tailed)	Mean Difference
Group Oriented Attitudes	Equal variances assumed	6.344	98	.000	2.40000
	Equal variances not assumed	6.344	88.986	.000	2.40000

The examination of Table 6.1 and Table 6.2 elucidates a significant difference in Group Oriented Attitudes, with male coaches scoring higher (33.64) and exhibiting a narrower standard deviation (1.56179) than female coaches. This significant disparity ($p < .000$) suggests that male coaches may have a more pronounced orientation towards teamwork and collective activities, potentially influencing their coaching methods and team dynamics.

7. Environmental Competence

Table 7.1

Group Statistics

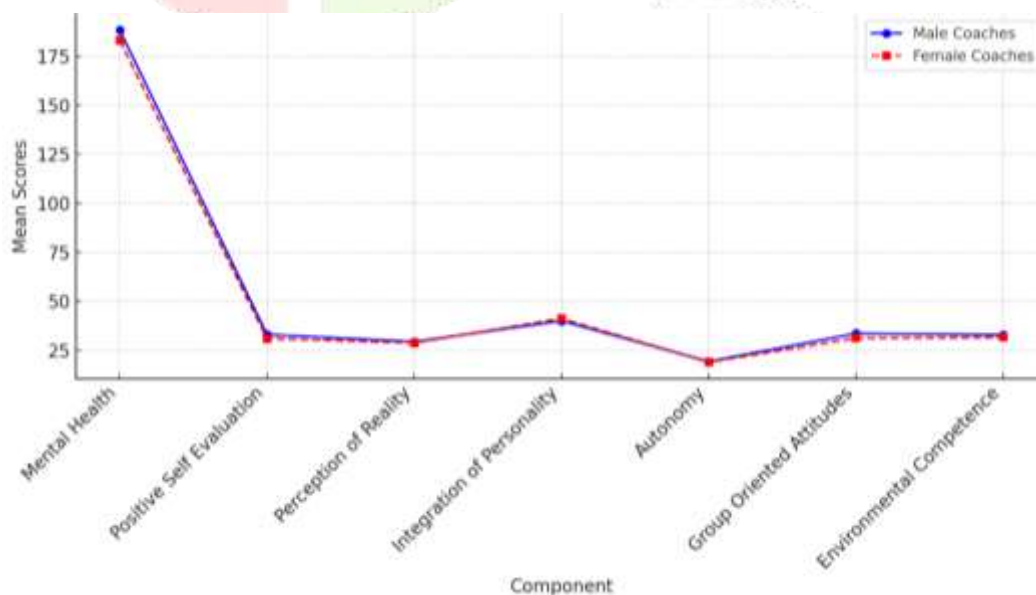
	Coaches	N	Mean	Std. Deviation
Environmental Competence	Male	50	32.8800	1.66157
	Female	50	31.7400	2.64814

Table 7.2

Independent Samples Test

		t-test for Equality of Means			
		t	df	Sig. (2-tailed)	Mean Difference
Environmental Competence	Equal variances assumed	2.578	98	.011	1.14000
	Equal variances not assumed	2.578	82.404	.012	1.14000

The analysis of Table 7.1 and Table 7.2 highlights a significant disparity in environmental competence between male and female coaches, with male coaches demonstrating a higher average score (32.88) and a more consistent perception of their abilities, as indicated by a lower standard deviation (1.66157). This significant difference, validated by p-values (.011 and .012 for equal and unequal variances assumed, respectively), suggests that male coaches feel more adept at navigating and utilizing their coaching environments effectively. This disparity underscores the critical need for targeted strategies to enhance environmental competence across the coaching spectrum. Particularly for female coaches, who exhibit a wider range of perceptions regarding their environmental competence, as suggested by a higher standard deviation (2.64814), and a lower average score (31.74). Such strategies could involve specialized training programs focused on developing skills in resource management, adaptability, and strategic planning, aimed at empowering coaches to leverage their environments for optimal coaching outcomes.

Graph 1**Mental Health and its components**

As shown in Graph 1, across Tables 1.1 to 7.2, The comparative analysis of mental health and its components between national level male and female coaches offers insightful revelations into their psychological landscape.

DISCUSSION

This study aimed to assess and compare the mental health and its components among national-level male and female coaches in India, revealing significant differences across various dimensions. The findings indicate that male coaches generally reported higher scores in mental health, Positive Self-Evaluation, Group-Oriented Attitudes, and Environmental Competence, whereas no significant difference was found in Perception of Reality and Autonomy. Interestingly, female coaches showed a higher Integration of Personality. These outcomes not only shed light on the mental health landscape of national-level coaches but also underscore the need for gender-sensitive approaches in coaching development and support.

Mental Health and Positive Self-Evaluation: The higher average mental health score among male coaches could reflect a range of socio-cultural and environmental factors that afford men more resilience-building opportunities or lesser stress in the coaching profession. This disparity might also be influenced by societal norms that encourage men to express confidence more freely, potentially contributing to their higher Positive Self-Evaluation scores. The significant difference in Positive Self-Evaluation suggests that female coaches might benefit from interventions aimed at boosting self-esteem and confidence, crucial traits for leadership and decision-making in high-pressure sports settings.

Integration of Personality: Contrastingly, the higher Integration of Personality among female coaches is a noteworthy finding. This could indicate a more cohesive self-concept and stronger internal consistency in their professional identity. Such a trait might be advantageous in maintaining a stable coaching approach and fostering authentic relationships with athletes. It suggests that while there are areas where female coaches may require additional support, they also possess strengths that can be leveraged to enhance coaching effectiveness.

Group-Oriented Attitudes and Environmental Competence: The significant differences in Group-Oriented Attitudes and Environmental Competence favoring male coaches point towards potential areas of development for female coaches. These findings could reflect underlying gender norms or access to resources that influence these competencies. Enhancing teamwork orientation and environmental competence among female coaches through targeted training could therefore be beneficial, helping to bridge the gap and optimize team performance and resource utilization.

Perception of Reality and Autonomy: The lack of significant differences in Perception of Reality and Autonomy between genders is an encouraging sign. It suggests that both male and female coaches possess a realistic assessment of their coaching environments and perceive themselves as independent decision-makers. This finding implies that interventions aimed at enhancing decision-making capabilities and fostering realistic optimism can be applied uniformly across genders, without the need for gender-specific tailoring.

Implications for Practice

The findings from this study have several implications for practice within sports organizations and coaching development programs:

- **Targeted Psychological Support:** Implementing gender-sensitive psychological support services to address the specific needs of male and female coaches, particularly in areas where significant disparities were observed.
- **Coaching Development Programs:** Designing coaching development initiatives that leverage the strengths of each gender, such as the higher Integration of Personality among female coaches, while also addressing areas of need, such as improving Positive Self-Evaluation among female coaches and enhancing Group-Oriented Attitudes.

- **Fostering a Supportive Environment:** Creating an inclusive and supportive coaching environment that recognizes and addresses the unique challenges faced by coaches of different genders, promoting mental health and well-being.

CONCLUSION

This research ventured into the largely uncharted territory of mental health disparities between male and female national-level coaches in India, uncovering significant differences across various components of mental health. It found that male coaches generally reported better overall mental health, higher Positive Self-Evaluation, Group-Oriented Attitudes, and Environmental Competence compared to their female counterparts. Conversely, female coaches demonstrated a higher Integration of Personality, suggesting a more cohesive self-concept. These findings provide a nuanced understanding of the mental health landscape within the coaching profession, highlighting areas where targeted support and interventions are needed to address gender-specific challenges and leverage unique strengths. The study underscores the necessity for sports organizations and mental health professionals to adopt gender-sensitive approaches in the development and implementation of coaching support programs. By fostering an environment that acknowledges and addresses the distinct mental health needs of male and female coaches, it is possible to enhance the coaching efficacy, well-being, and ultimately, the performance outcomes of athletes under their guidance. This research contributes to the broader discourse on mental health in sports, advocating for a more inclusive and supportive coaching culture that recognizes the value of mental health as a cornerstone of coaching excellence.

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