

A STUDY ON MENTAL DEPRESSION AMONG PLAYERS OF DIFFERENT GAMES

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ABSTARCT

The purpose of the study was to identify the common symptoms of mental depression among players of different games. The researcher selected total 80 subjects (Male=40, Female =40) as a sample for the study. The age group of the subjects ranged from 18-25 years. To achieve the objectives of the present study researcher used questionnaire for the purpose of data collection. To assess the mental depression of the selected players; mental depression scale developed by Dr. Veenita Sharma. All statistical procedures were conducted using the SPSS 20.0; or the data was analyzed & compared with the help of statistically procedure such as Mean, Sd, 't' test & One way ANOVA. The results of the study revealed that there is significant difference has been found among players of different games on mental depression.

Keywords: *Mental Depression, Players (Male & Female), Boxing, Kho-Kho, Football & Athletics etc.*

INTRODUCTION:

Sports are as vintage as Human Society, and it has accomplished a normal following within side the modern times. It now enjoys popularity, which outstrip some other shape of social activity. It has emerged as an vital a part of the instructional process. Millions of fanatics comply with special sports activities occasions everywhere in the international with enthusiasm boarding on devotion might also additionally take part in sports activities sports for the amusing of it or for fitness, power and fitness. It is taking the form of a career to a few with excessive skills, with enough economic blessings related with excessive stage of popularity. At the existing time sports activities have accomplished such excessive tiers of improvement that the robust intellectual fitness, physical, technical and tactical perpetration of the most powerful athlete's within side the

international is about the same. The primary competition, the greater demanding the sports activities emerge as.

Stress is a ordinary a part of lifestyles. It isn't always a intellectual fitness condition. It have a tendency to have an obvious cause like a move, divorce and infection. Stress commonly resolves as lifestyles occasion change. However strain can cause Depression and different illnesses like excessive blood pressure, weight advantage or even coronary heart disease. So we are able to say that Stress and Depression are special terms.

In the maximum fashionable terms, despair is a "sickness of the mind and body`s cap potential to biologically create and stability a ordinary variety of thoughts, emotions, and energy". Although despair is a extreme infection that impacts one in any 5 individuals sooner or later of their lives, an awful lot of the populace isn't always appropriately knowledgeable in this sickness. When approached from a strictly clinical angle, despair is a chemical sickness which alters the characteristic of ordinary mind behavior. Unusual tiers of chemical substances including the neurotransmitters beta-endorphin, serotonin, and dopamine purpose this sickness. It is assumed that now no longer simplest can despair get up from genetic makeup however additionally the impacts of the environment. For instance, if a infant is raised amongst a depressed family, he's possibly to simplest realize the way to view lifestyles with distorted and bad emotions. Extreme trauma at some stage in youth may additionally function a cause for this infection.

Depression can significantly range in severity. To diagnose every case docs use the American Psychiatric Association handbook, Diagnostic and Statistical Manual of Mental Disorders fourth edition (DSM-IV). The least intense sort of despair is frequently notion of as the "ordinary" depressed mood. This is taken into consideration wholesome for it's miles a herbal response to a stressful occasion, or even greater due to the fact the victim will get better. The subsequent stage of severity offers with adjustment disorders. This degree is taken into consideration greater extreme completely due to the fact it's miles greater not unusual place that the ones struggling

with such despair aren't as possibly to get better in time on their own. Dysthymia, or slight despair, is the subsequent stage of despair. The signs for this degree encompass continual depressed moods and coffee self-esteem. Dysthymia is frequently handled via remedy and/or medication. Despair and utter hopelessness are simply signs that 7 symbolize the subsequent stage referred to as primary despair. Not simplest do patients of primary despair have low self-esteem, however additionally they lose their hobby in lifestyles. For many, primary despair consists of the incapacity to get off the bed or maybe to eat. Often times, primary despair can arise with none identifiable causes. At this degree, suicide is frequently contemplated. Manic-despair, or bipolar disease, differs from primary despair in that the victim`s continual despair is counter balanced with the aid of using inexplicable bursts of immoderate energy. Seasonal Affective Disorder (SAD) additionally strays from primary despair. This sort of despair is simplest introduced on at some stage in sure styles of climate conditions, including the shortage of daylight in winter. The common cycle includes intense despair from the overdue fall till the early spring. With this information, it turns into clean simply how complicated and individualistic every case of despair can be. Yet at something tiers one`s despair rests, the facet results of this infection modify all factor of the body. From sound asleep conduct to mental stability, patients of this infection most usually require a few type of remedies to advantage manage over their despair. When handled, however, over 80 percentage of these tormented by despair are correctly aided.

METHODS AND MATERIALS:

SUBJECTS: A total of 80 players (Male=40, Female=40) were selected as the subjects for the study from different-2 Colleges of Punjabi University, Patiala. The age of the subjects was ranged from 18-25 years.

TOOL: Mental Depression Scale developed by Dr. Veenita Sharma was used on all the subjects. This test was administered as per the directions laid down by author including scoring method; & this test is highly reliable and valid to assess the mental depression of the selected subjects.

DATA COLLECTION: Data on the selected variable was collected during respective Inter-College competition. Before the data collection researchers met with the team coaches & players to explained their objective of the study; after acquiring their consent; mental depression questionnaire was administered on the selected subjects.

STATISTICAL ANALYSIS:Mean, SD, 't' test, One Way ANOVA were applied to determine the significance of difference among the players of different games on mental depression, the level of significance was set at 0.05

RESULTS AND DISCUSSION:

The results of the study are presented in the following tables:-

Table No.1
Showing Mean, Standard Deviation of Males & Females of Different Games on Mental Depression

Group	N	Male		Female	
		Mean	SD	Mean	Sd
Boxing	20	35.60	4.50	22.40	5.96
Kho-Kho	20	9.40	3.20	10.70	3.12
Football	20	10.30	3.86	14.20	4.89
Athletics	20	20.00	4.08	14.60	4.56

From table no.1 result showed that the mean value of Depression level was higher in male as compare to female. The Depression level of Male among different group players was higher in Boxing followed by Kho- Kho, Football, Athletics. The Depression level of female among different games was higher in boxing Followed by Kho-Kho, Football, Athletics. So we can say that the Depression level in Boxing; both the cases were found higher; as compare to compared different games players.

Table No.2

Showing Independent ‘t’ test between Males & Females of Different Games of Mental Depression

Group	N	Mean	SD	Md	‘t’
Males	40	18.82	12.34	3.35	1.39
Females	40	15.47	8.77		

‘t’ (0.05)= 1.66 ‘t’0.01=2.37

From table no. 2 result show that the Male players have (M= 18.82, SD=12.34) and Female players have (M= 15.47, SD= 8.77). The ‘t’ value is calculated 1.39, which is less than the tabulated value; so, we can say that there is no significant difference has been found on Mental Depression among Male and Female players.

Table No. 3

One way analysis of variance (ANOVA) among different games Male players on Mental Depression level

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	4442.875	3	1480.958	35.56*	.000
Within Groups	1498.900	36	41.636		
Total	5941.775	39			

From table No. 3 reveals that one way analysis of variance for the mean of different games players on Depression level in males were found significant. Thus it is concluded that these was significant difference in Depression level among different games players in males. To

further analyze as to which games players was more Depressed pair wise mean comparisons analysis was done by using L S D test

Table No.4
Pair was comparison among different games Male players on
Mental Depression level

(I) Group	(J) Group	Mean Difference (I-J)	Std. Error	Sig.
Boxing	Kho-Kho	26.20000*	2.88569	.000
	Football	25.30000*	2.88569	.000
	Athletics	15.60000*	2.88569	.000
KhoKho	Boxing	-26.20000*	2.88569	.000
	Football	-.90000	2.88569	.757
	Athletics	-10.60000*	2.88569	.001
Football	Boxing	-25.30000*	2.88569	.000
	KhoKho	-.90000	2.88569	.757
	Athletics	-9.70000*	2.88569	.002
Athletics	Boxing	-15.60000*	2.88569	.000
	KhoKho	10.60000*	2.88569	.001
	Football	9.70000*	2.88569	.002

From table No. 4 it was evident that there is a significant difference among Boxing & Kho-Kho, Football and Athletics; that means Boxing players have shown high Mental Depression it compare to other games players. There is also a significant difference has been found among Athletics and Kho-Kho, Football players; that means athletes are more depressed followed by Kho-Kho & Football players.

Table No. 5

One way analysis of variance among different games Females players on Mental Depression level

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	731.475	3	243.825	3.85*	.017
Within Groups	2274.500	36	63.181		
Total	3005.975	39			

From table No. 5 reveals that one way analysis of variance for the mean of different games players on Depression level in females were found significant. Thus it is concluded that these was significant difference in Depression level among different games players in females. To further analyze as to which games players was more Depressed pair wise mean comparison analysis was done by using L S D test.

Table No. 6

Pair wise comparison among different games Females players on Mental Depression

(I) Group	(J) Group	Mean Difference (I-J)	Std. Error	Sig.
Boxing	KhoKho	11.70000*	3.55473	.002
	Football	8.20000*	3.55473	.027
	Athletics	7.80000*	3.55473	.035
KhoKho	Boxing	-11.70000*	3.55473	.002
	Football	-3.50000	3.55473	.331
	Athletics	-3.90000	3.55473	.280
Football	Boxing	-8.20000*	3.55473	.027
	KhoKho	3.50000	3.55473	.331
	Athletics	-.40000	3.55473	.911
Athletics	Boxing	-7.80000*	3.55473	.035

	KhoKho	3.90000	3.55473	.280
	Football	.40000	3.55473	.911

From table No. 6 show that there is a significant difference among Boxing and other games players. (Kho-Kho, Football & Athletics) that mean Boxing players are more depressed players followed by Kho-Kho, Football & Athletics; & there is a insignificant difference among Kho-Kho, Football & Athletics.

CONCLUSIONS:

Within the limitations of the present study; the following conclusions were drawn:-

- 1.) The Depression level in Boxing; both the cases were found higher; as compare to different games players.
- 2.) There is no significant difference has been found on Mental Depression among Male and Female players.
- 3.) There was significant difference in Depression level among different games players in males.
- 4.) There is also a significant difference has been found among Athletics and Kho-Kho, Football players; that means athletes are more depressed followed by Kho-Kho & Football players.
- 5.) There was significant difference in Depression level among different games players in females.
- 6.) There is a insignificant difference among Kho-Kho, Football & Athletics.

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