

COMPARATIVE STUDY OF DEPRESSION AMONG FEMALE SPORTS PLAYERS

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ABSTRACT

The investigator wanted to find out the depression level among female sports players both individual and group games players, the study revealed that the significant difference among the group and individual games female sports players, the study also revealed the nature of the games having the influence on the depression levels of the female sports players. The objectives of the study- to find out the influence of the nature of games on the depression among the sample groups, and also to find out the difference among group and individual female sports players of the study. The hypothesis of the study stated that there would be influence of the games on the depression among the female sports players, One hundred female sports players both individual and group games female sports players selected randomly for the research study to analyze the influence of the games nature on the depression among the female sports players of study, and also find out the difference among female sports players due to difference in the playing games. Research tool - The Beck Depression Inventory (BDI-II) was created by Dr. Aaron T. Beck. The original version of BDI was introduced by Beck and Beck in 1961 and revised in 1978 used to collect the data of the sample groups. . Statistical techniques like mean, SD, t test used in the study to test the research hypothesis of the study.

Key words – Depression, nature of the games.

DEPRESSION

Depression is one of the most common psychological problems affecting nearly everyone either personally or through a family member. Depression can interfere with normal functioning and frequently causes problems with work, social and family adjustment. Serious depression can destroy the family life and the life of the depressed person. The term depression is used in many different ways: to describe transient states of low

mood experienced by all people at some time in their life through to severe psychiatric disorders. Depression is understood to be a condition that generally comes and goes that is more likely at certain stages of the life cycle and with some types driven by genetic, biological factors and other types being more a response to major life events.

The clinical diagnosis of depression is made on the basis of the existence of a collection of signs and symptoms also called a syndrome. Currently, the most widely used classification systems for depressive disorders are the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and International Classification of Diseases (ICD-10) which has replaced by ICD-9. The DSM-IV system underpins much clinical practice and is both a dimensional and categorical are the sub typing of DSM-IV system. It allows a continuum of severity but also includes three major depression subtypes:

1. Mild, moderate or severe major depression without psychotic symptoms.
2. Severe major depression with psychotic symptoms and
3. Melancholia. The ICD-10 system forms the basis of much research and international comparisons. It subdivides depression along a severity continuum into: a. Mild. b. Moderate and c. Severe with or without psychotic features. Depressive symptoms can be measured in the community and in research populations by a number of self-report inventories and checklists. Depression is nearly twice as common in women as in men. Many women (particularly in this cohort of older adults) may have experienced postpartum or “empty nest” depression that was not recognized or treated. Because of the stigma associated with mental illness in this cohort, the depression may have been labeled as having a “nervous breakdown” or “bed sick” after some traumatic life experience. As a result, there may be no record of depression in the medical or psychiatric history [Rogerio, 2007].

Common Behavioral Challenges: The depressed persons may easily become so apathetic, lethargic and uncaring about personal hygiene, eating, activity etc., that the patients require an increased amount of staff time to execute their daily chores [Stice, 2001]. Many depressed elderly are mistaken for persons with dementia because of their concentration is so impaired that it seems their memory has failed. The person may become psychotic, hearing voices or believing things that aren't real leading staff to think them as schizophrenic [Migliore, 1994]. Agitated depression with increased irritability, brooding, pacing, and worry can create many problems for the staff and other residents. The person may become either verbally or physically threatening.

METHODOLOGY

The investigator tried to find out the difference in the level of depression among the sample groups by using research tool and also used the statistical techniques in the study, the collected data of both sample groups analyzed and drawn in the table.

Objectives of the study

- To find out the influence of the nature of games on the depression among the sample groups and also to find out the difference among group and individual female sports players of the study.

The hypothesis of the study

- There would be influence of the nature of games on the depression among the female sports players,
- There would be significance difference among group and individual sports players in their depression

Sample of the study

One hundred female sports players both individual and group games female sports players selected randomly for the research study to analyze the influence of the games nature on the depression among the female sports players of study, and also find out the difference among female sports players due to difference in the playing games.

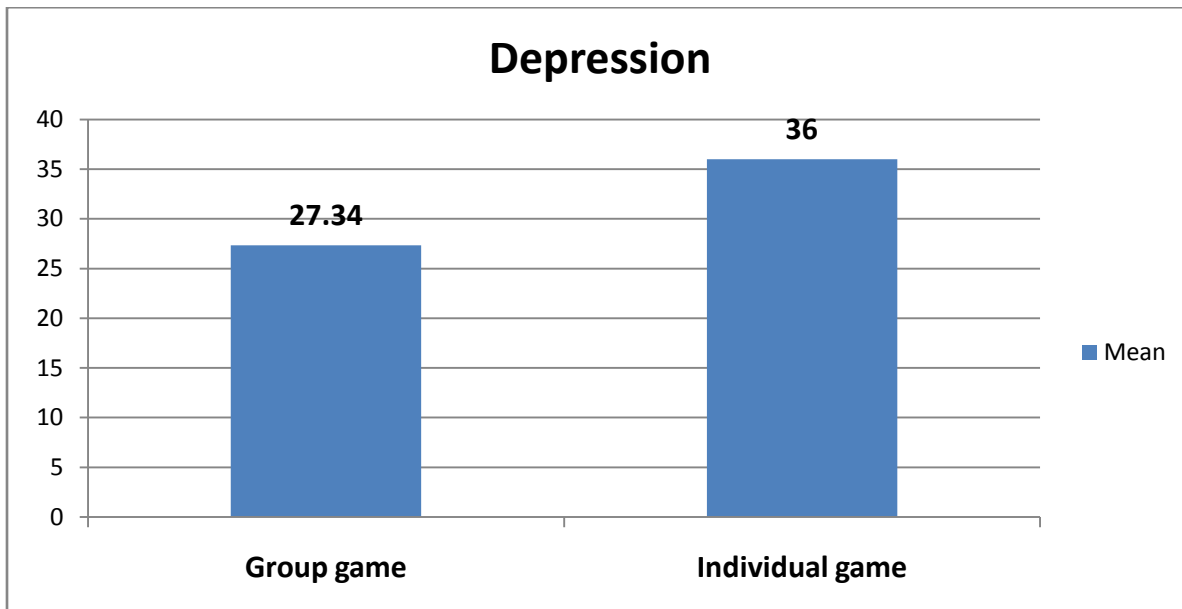
Research tool - The Beck Depression Inventory (BDI-II) was created by Dr. Aaron T. Beck. The original version of BDI was introduced by Beck and Beck in 1961 and revised in 1978 used to collect the data of the sample groups. . Statistical techniques like mean, SD, t test used in the study to test the research hypothesis of the study.

DATA ANALYSIS AND INTERPRETATION

The table showing the difference in depression among female sports players of group and individual games.

Female Players	N	Mean	SD	t values
Group game players	50	27.34	8.59	4.377**
Individual games players	50	36.10	13.02	

*Significant at 0.05***



The table and graphs showing that the group game female sports players are having the moderate depression and the individual female sports players are having the severe depression, the study also showing that the nature of the games also influencing on the depression levels of the female sports players.

The investigator found that the group games are lower the depression than the individual games, the female sports players are differ in their depression levels due to playing nature of the games.

CONCLUSION

The study revealed that the nature of the playing game like group games and individual games are having the influence on the depression factor of the female sports players. The group game female players are having the lower depression than the individual game female players of the study.

- There is a significant difference in the depression among the female sports players.
- There is significant influence of the games nature on the depression among the female sports players.

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