

COMPARATIVE STUDY OF DEPRESSION BETWEEN ATHLETES AND NON ATHLETES OF NAGPUR CITY



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Abstract:

Depression is a state of low mood and aversion to activity that can have a negative effect on a person's thoughts, behaviour and physical well-being. The purpose of this study was to compare Athletes and Non Athletes on their levels of Depression. The present study is the descriptive survey method. Total numbers of 56 students were selected as the samples for the study purposively from the Five Secondary Schools of Nagpur City of Maharashtra, in which 28 were Athletes and 28 were Non Athletes. For the collection of data the researcher administered the Zung Depression Scale. Data of Depression of Athletes and Non Athletes was compared by using independent sample t-test. The level of significance was kept at 0.05 level of significant. Results shows, that there is significant difference between the Depression level of Athletes and Non Athletes. In the Depression, we observe that Athletes got good results as compared to Non Athletes. Researcher also observed that the means scores of Depression showed that Non Athletes have high degree of Depression than Athletes. Finally researcher concluded that Non Athletes were more depressed as compare to Athletes and their level of Depression is not similar, and also the sports participation plays very vital role in decreasing the levels of Depression.

Keywords: Depression, Athletes & Non Athletes.

Introduction:

Depression is a state of low mood and aversion to activity that can have a negative effect on a person's thoughts, behaviour and physical well-being. Depression is the most common illness affecting many different aspects of mankind. As it is said depression may be the result of any number of different causes stemming from genetic, biochemical, environmental, or psychological sources. In the most general terms, depression is a disorder of the brain and ability of body to biologically create and balance a normal range of thoughts, emotions, and energy. Although depression is a serious illness that affects one in any five persons at some point in their

lives, much of the population is not accurately educated on this disorder. When approached from a strictly scientific angle, depression is a chemical disorder which alters the function of normal brain behaviour. Unusual levels of chemicals such as the neurotransmitters beta-endorphin, serotonin, and dopamine cause this disorder. It is believed that not only can depression arise from genetic makeup but also through the influences of the environment. It might be resulted from a combination of factors, including endogenous causes such as a chemical imbalance in the brain, a family history of depression, personal or social problems, stressful situations, or traumatic events such as assault or the death of a loved one. Depressive disorders result low mobility, leads to a profound social issues. Nowadays, much attention should be done to the methods of treating mental disorders. Depression is commonly treated with antidepressants and or psychotherapy, but some people may prefer alternative approaches such as exercise. There are a number of theoretical reasons why exercise may improve depression.

Objective of the Study:

The purpose of this study was to compare Athletes and Non Athletes on their levels of Depression.

Materials and Methods:

The present study was the descriptive survey method. Total numbers of 56 students were selected as the samples for the study purposively from the Five Secondary Schools of Nagpur City of Maharashtra, in which 28 were Athletes and 28 were Non Athletes. For the collection of data the researcher administered the Zung Depression Scale. Data of Depression of Athletes and Non Athletes was compared by using independent sample t-test. The level of significance was kept at 0.05 level of significant.

Results:

Table No-I

Descriptive Statistics of Athletes and Non Athletes on Depression score.

Group	N	Mean	Standard Deviation	St. Error Mean
Athletes	28	16.75	1.653	0.112
Non Athletes	28	18.11	2.020	0.205

In the above table –I the mean of 28 Athletes was 16.75 with standard deviation of 1.653 and standard error of mean 0.112. Similarly the mean of 28 Non Athletes was 18.11 with standard deviation of 2.020 and standard error of mean 0.205 respectively. (In the table N means number of subjects).

Table No-II
Independent sample ‘t’ test of Depression between Athletes and Non Athletes

t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.143	54	0.037	0.800	0.387

In the table-II the mean differences between Athletes and Non Athletes was 0.800 in the Depression. This difference when tested by Independent sample ‘t’ test, calculated ‘t’ value was 2.143 which was statistically significant at 0.05 level of significance for 54 degree of freedom. Therefore the research hypothesis, there is significant difference in Depression between Athletes and Non Athletes is accepted.

Conclusion:

The researcher analyzed the collected data as per the objectives set for the research study. After implementing the appropriate statistical tools to analyze the data, it was shown that there is significance difference between the Athletes and Non Athletes in Depression. Hence the research hypothesis is accepted. This finding is supported by Mir Hamid Salehian et. all (2011) Comparison of Depression between University Male Athletes and Non-athletes. Concluded that there is significant difference between athletes and non-athlete students in depression. Again in (2012) Mir Hamid Salehian et. all made the Comparison of Depression between University Female Athletes and Non-athletes. Concluded that there is significant difference between female athlete and non-athlete students in depression. Ali Mostafai (2012) Purpose of this study was to compare general health and happiness in women who corporate in exercise activities with who no corporate. Results showed that exercises practice lead decrease to anxiety, depression and could improve bodily signs. Also, positive emotion and satisfy of life in corporate people were higher than no corporate. Thus from the studies we can say that physical activity plays a very vital role in decreasing the depression level. In the present study we found that the mean scores of Depression shows that have Non Athletes high degree of Depression than Athletes. Results shown that Non Athletes were more depressed as compare to Athletes. It was observed from the finding that there were significant differences between athletes and non-athletes in Depression.

On the basis of the result obtained in this study the investigator concludes the scores of Depression of non-athletes showed that they were more depressed as compare to Athletes and their level of Depression was not similar.

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