

## COMPARISON OF THE MENTAL DEPRESSION AMONG THE PLAYERS OF MAHARASHTRA STATE & GUJRAT STATE UNIVERSITIES OCCURING IN THE WEST ZONE INTER UNIVERSITY KHO-KHO COMPETATION

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### Abstract:

*Present study deals with the comparison of mental depression among the Kho-Kho men Players of Maharashtra State Universities & Gujrat State Universities. A group of 120 players, 60 men players of each State Universities with age group of 18-28 years were selected from West Zone Inter University Kho-Kho Competition 2013-14 conducted by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Maharashtra State, India through random sampling technique. Data was collected from only Kho-Kho men players using a standardized mental depression test of Prof. L. N. Dubey (1993). Here 't' test was used to check the significance of mental depression of the Players. The result of the study reveals that the 't' value of mental depression is -1.78 which was a insignificant difference between these Universities at 0.05 level of the depression.*

### KEYWORDS:

Mental Depression, Players, Kho-Kho, West Zone Inter University Competition.

### INTRODUCTION

Depression is a very common psychological medical condition and cause serious mental illness typically marked by sad or anxious feelings a person can experience. A great number of studies suggested that exercise training may reduce depressive symptoms in nonclinical and clinical population (Blumenthal et al. 1989; Dilorenzo et al. 1999; Roth and Holmes 1987; King et al. 1993). Mostly in university students occasionally feel sad or anxious but these emotions usually pass quality within a couple of days, where untreated depression lost for a long time, interferes with day-to-day activities and is much more than just being "a little down" or "feeling blue." It is not just in the mind but is experienced throughout the body. On average depression is very common in one in five females and one in eight males in their lifetime depression people can experience depression at any time in life but it seems to be more commonly diagnosed in young adults, the middle aged and women.

In the case of depression they will feel alienated from the society and family. The purpose of present investigation was to find out the difference between the men Players of Maharashtra State Universities & Gujrat State Universities who participant in West Zone Inter-University Kho-Kho Competition 2013-14 as regards the level of mental depression and the statement of hypothesis is 'There would be significant difference in level of mental depression among the Men Players of Maharashtra State Universities & Gujrat State Universities.

**2. METHODOLOGY:**

**Sample:-**

Random Sample survey method was used to select the samples for the including study. Total 120 samples were selected for study. 60 men samples of Maharashtra State Universities & 60 men Samples of Gujrat State Universities occurring in the West Zone Inter-University Kho-Kho Competition 2013-14 Organized by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Maharashtra.

**Variables :**

- 1.Independent variable : Sex ( Men)
- 2.Dependant variable : Mental Depression score on the Mental Depression-Scale

**Tools used:**

To measure mental depression, the mental depression test was used which was made by Prof. L. N. Dubey (1993). Here 't' test was used to measure the mental depression of both State universities players. The result discussion is as under.

**3. RESULT AND DISCUSSION :**

Random Sample survey method is used for comparisons of depression among the Men players of Maharashtra State Universities & Gujrat State Universities. The result obtained on the basic area of mental depression reveals significant difference of men players of Maharashtra State Universities & Gujrat State Universities.

The men players of Gujrat State Universities received higher mean score 12.16 as compared to the men players of Maharashtra State Universities 9.81. There has mean difference is -2.35 and the standard deviation score of men players of Gujrat State Universities received 7.81 and the men players of Maharashtra State Universities received 7.14. So we can say that the men players of Maharashtra State Universities & Gujrat State Universities have same mental depression level. The 't' value of mental depression is -1.78. There has insignificant difference between the men players of Maharashtra State Universities & Gujrat State Universities. It means hypothesis is rejected.

**Table 1 : Mean, SD and 't' value of depression among the Men players of Maharashtra State Universities & Gujrat State Universities.**

Sr. No.	Variable	N	MEAN	SD	't' value
1	Men Players of Maharashtra State Universities.	60	09.81	7.14	-1.78*
2	Men Players of Gujrat State Universities	60	12.16	7.81	

\*P<0.05

\*\*P<0.01

It is clearly revealed from Table-1 that there is a insignificant difference of mental depression on the men players of Maharashtra State Universities & Gujrat State Universities. In simple terms it can be concluded that mental depression of men players of Maharashtra State Universities & Gujrat State Universities is same.

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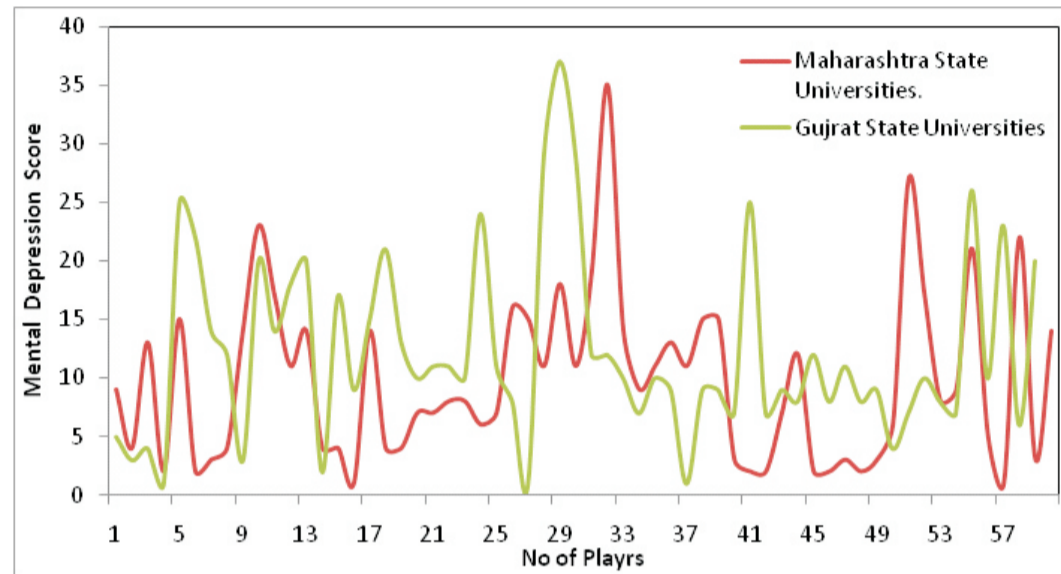


Figure 1. M. D. Score of the Men players of Maharashtra State Universities & Gujrat State Universities.

Figure 1. shows that the score of mental depression with the number of players who participated in West Zone Inter-University Kho-Kho Competition 2013-14 Organized by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Maharashtra State. It is observed that the 96.66% to 90% players of both state universities are found in (0-23) range which is suggested by Prof. L. N. Dhuby. This proves that the score of mental depression with the number of players is very low depressed. Also it is found that the 1.66% to 8.33% players of both state universities are found in (24-30) range which is clearly indicates that some of the players having Low depression due to effective factor affecting during the competition. Also it is observed that the 1.66% players of both state universities are the (31-37) range indicates that there is Normal depression so there is no chances of affect due to depression during the competition which is listed in table 2.

Table 2 : Percentage of depression among the Men players of Maharashtra State Universities & Gujrat State Universities.

Sr. No.	Standard Range of Depression Test	players of Maharashtra State Universities	players of Gujrat State Universities
1	0 – 23	96.66%	90.00%
2	24 – 30	1.66%	8.33%
3	31 – 37	1.66%	1.66%
4	38 – 44	Nil-	Nil-
5	45 – 50	Nil-	Nil-

4. CONCLUSION :

On studying the players of Maharashtra State Universities & Gujrat State Universities it was found that the level of depression among the men Players of Maharashtra State Universities & Gujrat State Universities is same. On the basis of statistical finding the hypothesis is rejected. It was observed that the training schedule of the players of both universities included mental imaginary training, mediation & yoga, psychological toughness training. Players get special training regarding social atmosphere, Economical conditions, family support, Nutrition, facility given by university, Less competition participation etc.

factors effecting on mental depression.

#### 5. RECOMMENDATION :

Individual Counseling may be given to all the Players. More exposure may be given to the mentally depressed players of their social involvement. A special mental training programme may be designed to reduce the mental depression. Studies have been presented giving evidence that physical activity and exercise can be also used in the treatment of depression.

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