

A COMPARATIVE STUDY OF DEPRESSION BETWEEN SPORTS PERSONS AND NON-SPORTS PERSONS

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Abstract:

The purpose of the study was to assess and compare Depression between Sports Persons and Non-Sports Persons. For the purpose of the study, total 300 subjects will be selected in two groups i.e. 150 in Sports Persons (Individual Games-50, Combative Games-50, Team Games-50) and 150 Non-Sports Persons i.e. (I.T.-50, A.G.-50, B.Sc.-50) were selected randomly on the basis of stratified random sampling. The subjects were selected from Banaras Hindu University and Mahatma Gandhi Kashi Vidyapith respectively. (Subjects of Institute of Technology (I.T) were selected from Banaras Hindu University only.) The age level of the subjects ranged from 18 to 25 years. Keeping the feasibility criterion in mind, the Depression variable was selected for the present study. Depression was assessed with the help of Goldberg Depression Questionnaire (GDQ) constructed and standardized by Ivan Goldberg. To assess and compare the level of Depression between sports persons and non-sports persons, Descriptive Statistics i.e. mean, standard deviation, t test, analysis of variance (ANOVA) were used. The level of significance was set as 0.05 level. Significant difference was found between the Depression of Sports Persons & Non-Sports Persons. Depression of Sports Persons was found to be more than that of the Non-Sports Persons. Significant difference was found among Individual, Team and Combative Game Players in relation to Depression. The observed sequence of performance was found Combative > Individual > Team in relation to Depression. Insignificant difference was found among I.T, A.G and B.Sc. Students in relation to Depression.

KEYWORDS:

Depression, Sports Persons, Non-Sports Persons.

INTRODUCTION

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and physical well-being. It may include feelings of sadness, anxiety, emptiness, hopelessness, worthlessness, guilt, irritability or restlessness (Sandra, S. 1997).

The history of depressive disorders is described in detail by Jackson. The experience of depression has plagued humans since the earliest documentation of human experience. Ancient Greek descriptions of depression referred to a syndrome of melancholia, which translated from the Greek means black bile. In humoral theory, black bile was considered an etiologic factor in melancholia. This Greek tradition referred to melancholic temperament which is comparable to our understanding of early onset dysthymic conditions or depressive personality. During the late 19th and early 20th centuries, phenomenologists increasingly used the term depression or mental depression to refer to the clinical syndrome of melancholia (Jackson, S. W. 1986).

Depression is the psychiatric disability of our time. During the past decade there has been a sharp rise in depression around the world. According to a recent report from the World Health Organization the

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leading global cause of disability in 1990 was unipolar major depression. In the United States more people are hospitalized for depression than for any other psychiatric condition (Murray, C. & Lopez, A. n.d.).

Men often experience depression differently than women and may have different ways of coping with the symptoms. Men are more likely to acknowledge having fatigue, irritability, loss of interest in once-pleasurable activities and sleep disturbances, whereas women are more likely to admit to feelings of sadness, worthlessness and/or excessive guilt (Cochran, S. V. & Rabinowitz, F. E. 2000).

Men are more likely than women to turn to alcohol or drugs when they are depressed, or become frustrated, discouraged, irritable, angry and sometimes abusive. Some men throw themselves into their work to avoid talking about their depression with family or friends, or engage in reckless, risky behavior. And even though more women attempt suicide, many more men die by suicide in the United States (Kochanek, K. D., Murphy, S. L. & Anderson R. N. 2004).

Depression is universally described as a profound disturbance of mood connected with a negative view of one's self image. Terms such as "lack of self-esteem," and "poor self image" are used over and over in the literature on depression. It is impossible to separate one's self-image from one's identity as a woman or man. The self does not exist in a vacuum but in a relational and social context. This context is profoundly influenced by the gender norms and expectations that prescribe how we are supposed to behave as women or men. Failure to live up to these expectations can be damaging to our self-esteem. So aptly states, "Personhood and gender identity develop together, co-evolving and co-determining each other. As a result, one could no more become degendered than de-selfed". Much of the diagnosis and treatment of depression is "de-gendered" (Goldner, V. 1985).

Depressed women, depressed men seem unaware of their need for intimacy and have a hard time reaching out to their partner for comfort or more contact. They rarely connect their depression with any aspect of their relationship even though when they are able to develop a more open and supportive relationships with their partner, they are better able to handle the stress and competitiveness in the work place. Many men are reluctant to share their feelings of disappointment, anxiety, anger and frustration that are generated at work. We often hear, "I don't want to bring problems home?" or "I've always believed in handling my problems myself". By doing so they deprive themselves of the support and comfort they might gain from their partners, and at the same time deprive their partners of an opportunity to share in their lives.

At this time, what is needed is more research that will illuminate the interplay between the biological and psychological theories of depression. These conflicting theories make this condition one of the most confusing and difficult to treat. Therapists are left to wonder, "Is this person's depression due to a chemical imbalance or an unhappy marriage, a death in the family, a job failure, a painful divorce, or a chronic illness?" There are a wide range of factors that may be contributing to depression. The triggers that set it off at any particular time will be different for each person and consequently the solution will be different. To treat depression adequately it must be understood within a person's total life situation (Peggy-Papp, M. S. W. 1999).

OBJECTIVE OF THE STUDY

1. To assess and compare the depression between sports persons and non-sports persons.
2. To assess and compare the depression among Individual, Combative and Team Game Players.
3. To assess and compare the depression among I.T, A.G and B.Sc. Students.

HYPOTHESIS

1. There will not be any significant difference between Sports Persons and Non-Sports Persons in relation to depression.
2. There will not be any significant difference among Individual, Combative and Team Game Players in relation to depression.
3. There will not be any significant difference among I.T, A.G and B.Sc. Students in relation to depression.

PROCEDURE AND METHODOLOGY

Selection of Subjects

To achieve this purpose of investigation, a total 300 Male Subjects (150 Sports Persons & 150 Non-Sports Persons) were selected randomly on the basis of stratified random sampling. The subjects were selected from Banaras Hindu University and Mahatma Gandhi Kashi Vidyapith respectively. (Subjects of Institute of Technology (I.T) were selected from Banaras Hindu University only) The age level of the

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subjects ranged from 18 to 25 years. The distribution of the subjects has been numerated below in table no. 1.

**Table-1
Details of the Subjects Distribution with regard to Sports Persons and Non-Sports Persons**

Category of Subjects	Sub Category of Subjects	Number of Subjects
Sports Persons	Individual Games	50
	Combative Games	50
	Team Games	50
Non-Sports Persons	Institute of Technology (I.T.)	50
	Agriculture Sciences (A.G.)	50
	Faculty of Sciences (B.Sc.)	50

Selection of Variables

Keeping the feasibility criterion in mind, the depression variable was selected for the present study.

Criterion Measures

Depression was assessed with the help of Goldberg Depression Questionnaire (GDQ) constructed and standardized by Ivan Goldberg.

Statistical technique

Descriptive Statistics i.e. mean, standard deviation, t test, analysis of variance (ANOVA) was used. The level of significance was set as 0.05 level.

Result of the Study

The findings pertaining to descriptive statistics, t test, one way analysis of variance (ANOVA) as well as post hoc test for the various psychological variables of one hundred and fifty Sports Persons and one hundred and fifty Non-Sports Persons has been presented in table no. from 2 to 8.

**Table-2
Descriptive Statistics of Sports Persons and Non-Sports Persons in relation to Depression**

Sports Persons		Non-Sports Persons	
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a sÁ	یو	a sÁ	یو
a r's	یو	a r's	یو
{ Ömí Áír 5 sô-kc	یو	{ Ömí Áír 5 sô-kc	یو
{ /e Äm'p's	یو	{ /e Äm'p's	یو
Yj'c	یو	Yj'c	یو
{ sÖ's ll	یو	{ sÖ's ll	یو
wÄ's	یو	wÄ's	یو
a -	یو	a -	یو
a Äs-j	یو	a Äs-j	یو
{j	یو	{j	یو
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It is evident from table - 2 that mean and standard deviation scores of Sports Persons and Non-Sports Persons in relation to Depression has been 28.65 & 20.16 and 15.24 & 16.37 respectively and range of score was 81 & 86 respectively where as standard error was found 1.24 & 1.33 respectively.

Table-3
Comparison of Depression between Sports Persons & Non-Sports Persons

Groups				T-ratio
Sports Persons		Non-Sports Persons		
Mean	S.D	Mean	S.D	4.64*
28.65	15.24	20.16	16.37	

* Significant at 0.05 level of significance
T-value required to be significant at 298 df= 1.97

Table- 3 revealed that significant difference was found between Sports Persons & Non-Sports Persons in relation to Depression, since T-value of 4.64 was found greater than the required tabulated value of 1.97 with 298 df at 0.05 level of significant.

Sports Persons possessed greater Depression in comparison to Non-Sports Persons.

The graphical representation of means between Sports Persons and Non-Sports Persons in relation to Depression has been presented in figure No.1

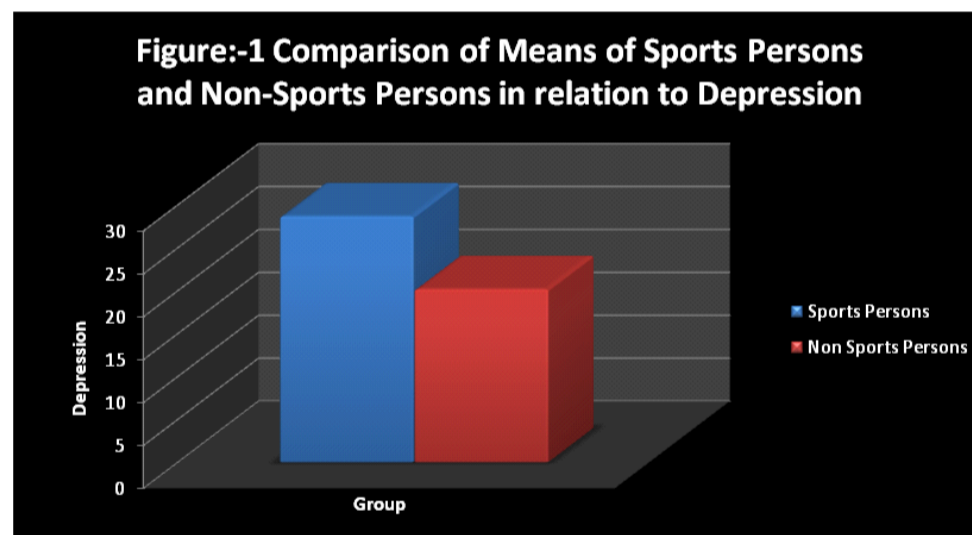


Table-4
Descriptive Statistics among Individual, Team and Combative Game Players in relation to Depression

Individual Game		Team Game		Combative Game	
Mean	30.66	Mean	23.16	Mean	32.14
Standard Error	2.28	Standard Error	1.62	Standard Error	2.30
Median	27	Median	23.5	Median	32
Mode	11	Mode	27	Mode	32
Standard Deviation	16.15	Standard Deviation	11.46	Standard Deviation	16.33
Sample Variance	261.08	Sample Variance	131.48	Sample Variance	266.73
Kurtosis	-0.23	Kurtosis	-0.87	Kurtosis	1.55
Skewness	0.53	Skewness	0.07	Skewness	0.86
Range	66	Range	42	Range	81
Minimum	7	Minimum	3	Minimum	3
Maximum	73	Maximum	45	Maximum	84
Sum	1533	Sum	1158	Sum	1607
Count	50	Count	50	Count	50

It is evident from table - 4 that mean and standard deviation scores among Individual, Team and Combative Game Players in relation to Depression has been found 30.66, 23.16 & 32.14 and 16.15, 11.46 & 16.33 respectively and range of score was 66, 42 & 81 respectively where as standard error was found 2.28, 1.62 & 2.30 respectively.

Table-5
Analysis of Variance among Individual, Team and Combative Game Players in relation to Depression

Source of Variation	Squares	df	Mean Squares	F-Value	Significance
Between Groups	10.27	2	5.135	5.27*	.00
Within Groups	197.73	147	1.345		
Total	208	149			

* Significant at 0.05 level of significance
F 0.05 (2, 147) = 3.06

Table- 5 revealed that there was significant difference among Individual, Team and Combative Game Players in relation to Depression, as obtained F-ratio was 5.27, which was higher than the tabulated value 3.06, required for F-ratio to be significant at 0.05 level with (2, 147) degree of freedom.

Since the one way analysis of variance was found significant in relation to Depression, the least significant difference (LSD) test was applied to find out the differences of the paired means among Individual, Team and Combative Game Players.

Table-6
Least Significant Difference (LSD) post hoc test for the paired means among Individual, Team and Combative Game Players in relation to Depression

Means			Sig.	Mean Difference	Critical Difference
Individual	Team	Combative			
30.66	23.16		.012	7.50(*)	2.84
30.66		32.14	.618	-1.48	
	23.16	32.14	.003	-8.98(*)	

* Significant at .05 level of significance

It is evident from table- 6 that a paired mean difference among Individual, Team and Combative Game Players in relation to Depression was found significant between Individual and Team; Team and Combative.

Mean differences between Individual and Combative did not prove to be significant at .05 level of significance.

The graphical representation of means among Individual, Team and Combative Game Players in relation to Depression has been presented in figure No.2.

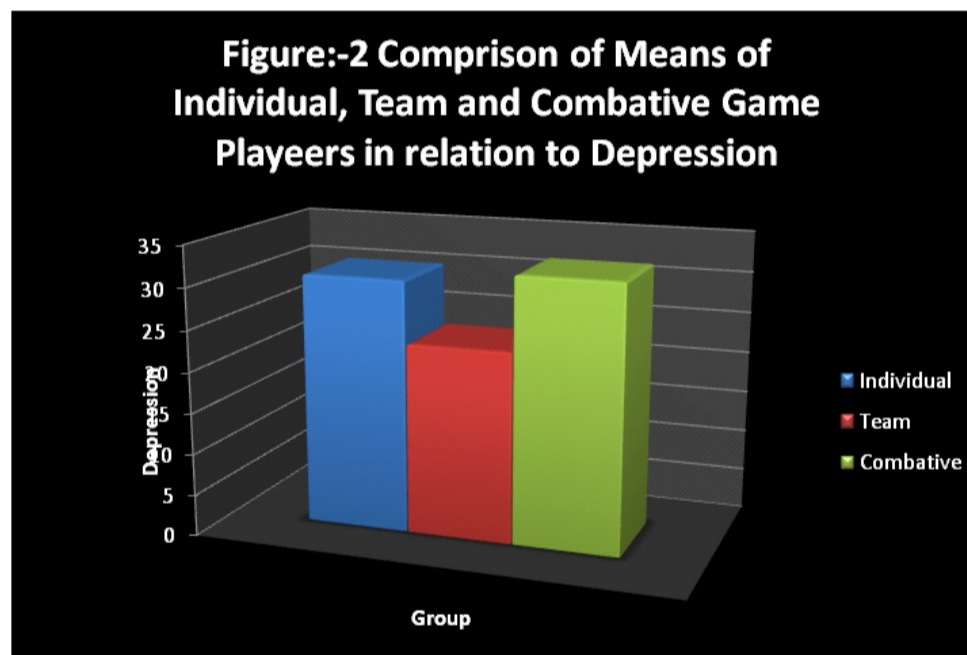


Table-7
Descriptive Statistics among I.T, A.G and B.Sc. Students in relation to Depression

I.T Student		A.G Student		B.Sc. Student	
Mean	20.84	Mean	19.28	Mean	20.38
Standard Error	2.80	Standard Error	1.87	Standard Error	2.21
Median	12	Median	17	Median	17.5
Mode	5	Mode	16	Mode	3
Standard Deviation	19.81	Standard Deviation	13.25	Standard Deviation	15.66
Sample Variance	392.79	Sample Variance	175.59	Sample Variance	245.38
Kurtosis	2.06	Kurtosis	2.91	Kurtosis	0.26
Skewness	1.56	Skewness	1.42	Skewness	0.93
Range	86	Range	66	Range	60
Minimum	1	Minimum	1	Minimum	1
Maximum	87	Maximum	67	Maximum	61
Sum	1042	Sum	964	Sum	1019
Count	50	Count	50	Count	50

It is evident from table - 7 that mean and standard deviation scores among I.T, A.G and B.Sc. Students in relation to Depression has been found 20.84, 19.28 & 20.38 and 19.81, 13.25 & 15.66 respectively and range of score was 86, 66 & 60 respectively where as standard error was found 2.80, 1.87 & 2.21 respectively.

Table-8
Analysis of Variance among I.T, A.G and B.Sc. Students in relation to Depression

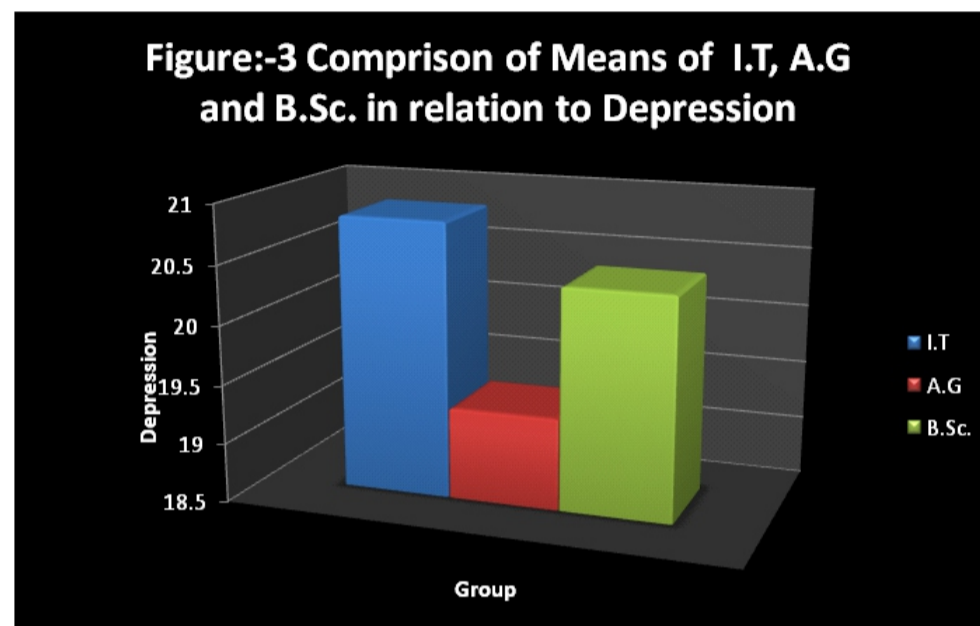
Source of Variation	Sum of Squares	df	Mean Square	C-Value	F
Between Groups	1.11	2	.55	.11*	.88
Within Groups	146.89	147	1.00		
Total	148.00	149			

* Insignificant at 0.05 level of significance
 $F_{0.05}(2, 147) = 3.06$

Table- 8 revealed that there was insignificant difference among I.T, A.G and B.Sc. Students in relation to Depression, as obtained F-ratio was .11, which was lower than the tabulated value 3.06, required for F-ratio to be significant at 0.05 level with (2,147) degree of freedom.

Since the one way analysis of variance was found insignificant in relation to Depression the least significant difference (LSD) test was not applied to find out the differences of the means least significant difference (LSD) test was not applied to find out the differences of the means among I.T, A.G and B.Sc. Students.

The graphical representation of means among I.T, A.G and B.Sc. Students in relation to Depression has been presented in figure No.3.



DISCUSSION OF FINDINGS

From the findings of the study revealed that the significant difference was found between Sports Persons and Non-Sports Persons whereas Sports Persons possessed greater Depression in comparison to Non-Sports Persons. The findings may be attributed to the fact that the Depression generally refers to the mental state of excessive sadness characterized by persistently low mood, loss pleasure and interest. Probably the higher score of Depression could be attributed to the Sportsmen which were chosen for the study has already achieved their highest level of achievement. They are worried about their carrier prospectus probably uncertainty in choosing a carrier might have inculcated the feeling of failure moreover they might have the feeling that Sports participation has not contributed to their carrier therefore they have score higher in Depression whereas Non-Sports Persons have clear path or carrier option with regard to their profession. Hence may feel more secure professionally.

Dyrbye, L. N., Thomas, M. R.&Shanafelt, T. D. (2006) in their study concluded that high prevalence of Depression among Medical Students than general population was due to personal and training-related features, however currently available information is insufficient to draw firm conclusions. In the present study a high level of Depression between Sports Persons in comparison to Non-Sports Persons might be due to personal and training features. The result of the study supports the present study.

In case of Depression significant difference was found among Individual, Team and Combative Games Players and the observed sequence of performance was found Combative > Individual > Team in relation to Depression. The reason for this may be that in Combative Sports the immediate outcomes which lead to the sense of failure and as soon as in Combative Sports the bout is lost the sense of failure stinks in. whereas in Individual and Team Games the failure leads to tendency of Depression.

Further, In case of Depression insignificant difference was found among I.T, A.G and B.Sc. Students. The reason for this may be that I.T Students are anxious about their future career prospects and grades during course which leads to tendency of Depression in them in comparison to B.Sc. and A.G Students.

DISCUSSION OF HYPOTHESIS

1. The hypothesis, that there will be no significant difference between Sports Persons and Non-Sports Persons in relation to Depression is rejected since significant difference was found between Sports Persons and Non-Sports Persons in relation to Depression.
2. The hypothesis that, there will be no significant difference among Individual, Combative & Team Game Players in relation to Depression is rejected since significant difference was found among Individual,

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Combative & Team Game Players in relation to Depression.

3. The hypothesis that, there will be no significant difference among I.T, A.G and B.Sc. Students in relation to Depression is accepted since no significant difference was found among I.T, A.G and B.Sc. Students in relation to Depression.

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