

A Comparative of Depression between Sports Players and Non Sports Players of Nagpur

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Abstract

The purpose of this study was to compare Sports Players and Non-Sports Players on their levels of Depression. Total numbers of 60 students were selected as the samples for the study purposively from the three Secondary Schools of Nagpur City of Maharashtra, in which 30 were Sports Players and 30 Non Sports Players. The present study is the descriptive survey method. For the collection of data the researcher administered the Zung Depression Scale. Data of Depression of Sports Players and Non Sports Players was compared by using independent sample t-test. The level of significance was kept at 0.05 to test the hypothesis. Results shows, that there is significant difference between the Depression level of Sports Players and Non Sports Players. In the Depression, we observe that Sports Players got good results as compared to Non Sports Players. Researcher also observed that the means scores of Depressions showed that Non sports players have high degree of Depression than sports players. Finally researcher concluded that Non sports players were more depressed as compared to sports players 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, sports players, Non sports players.

Introduction

Depression is a state of low mood and aversion to activity that can have a negative effect on a person's thoughts, behavior 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. 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. There is a significant need for more research, in order to obtain a more complete understanding of the relationship between depression and sport participation. It can be concluded that there is a significant lack of current research combining the fields of depression and sport, particularly focusing on the experiences of male university students. A number of studies have suggested that participation in sport is associated with psychological benefits and that it acts as a buffer against various sources of stress. On the basis of this, the present researcher wants to measure the Depression levels between sports players and Non sports players of Secondary Schools of Nagpur City. The purpose of this study was to compare sports players and Non sports players on their levels of Depression

Material and Methods

The present study is the descriptive survey method. The purpose of this study was to compare Sports Players and Non Sports Players on their levels of Depression. Total numbers of 60 students were selected as the samples for the study purposively from the three Secondary Schools of Nagpur City of Maharashtra, in which 30 were Sports Players and 30 Non Sports Players. The present study is the descriptive survey method. For the collection of data the researcher administered the Zung Depression Scale. Data of Depression of Sports Players and Non Sports Players was compared by using independent sample t-test. The level of significance was kept at 0.05 to test the hypothesis.

Results

Table No.1.1

Descriptive Statistics of sports players and Non sports players on Depression score.

Group	N	Mean	Standard Deviation	St. Error Mean
Sports Players	30	16.75	1.653	0.112
Non Sports Players	30	18.11	2.020	0.205

In the above table no 1.1; the mean of 30 Sports players was 16.75 with standard deviation of 1.653 and standard error of mean 0.112. Similarly the mean of 30 Non sports players 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. 1.2

Independent sample 't' test of Depression between sports players and Non sports players

t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.143	58	0.037	0.800	0.387

In the table no 1.2, the mean differences between sports players and Non sports players 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 sports players and Non sports players is accepted.

Discussion of Findings

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 significant difference between the sports players and Non sports players in Depression. Hence the research hypothesis is accepted. In the present study we found that the mean scores of Depression shows that have Non sports players high degree of Depression than sports players.

Conclusion

It was observed from the finding that there were significant differences between sports players and non-sports players in Depression. It was found that the mean scores of Depression shows that have Non sports players high degree of

Depression than sports players. Results shows that Non sports players were more depressed as compare to sports players. On the basis of the result obtained in this study the investigator concludes the scores of Depression of non-sports players showed that they were more depressed as compare to sports players and their level of Depression is not similar.

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