

**A comparative study of happiness aspect of universal supreme health for all mental well being between kabbadi and Kho-Kho Players in Nanded District.**

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All mental activities involve the neuro-muscular system. The sense organs, the brain, the spinal cord, and the muscles are all very active whether the mental activity knows, feeling or doing. This is not why we can neither accept the old notion that psychology deals with the mind or the mental activities; we can accept the position of psychologists like Watson who assert that the scope of psychology should be limited only to behaviour. Often behaviour cannot be understood without knowledge of the experience, which influenced the action. Our desires and our thoughts influence our activities. While psychology in its quest for general principles must observe and measure external behaviour, it must also get information from the grown up human beings by asking them to describe verbally their own experience.

**Statement of Research :-**

A comparative study of happiness aspect of universal supreme health for all mental well being between kabbadi and Kho-Kho Players in Nanded District.

**Objective of the study:-**

To study for the happiness aspect of universal supreme health for all mental wellbeing between kabbadi and Kho-Kho Players in Nanded District.

**Hypothesis :-**

There will be no significant differences happiness aspect of universal supreme health for all mental wellbeing between kabbadi and Kho-Kho Players in Nanded District.

**Sample:**

In this study consists 200 kabbadi and 200 Kho-Kho players in Nanded District.

**Tools of the Study:**

In this study used Balkishan (2004) questionnaire. This questionnaire provides happiness aspect of universal supreme health for all mental wellbeing.

**Statistical Process:**

In this study was used Mean, SD and T-Ratio setup 0.05 level.

**Table No. 1:**

**Happiness aspect of universal supreme health for all mental wellbeing between kabbadi and Kho-Kho Players in Nanded District**

Dimension	Players	Number	Mean	S.Ds	T-ratio
Happiness	Kho-Kho	200	3.65	2.19	3.21*
	Kabbadi	200	2.13	1.36	

*\*Significant at 0.05 level of confidence.*

Table No. 1 shows that the mean scores, standard deviation and t-ratio of the happiness aspect of universal supreme health for all mental well being score of Kho-Kho and Kabbadi Players.

With regards to happiness aspect of universal supreme health for all physical well being score of Kho-Kho and Kabbadi Players they have obtained the mean values of 3.65 and 2.13 respectively which are given in Table 1 reveals that the significant difference was found out in ( $t=3.21$ ,  $P < 0.05$ ) Kho-Kho and Kabbadi Players. Kho-Kho Players was found to have got more happiness aspect of universal supreme health for all mental well being score. Which means that Kabbadi players incur significantly less happiness aspect of universal supreme health for all physical well being score.

**Conclusion:**

This may be due to the differences of playing attitude and different fitness back ground. In this study finally hypothesis was not accepted.

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