

## A comparative study of depression among athletes of Mumbai University Mumbai and Gondwana University Gadchiroli

<sup>1</sup>Dr. Ramdas R Jadhav, <sup>2</sup>Dr. Kalpana B Zarikar

<sup>1</sup> Director of Physical Education Rajarshi Shahu Arts, Commerce & Science College Pathri, Ta. Phulambri, Dist. Aurangabad, Maharashtra, India.

<sup>2</sup> HOD, Dept. of Physical Education & Sports Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, India.

### Abstract

The present of this study was to compare of depression among the male and female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli, Maharashtra state. A group of total 120 players (30 male athletes and 30 female athletes of both universities) were randomly selected from Krida Mahotsav competition during the year 2012-13 to 2014-15. Prof. L. N. Dubey's mental depression test was used to collect the data. Data were analyzed by independent 't' test using by Statistics Open for All (SOFA). By analyzing the proposed hypothesis at the 0.01 demonstrated no significant difference between male and female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli in depression.

**Keywords:** depression, male, female, athletes, university

### 1. Introduction

Depression is a significant contributor to the global burden of disease and affects people in all communities across the world. Depression is a common mental disorder that is characterized by loss of interest or pleasure, feelings of guilt or low self-worth, sleeplessness, appetite, low energy and poor concentration and occasionally suicidal thoughts [1]. Depression often occurs as a result of country life events, such as the loss of a significant person, object, relationship or health. However, it can also occur due to no explicit cause. These problems can become chronic or recurrent and lead to substantial enervation in an individual's ability to take care of their everyday responsibilities [2].

Depression is the most common illness affecting many different aspects of mankind such as genetic, biochemical, environmental or psychological sources [3, 4]. 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 [5]. It might be a consequence of a mixture of factors, such as a chemical discrepancy in the brain, a genealogy of depressive disorder, family history of depression, personal and social problems, stressful situations or traumatic events such as assault or the death of a love one [6,7,8,9]. Depression symptoms result in low mobility which caused to creative significant social problems. University students could be in danger of depressive disorder as a result of the stress and pressure which they deal with depression [10, 11].

Mostly in the university athletes occasionally feel sad or anxious but these emotions usually pass quality within a couple of days. Where untreated depression lost for a long time, interrupts with every day activities and is much more than just being felt gloomy. It is not only in mind but also experienced throughout the body.

The purpose of present study was to find out the differences among the athletes of Mumbai University Mumbai and Gondwana University Gadchiroli who participated in Krida

Mahotsav Competitions 2012-13 to 2014-15 as regards the level of depression.

### 2. Statement of problem

To find out the level of depression among the male and female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli

### 3. Research Methodology

#### 3.1 Subject

For the present study 60 athletes of Mumbai University Mumbai and 60 athletes of Gondwana University Gadchiroli (30 male and 30 female athletes of each university) of Maharashtra state, age between 18 to 28 years were randomly selected for the study. These male and female athletes were participated in the Krida Mahotsav Competition during the year 2012-13 at Rashtra Sant Tukdoji Maharaj Nagpur University Nagpur, in 2013-14 at Maharashtra University of Health Science Nasik and in year 2014-15 organized by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Maharashtra state.

#### 3.2 Variables

- Independent Variable : Sex (i.e. male and female)
- Dependent Variable : Level of Depression

#### 3.3 Procedure

The test is carried out in accordance with specific instructions given by the authors of the test. Although the test carried with them printed instructions, much emphasis was placed on oral explanations of these instructions, since the students are not ordinarily familiar with psychological tests of this nature. A good deal of time was spent before the actual administration of the test explaining how it was to be answered. They were allowed to start answering the test until they complete understand the process. The students were asked to fill in the personal data in the response sheet before writing the responses for the tests.

### 3.4 Measuring Tools

**Table 1:** Interpretation of raw scores of depression

S. No.	Male	Categories of Mental Depression	Female
1	45 & above	Very High	43 & above
2	38 – 44	High	36 – 42
3	31 – 37	Moderate	29 – 35
4	24 – 30	Low	22 – 28
5	23 & less	Very Low	21 & less

To measure depression, the standardized depression test was used which was made by Prof. L. N. Dubey's, 1993 [12]. As revealed by the survey questionnaire measure of depression is an appropriate scale to measure depression. This questionnaire in depression related research often used by researcher abroad and it confirmed the validity and credibility 50 to assess aspects of depression. Here 't' test was used to measure the depression of male and female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli.

### 3.5 Data Analysis

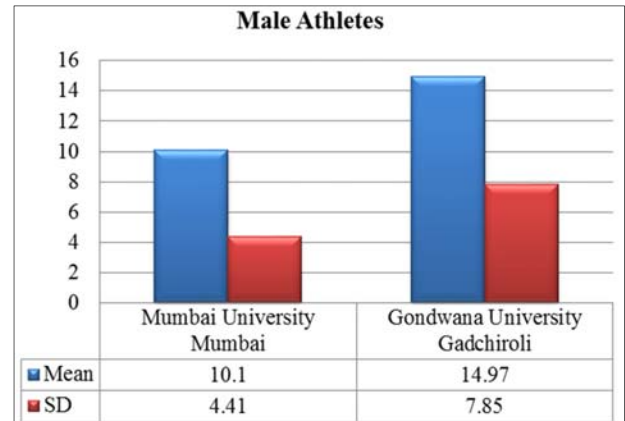
For statistical analysis, the Statistics Open for All (SOFA) was employed. In this study 't' test used to evaluate the distinction between male and female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli the level of statistical significance was 1% (0.01).

### 4. Results

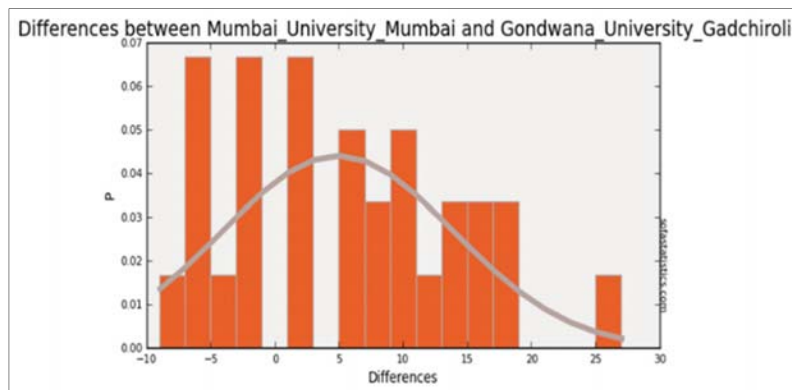
**Table 2:** Shows the mean and standard deviation differences among male athletes of Mumbai University Mumbai and Gondwana University Gadchiroli.

Male Athletes	N	Mean	S.D.	DF	't' value
Mumbai University Mumbai	30	10.10	4.41	29	2.945
Gondwana University Gadchiroli	30	14.97	7.85		

\*Insignificant at 0.01 level of significance



**Fig 1:** Bar diagram of differences among male athletes of Mumbai University Mumbai and Gondwana University Gadchiroli.



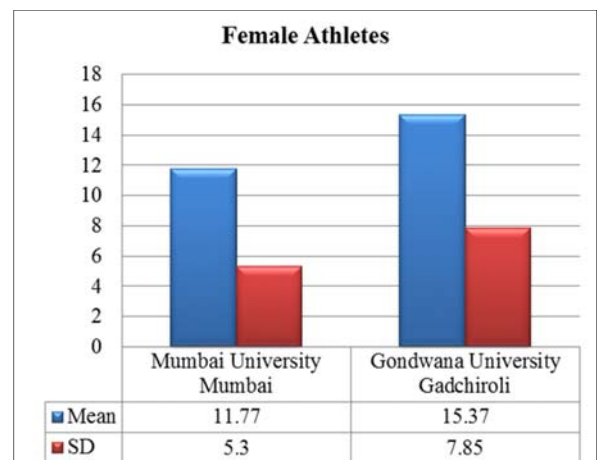
**Fig 2:** Standard Deviation measures the spread of values.

According to the information as the above table and figures shows the result of comparison of depression among male athletes of Mumbai University Mumbai and Gondwana University Gadchiroli. The depression in male athletes of Mumbai University Mumbai was 10.10 with 4.41 standard deviation and Gondwana University Gadchiroli was 14.97 with 7.85 standard deviation. According to the result there is no significant difference among the men athletes of Mumbai University Mumbai and Gondwana University Gadchiroli which is calculated by 't' value ( $t=2.945$ ,  $df=29$ ) with respect dependent variable depression at 0.01 level.

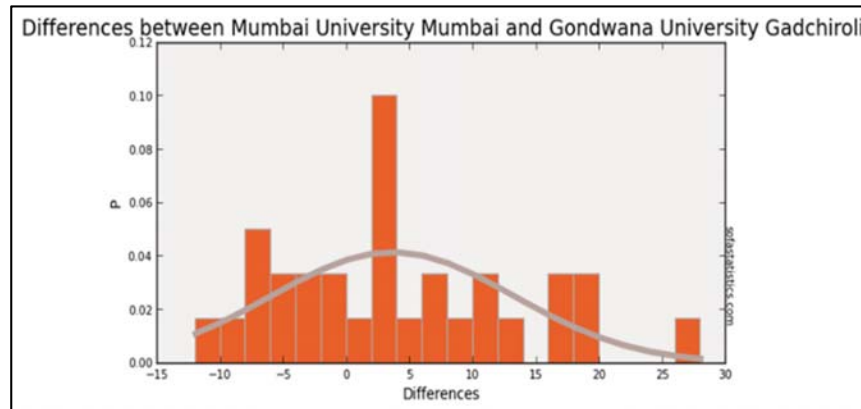
**Table 3:** Shows the mean and standard deviation differences among female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli.

Female Athletes	N	Mean	S.D.	DF	't' value
Mumbai University Mumbai	30	11.77	5.30	29	2.056
Gondwana University Gadchiroli	30	15.37	7.52		

\*Insignificant at 0.01 level of significance



**Fig 3:** Bar diagram of differences among female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli.



**Fig 4:** Standard Deviation measures the spread of values.

According to the information as the above table and figures shows the result of comparison of depression among female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli demonstrate insignificant difference between them. The depression in female athletes of Mumbai University Mumbai was 11.77 with 5.30 standard deviation and Gondwana University Gadchiroli was 15.37 with 7.85 standard deviation.

The result revealed that there is no significant difference among the female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli which is calculated by 't' value ( $t=2.056$ ,  $df= 29$ ) with respect dependent variable depression at 0.01 level.

## 5. Discussions

Based on the findings of the present research there is no significant difference among the male athletes of Mumbai University Mumbai and Gondwana University Gadchiroli and female athletes of both university also. Studying depression among male athletes of both universities shows depression score is more among the male and female athletes of Gondwana University Gadchiroli as compared to the male and female athletes of Mumbai University Mumbai. The present research shows the male athletes of Mumbai University Mumbai was 10.10 with 4.41 standard deviation and Gondwana University Gadchiroli was 14.97 with 7.85 standard deviation. The difference of mean was 4.87 with 3.44 standard deviation of male athletes.

The female athletes of Mumbai University Mumbai was 11.77 with 5.30 standard deviation and Gondwana University Gadchiroli was 15.37 with 7.85 standard deviation. The difference of mean was 3.60 with 3.55 standard deviation of female athletes. It means male and female athletes of Gondwana University Gadchiroli are higher score than the male and female athletes of Mumbai University Mumbai on mental depression but this difference is not significant.

The results of this research also agree with the findings of the research conducted by Heydaritabar H. (1995) in which he studied depression among the male students of universities engaged in individual and team sports. Heydaritabar H. noticed that there is a difference between two groups in terms of depression but this difference is not significant. Vijay Prakash (2014) made a comparative study of depression among sports

persons and non-sports persons. He was noticed that there is no significance difference among I.T.A.G. and B.Sc. students.

Another research by Leila Ghaedi *et al.*, (2014) studied comparison of the degree of depression between athletic and non-athletic undergraduate students. The result of this research shows there is no significant difference in the rate of depression among the male and female athletic students.

The above results indicate the rate of depression was similar in both groups, it means there was no significant difference. There I can say that present findings are supported by Heydaritabar H., 1995<sup>[13]</sup>, Vijay Prakash, 2014<sup>[14]</sup> and Leila Ghaedi *et al.*, 2014<sup>[15]</sup>.

## 6. Conclusions

An overall conclusion from this research showed that there was no significant difference among the male and female athletes of Mumbai University Mumbai and Gondwana University Gadchiroli.

## 7. References

1. WHO. Depression: A Global Public Health Concern. Retrieved from [http://www.who.int/mental\\_health/management/depression/who\\_paper\\_depression\\_wfmh-2012.pdf](http://www.who.int/mental_health/management/depression/who_paper_depression_wfmh-2012.pdf). Last assessed 16 January 2013.
2. WHO. International statistical classification of diseases and related health problems. 10<sup>th</sup> revision. <http://apps.who.int/classifications/icd10/browse/2010/en>. Last assessed 21 January 2013.
3. National Institute of Mental Health. Suicide in the U.S., <http://nimh.nih.gov/health/publications/suicide>, 2009a.
4. Frankenberger K, Frankenberger W. Effects of information on college student's perception of antidepressant medication. *Journal of American College Health*. 2004; 53:35-40.
5. Hussein N. Exercise and depression, 1978. <http://www.vanderbilt.edu/ans/health>.
6. Comer RJ. Abnormal Psychology. (4<sup>th</sup> ed.), New York: Worth, 2001.
7. National Institute of Mental Health. Women and depression: Discovering hope, 2009b. Retrieved from <http://www.nimh.nih.gov>
8. Puffer JC, McShane JM. Depression and chronic fatigue in athletes. *Clinics in Sport Medicine*, 1992; 11:327-338.

9. Sisk S. *Social Work Today*, 2006; 6(5):17-21.
10. Panah AG, Mustaffa MS. The review of family assessment in counseling, *IJFPSS*, 2012; 2:32-35.
11. Panah AG, Shariff HM, Tajalli P, Ashtiani G. The study of some individual and social factors in risk health behavioral (RHB) among university students, *IJFPSS*, 2011; 1:1-5.
12. Dubey LN. *Mental Depression Scale*, Arohi Manovigyan Kendra. 168/13 Lanin Road, South Civil Lines, Jabalpur, 1993.
13. Heydaritabar H. A comparison of distribution of depression among students engaged in individual and team sports. *Unpublished Master Thesis*. Faculty of Physical Education, Central Branch of Azad University of Tehran, Iran, 1995.
14. Vijay Prakash. A comparative study of depression between sport persons and non-sport persons. *Academic Sports Scholar*, 2014; 3(6):1-9.
15. Ghaedi Leila, Kosnin Azlina Mohd, Mislan Nora. Comparison of the degree of depression between athletic and non- athletic undergraduate students. *Open Science Journal of Education*. 2014; 2(1):1-6.