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Comparative study of depression between male and female sports person belongs to ball game

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Abstract

The study aimed to compare the Depression between Male and Female Sports Person Belongs To Ball Game. A total of sixty (60) subjects, comprising 30 male Sports persons and 30 Female sports persons belongs to ball games, which were randomly selected for the study. The Subjects were selected by using purposive sampling. The age of the subjects ranged between 18-28 years. To analyze the Depression Of the subjects of both the groups I.e. Male and Female Sports Person group the standard Questionnaire of Depression prepared by Prop. O. P. Mishra and Vidhya Bhooshan) was used for the collection of data; This Inventory consists of 32 items. The analysis of data was done by using statistical technique 't'- test for finding the significance difference of Depression Between Male And Female Sports Person Belongs To Ball Game and the level of significance was set at 0.05 levels ($p < 0.05$).

Keywords: Depression, male and female sports persons, ball game

Introduction

Depression is one important health issue however, many people with depression go undiagnosed. There is a need to examine the relative contribution of illness-specific factors of depression and other affective disorders, its duration, severity of its symptoms co morbidities, and the demographic factors on the quality of life of an individual. In Jammu and Kashmir state most of the college students fall in depression. So, the researcher wants to know the reasons behind the depression of the students and its various causes.

Depression as a mental disorder

Depression is described as a bunch of symptoms portrayed by sadness and “a loss of interest in everyday activities” (American Psychiatric Association, 1994) Depression is a mental disorder that involves body, mood, and thoughts. It is defined as a persistent mood disturbance, plus at least four of the following: sleep disturbance, changes in psychomotor activity, loss of ability to experience pleasure and interest, fatigue, feelings of worthlessness or guilt, difficulty in concentrating, and preoccupation with death or a wish to die (American Psychiatric Association, 1987) It affects the way one feels about him/herself and he/she can suffer from low-self-esteem. The way of eating and sleeping can change in depressed people, too. He/she might have a hard time getting out of bed and sleep too much. Symptoms can last for months or years if not treated. The symptoms of depression might differ from one person to next. Someone with a sense of despair can have a difficult time with concentration and decision-making. Gloom and self-criticism are all common. With a more intense depression, people can have self-destructive thoughts.

Factors affecting Depression

Depression does not have a single cause. Several factors can lead to depression, Some people carry genes that increase their risk of depression. But not all people with depression have these genes and not all people with these genes have depression. Environment – your surroundings and life experiences, such as stress, also your risk for depression. Some other factors affecting the depression are:

- Living away from family for the first time.
- Missing family or friends.

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- Feeling alone or isolated.
- Experiencing conflict in relationships.
- facing new and sometimes difficult school work.
- Worrying about finances.

Depression is a state of low mood and aversion to activity that can affect a person’s thoughts, behaviour, feelings and sense of well-being. Feeling sad, or what we may call depressed, happens to all of us. The sensation usually passes after a while. However, people with a depressive disorder – clinical depression find that their state interferes with daily life. Everyone occasionally feels blue or sad. But these feelings are usually short-lived and passed within a couple of days. When you have depression, it interferes with daily life and causes

pain for both you and those who care about you.

Procedure and Methodology

Sixty subjects were selected for the collection of data which include 30 subjects Male and 30 subjects as Female sports persons of ballgame. The subjects were selected by purposive sampling method. The age of the subjects ranged between 18-28 years.

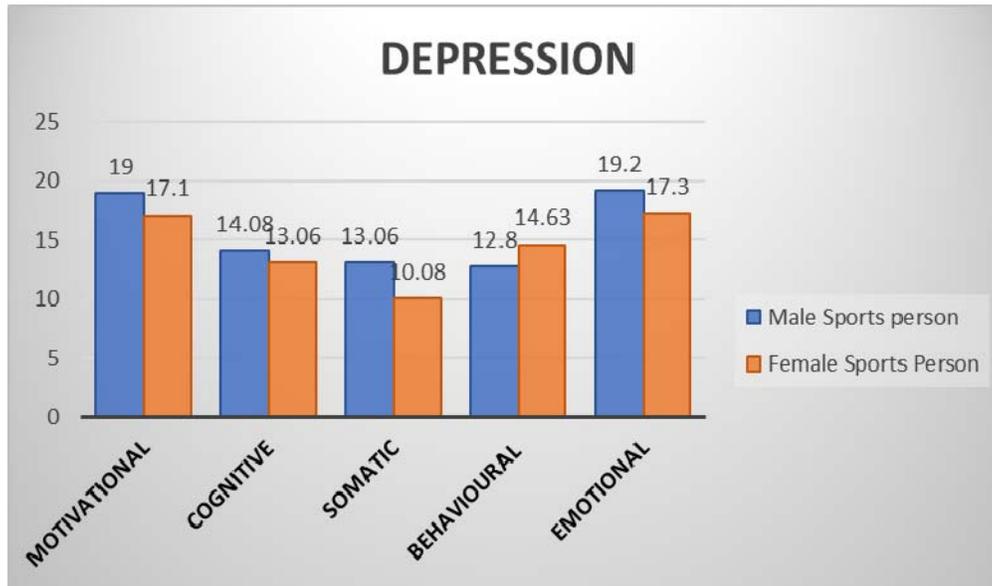
Equipments Used For Collection of Data

The standard questionnaire of Depression inventory framed by (Prop. O. P. Mishra and Vidhya Bhooshan) was used for the collection of data; This Inventory consists of 32 items.

Table 1: Comparison of Depression between Male and Female Sports Person

Depression	Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Motivational	Male Sports person	19	3.06	1.93	58	2.29	2.00
	Female Sports person	17.1	3.46				
Cognitive	Male Sports person	14.8	3.28	1.73	58	2.23	2.00
	Female Sports person	13.06	2.69				
Somatic	Male Sports person	13.06	3.98	2.26	58	2.52	2.00
	Female Sports person	10.08	2.88				
Behavioural	Male Sports person	12.8	3.14	1.83	58	2.17	2.00
	Female Sports person	14.63	3.38				
Emotional	Male Sports person	19.2	3.62	2.16	58	2.23	2.00
	Female Sports person	17.03	3.87				

Graph



Conclusion

With the limitations of the study and from the statistical from statistical analysis of the data following conclusion was drawn.

There was found significant difference in all cases, Motivational, cognitive, somatic, behavioural and emotional because the obtained t exceeds calculated t in all cases, so the researchers pre assume have been accepted.

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