

A Comparative Study of Status of Mood, Resilience and Confidence of Athlete with Non- Athlete Student (Between 14-18 Years) Of Higher Secondary School, At Sasaram

Dr. K Latha¹, Ms. Nandini Bhumij², Sangeeta Kumari³, Ashutosh Kumar⁴,
Ritesh Kumar⁵, Ankit Kumar Verma⁶, Anjali Kumari Keshri⁷

¹Dean cum Principal, Narayan Nursing College, Gopal Narayan Singh University, Sasaram, Bihar, India

^{2,3,4}Associate Professor, Department of Mental Health Nursing, Narayan Nursing College, Gopal Narayan Singh University, Sasaram, Bihar, India

^{5,6,7}B.Sc. Nursing 8th Semester Students, Narayan Nursing College, Gopal Narayan Singh University, Sasaram, Bihar, India

doi.org/10.64643/IJIRT1311-205064-459

Abstract—Introduction: Research plays an important role in understanding similarities and differences among individuals or groups in relation to psychological, social, educational, or physical characteristics. A comparative study is a systematic approach that examines two or more groups to identify differences and similarities based on specific variables. Such studies help researchers gain deeper insight into how different conditions, experiences, or environments influence human behavior and development.

Statement of the Problem: “A Comparative study of Status of mood, Resilience and Confidence of Athlete with Non-Athlete students (Between 14-18 years) of Higher Secondary School at Sasaram”.

Objectives: To assess the status of mood among athlete and non-athlete students aged 14-18 years studying in higher secondary schools at Sasaram. To measure the level of resilience among athlete students and compare it with non-athlete students. To evaluate the level of confidence among athlete students and non-athlete students.

Methodology: A descriptive survey with comparative cross-sectional design was adopted, specifically an independent two-group post-test only design (Group 1: Athletes; Group 2: Non-athletes). This design is optimal for snapshot comparisons of existing group differences without researcher manipulation, thereby avoiding confounding effects like testing reactivity or maturation.

Conclusion: The present study was conducted to compare the status of mood, resilience, and confidence among athlete and non-athlete students aged 14–18 years in higher secondary schools at Sasaram. Based on the

findings, it can be concluded that sports participation has a significant positive impact on psychological well-being among adolescents. Athlete students demonstrated better mood status, indicating lower levels of negative emotional states. They also exhibited higher resilience, reflecting their ability to cope effectively with stress and challenges. Additionally, athlete students showed greater confidence, highlighting their strong self-belief and ability to perform effectively in various situations.

Index Terms—Resilience, Confidence, Non-Athlete, Mood, Confounding.

I. INTRODUCTION

Adolescence (ages 14-18) is a critical developmental stage characterized by rapid physical and emotional changes. Students in higher secondary schools face significant academic and social pressures that impact their psychological wellbeing.

Adolescence (14–18 years) is a formative yet vulnerable phase characterized by rapid physiological changes and intense academic pressure, particularly in the Indian higher secondary context. During this period, students frequently experience heightened stress and emotional instability. Physical activity as any bodily movement requiring energy expenditure, is a primary tool for maintaining mental equilibrium.

This study is therefore necessary to identify the variations in mood, resilience, and confidence

between athlete and non-athlete students. The findings can contribute to promoting holistic development, emphasizing the psychological benefits of sports participation, and guiding interventions for improving adolescent mental health and academic performance.

Need of the Study

Adolescence, the age group of 14-18 years, is a critical period of physical, emotional, and psychological development. During this stage, students face multiple challenges such as academic pressure, peer influence, career planning, and social adjustment. These challenges can significantly affect their mood, resilience, and confidence, which are essential psychological attributes for overall well-being and successful functioning.

Statement of the problem

A Comparative study of Status of mood, Resilience and Confidence of Athlete with Non-Athlete students (Between 14-18 years) of Higher Secondary School at Sasaram.

Objective

1. To assess the status of mood among athlete and non-athlete students aged 14-18 years studying in higher secondary schools at Sasaram.
2. To measure the level of resilience among athlete students and compare it with non-athlete students.
3. To evaluate the level of confidence among athlete students and non-athlete students.
4. To compare mood, resilience, and confidence between athlete and non-athlete students.
5. To assess correlation between level of mood, resilience and confidence among athlete & non-athlete.

II. METHOD AND MATERIALS

The methodology adopts for the research study. The research methodology is a phase of the study deals with the research design, setting, variables, population, sample, sample size, sampling technique and criteria for sample collection, tools and technique for the data collection, content validity of the tools, pilot study and plan for data analysis.

Research Approach

A research approach is an applied for research that involves systematically measure and statistically

compare between athletes and non-athletes. A quantitative research approach was adapted to a study to status of mood resilience and confidence of athletes and non- athletes

Sample

The sample comprised of 50 athletes and 50 non-athletes

Sampling technique

Descriptive

Sample size

Sample size is decided by descriptive sample calculation method and estimate sample size is 100.

Description of the tools

Section A- Structured questionnaires to collect the Socio-demographic data and clinical data from the study subjects.

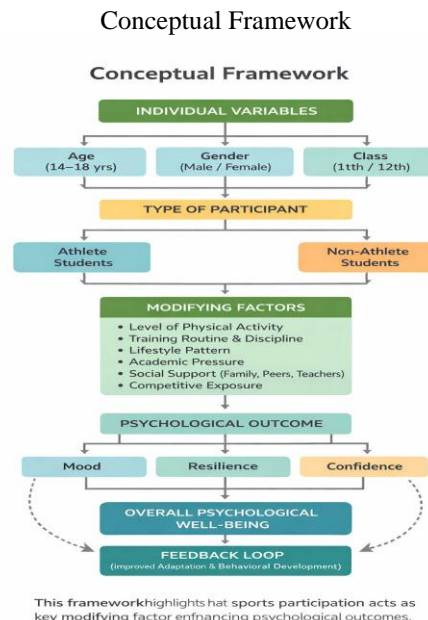
Section B- Structured questionnaires to collect the data related to mood status

Section C- structured questionnaires to collect the data related to resilience

Section D- structured questionnaires to collect the data related to confidence

III. DATA COLLECTION PROCEDURE

The data collection period for the main study was conducted from 15th February, 2026 to 20th February, 2026.



IV. DATA ANALYSIS PROCEDURE

Data was analyzed using descriptive statistics which are frequency, percentage, mean, and standard deviation and inferential statistics. The association of mood, resilience and confidence of athletes and non-athletes and socio-demographic was determined using chi-square test. The data was presented in the form of tables and graphs. All the data was analyzed by using SPSS software version 27.

Data Analysis

The analysis and interpretation of data gathered from a sample of 100 athletes and non-athletes at Sasaram. To address the research objectives, the data were systematically organized, tabulated, and subjected to both descriptive and inferential statistical analyses. The resulting findings are detailed in the subsequent sections.

Section :1

Distribution of participants according to demographic variables

Section: 2

Assessment and comparison of mood scores.

Section: 3 Assessment and comparison of resilience scores.

Section: 4 Assessment and comparison of confidence scores.

Section: 5 Association between selected demographic variables and psychological variables

V. CONCLUSION

The present study concludes Athletes possess superior emotional regulation, coping abilities, and self-belief. In conclusion, being an athlete significantly enhances a student's positive mood states and self-confidence. While resilience can be developed through various means, the structured environment of sports provides a unique, dual-benefit system that supports both physical health and the mental fortitude required to succeed in higher secondary education.

VI. IMPLICATIONS

1. Nursing Practice

The findings of the study highlight the important role of nurses in promoting mental health among adolescents. Nurses can encourage students to engage

in regular physical activities and sports as a preventive strategy for reducing stress, anxiety, and emotional disturbances. School health nurses can identify students with low resilience and confidence and provide appropriate counseling and support.

2. Nursing Education

The study emphasizes the need to incorporate mental health education and the benefits of physical activity into the nursing curriculum. Nursing students should be trained to understand the psychological needs of adolescents and the role of lifestyle factors in promoting mental wellbeing. Educational institutions should also promote extracurricular activities and sports participation among students.

3. Nursing Administration

Administrators can use the findings of the study to develop policies and programs that promote physical activity and mental health among students. Schools should provide adequate facilities and opportunities for sports participation. Regular awareness programs and workshops should be organized to educate students about the importance of mental health and physical activity.

4. Nursing Research

The study provides a basis for future research in the field of adolescent mental health. Researchers can conduct similar studies with larger sample sizes and in different settings to validate the findings. Longitudinal studies can also be conducted to examine the long-term effects of sports participation on psychological well-being.

VII. RECOMMENDATION

Similar studies can be conducted in different geographical areas to compare findings across diverse populations. Larger sample sizes can be used to improve the reliability and validity of the results. Experimental studies can be conducted to establish causal relationships between sports participation and psychological variables. Schools should implement structured physical activity programs to promote mental health among students. Awareness programs should be conducted for students, parents, and teachers regarding the importance of sports participation. Policies should be developed to integrate sports into the educational curriculum. large sample. Government

to integrate them into existing national health programs. Educational institutions should integrate structured physical activity programs into the daily curriculum to promote holistic development.

REFERENCES

- [1] R. Trigueros *et al.*, “Physical activity and emotional well-being: The mediating role of resilience,” *Int. J. Environ. Res. Public Health*, vol. 16, no. 14, Art. no. 2536, 2019.
- [2] P. C. Terry, A. M. Lane, and A. Fogarty, “Construct validity of the Brunel Mood Scale,” *J. Sports Sci.*, vol. 21, no. 9, pp. 709–720, 2003.
- [3] K. M. Connor and J. R. T. Davidson, “Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC),” *Depression and Anxiety*, vol. 18, no. 2, pp. 76–82, 2003.
- [4] M. Llanos-Muñoz *et al.*, “Resilience in adolescent athletes,” *Frontiers in Psychology*, vol. 14, 2023.
- [5] T. Darakai, N. Noonil, and S. Aekwarangkoon, “Factors related to sleep quality among nursing students in southern nursing college network,” *Nursing Research and Innovation Journal*, vol. 30, no. 1, pp. 1–12, 2024.
- [6] S. Dokuka and I. Smirnov, “High academic performance is associated with shorter sleep and later bedtimes for young adults,” *arXiv preprint arXiv:2001.09095*, 2020.
- [7] G. T. Ekşi and H. Özdemir, “Factors affecting sleep hygiene training of nursing students,” *Journal of Turkish Sleep Medicine*, vol. 8, no. 2, pp. 105–111, 2020.
- [8] M. I. Fudolig, L. S. P. Bloomfield, M. Price, *et al.*, “Collective sleep and activity patterns of college students from wearable devices,” *arXiv preprint*, 2024.
- [9] B. George *et al.*, “Sleep quality, daytime sleepiness and sleep hygiene among youth in rural South India,” *Nursing & Midwifery Research*, vol. XX, no. X, pp. xx–xx, 2024.
- [10] C. S. Gipson, J. M. Chilton, S. S. Dickerson, D. Alfred, and B. K. Haas, “Effects of a sleep hygiene text message intervention on sleep in college students,” *Journal of American College Health*, vol. 67, no. 1, pp. 32–41, 2019.