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## Neurosis and Sports

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**Introduction:-**Neurosis coined by the Scottish doctor William Cullen in 1769 to refer to "disorders of sense and motion" caused by a "general affection of the nervous system". For him, it described various nervous disorders and symptoms that could not be explained physiologically. It derives from the Greek word (neuron, "nerve") with the suffix -osis (diseased or abnormal condition). The term was however most influentially defined by Carl Jung and Sigmund Freud over a century later. It has continued to be used in contemporary theoretical writing in psychology and philosophy. The American Diagnostic and Statistical Manual of Mental Disorders (DSM) has eliminated the category of "Neurosis", reflecting a decision by the editors to provide descriptions of behavior as opposed to hidden psychological mechanisms as diagnostic criteria, and according to The American Heritage Medical Dictionary, it is "no longer used in psychiatric diagnosis". These changes to the DSM have been controversial.

**Signs and symptoms :**There are many different specific forms of neurosis : pyromania, obsessive – compulsive disorder, anxiety neurosis, hysteria (in which anxiety may be discharged through a physical symptom), and a nearly endless variety of phobias. According to Dr. George Boeree, effects of neurosis can involve :Anxiety sadness or depression, anger, irritability, mental confusion, low sense of self – worth, etc. behavioral symptoms such as phobic avoidance, vigilance, impulsive and compulsive acts, lethargy, etc. cognitive problems such as unpleasant or disturbing thoughts, repetition of thoughts and obsession, habitual fantasizing, negativity and cynicism, etc. Interpersonally, neurosis involves dependency, aggressiveness, perfectionism, schizoid isolation, social-culturally inappropriate behaviors, etc.

### Positive meaning of neurosis:-

For Jung, a neurosis is not completely negative, despite, and even because of, its debilitating aspects. Interpreted positively, it has fundamental purpose for some people. The reader will doubtless ask : What in the world is the value and meaning of a neurosis, this most useless and pestilent curse of humanity? To be neurotic – what good can that do?... I myself have known more than one person who owed his whole usefulness and reason for existence to a neurosis, which prevented all the worst follies in his life and forced him to a mode of living that developed his valuable potentialities. These might have been stifled had not the neurosis, with iron grip, held him to the place where he belonged (Jung, 1966: par. 68).

Johan. D. Vochtelo, Paul J. A. Timmermans, John A. H. Duijghuisen, Joseph M. H. Vossen (1991) Responses to novelty in phobic and non phobic cynomolgus monkeys: The role of subject characteristics and object features. In two previous studies it has been shown that most surrogate reared cynomolgus monkeys became phobic of a harmless object (a big paper bag) while most mother-reared monkeys approached that object. Results of the first study seemed to indicate that the phobic reaction was restricted to the bag. Barnett and Cowan (interdisciplinary science review, 1, 43-62, 1976) and Suomi (Anxiety disorder in childhood, pp 1-23, 1986), however reported that subjects (respectively rats and monkeys) that avoided a first novel object also avoided subsequent novel object. In the present study we exposed phobic (bag avoiding) and non phobic (bag approaching) monkeys from the study by Roder, Timmermans and Vossen (Behaviour research and therapy 27, 221-

231,1989) to several big and small novel objects. Our results show that irrespective of their rearing conditions subjects that were phobic also avoided big novel objects while subjects that were non phobic approached big novel objects. The reaction to small novel objects was independent of the previous reaction to the bag.

Linda spano (January 2001) the relationship between exercise and anxiety, obsessive compulsiveness, and narcissism. Regular physical activity is considered an important preventative health behavior and contributes many physical and psychological benefits ( ICEFH Consensus Statement 1989). However, when too intense, it can be maladaptive and associated with such psychological characteristics as anxiety obsessive compulsiveness, and narcissism (Davis; Morgan and Yates, 1991). A total of 210 research participants completed; the trait anxiety scale of the state trait anxiety Inventory, the obsessive- compulsive personality scale, the narcissistic personality inventory the commitment to exercise scale and the frequency of physical activity form. Results of the simultaneous linear multiple regression analyses overall supported the hypotheses. Anxiety and obsessive-compulsiveness were related to commitment to exercise. Narcissism was related to physical activity.

#### **Methodology :**

Objective of the study:

- 1) To find out the Anxiety reaction among sportsmen and non sportsmen.
- 2) To find out the Dissociative Reaction among sportsmen and non sportsmen.
- 3) To find out the Conversion Reaction among sportsmen and non sportsmen.
- 4) To find out the Phobic Reaction among sportsmen and non sportsmen.
- 5) To find out the Obsessive Compulsive Reaction among sportsmen and non sportsmen.
- 6) To find out the Depressive Reaction among sportsmen and non sportsmen.

#### **Hypothesis:-**

- 1) Non sportsmen will be significantly high Anxiety Reaction than the sportsmen.
- 2) There will be significant difference in between sportsmen and non sportsmen Neurosis Dimension of Dissociative Reaction.
- 3) Non sportsmen will be significantly high Conversion Reaction than the sportsmen.
- 4) There will be significant difference in between sportsmen and non sportsmen Neurosis Dimension of Phobic Reaction.
- 5) There will be significant difference in between sportsmen and non sportsmen players neurosis dimension of obsessive compulsive reaction.
- 6) Non sportsmen will be significantly high depressive reaction than the sportsmen.

**Sample :**Initially 600 players have been selected from population but finally 400 players were selected from Maharashtra State. The effective sample consisted of 400 subjects out of whom 200 subjects were successful players and 200 subject were unsuccessful. The age range of subjects was 18-25 years Ratio were 1:1.

**Tools:**Neurosis Measurements Scale (NMS):-This test is developed and standardized by Dr. M.P. Uniyal and Dr Abha Rani Bisht. The test consisted of 70 items and five Alternatives. The reliability coefficient of the test was found 0.90.

**Procedures of data collection :-**Successful players - Those who win Intercollegiate level meets and selected for all india interuniversity tournaments without any hesitation.Unsuccessful players – Participated at intercollegiate level and failed to win the match and adjust level presented poor performance.

Variables) Independent Variable Group a) Sportsmen b) Non sportsmen

Dependent Variable

- 1) Anxiety Reaction 2) Dissociative Reaction 3) Conversion Reaction 4) Phobic Reaction 5) Obsessive Compulsive Reaction 6) Depressive Reaction

**Result and Discussion:-**

Dimension of Mental Health	Sportsmen(N=80)		Non Sportsmen(N=80)		t-ratio	df	p
	Mean	SD	Mean	SD			
Anxiety Reaction	26.89	8.01	34.29	6.23	7.29	198	<.01
Dissociative Reaction	41.56	5.25	35.20	4.89	8.86	198	<.01
Conversion Reaction	29.46	6.33	23.66	5.46	6.94	198	<.01
Phobic Reaction	46.87	5.77	40.55	6.03	7.57	198	<.01
Obsessive Compulsive Disorder	39.69	6.46	33.56	5.11	7.44	198	<.01
Depressive Reaction	35.67	4.76	30.50	5.39	7.19	198	<.01

The results related to the hypothesis have been recorded. Mean of anxiety reaction score of the sportsmen Mean is 26.89 and that of the non sportsmen Mean is 34.29. The difference between the two mean is highly significant ( $t = 7.29$ ,  $df=158$ ,  $P <.01$ ) and each and every dimension of mental health is significant of 0.01 level. It is clear that sportsmen and non sportsmen differ significantly from each other from the mean scores and graph t was found that the non sportsmen have significantly high neurosis dimension that the sportsmen. This result support the Hypothesis.

**Reference:-**

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