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Comparison of depression level in successful female and unsuccessful female groups

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Abstract
The purpose of this study was to compare the depression of successful female sports and unsuccessful sports female at college level. The present study was conducted on the 60 successful female sports and 60 unsuccessful sports female of college level of Punjab. Their age was ranged 18 to 25 year. The collection of data to measure Depression Inventory (Beck, Ward, Mendelson, Mock & Erbough, 1961) was used. The Beck Depression Inventory is a 21 items Scale measuring attitudes and symptoms associated with depression. For the analysis of data, collected by administering the questionnaire to all the subject's t-test was employed at $p<.001$ level of significant. The result of the study concluded that there was statistically significant difference in successful female and unsuccessful sports female. It is clear that the mean successful female between of unsuccessful sports female is significantly higher than the mean depression of the unsuccessful sports female.

Keywords: Depression, sports, inventory, competition, questionnaire, unsuccessful, successful etc.

Introduction

In everyday language depression refers to any downturn in mood, which may be relatively transitory and perhaps due to something trivial. This is differentiated from clinical depression which is marked by symptoms that last week or more and are so severe that they interfere with daily living. It is a mental state characterised by a pessimistic sense of inadequacy and a despondent lack of activity.

It is a mental state of depressed mood characterised by feelings of sadness, despair and discouragement. Depression ranges from normal feeling of the blues through dysthymia to major depression. It is many ways resembles the grief and mourning that follow bereavement, there are often feelings of low self esteem, guilt and self reproach, withdrawal from interpersonal contact and physical symptoms such as earthling and sleep disturbances. Depressive disorder is characterised by extreme feeling of sadness, lack of self-worth and dejection. It is not just temporary or situational sadness, but a persistent and pervasive feeling of sadness or hopelessness that is often associated with weight loss (or gain) sleep disturbances, constipation, disturbances of sexual function, and feeling of guilt or self-blame, and include psychomotor retardation or at times agitation and withdrawal from interpersonal contact.

Clinical depression or major Depression or major disorder is distinguished from manic-depression or bipolar disorder in that the individual only experience period of depression, potentially returning to normal functioning in between times. In Bipolar disorder however the individual will cycle between depression and periods of hypomania of full manic (euphoria, high, lots of activity.

Procedure and Methodology

In the present study a sample of 60 successful female sports and 60 un-successful sports female (Total=120 Female) of Punjab. The collection of data to measure Depression Inventory (Beck, Ward, Mendelson, Mock & Erbough, 1961) was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.01 level of significant.

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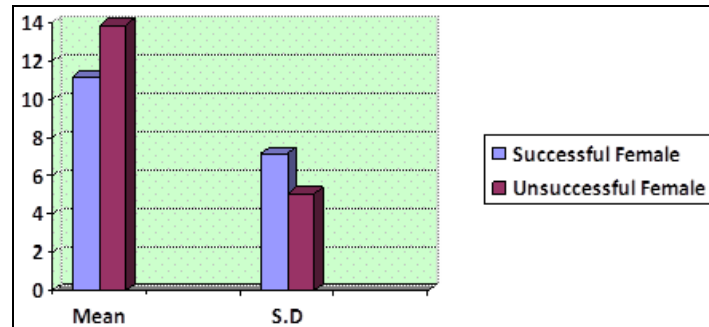Mahilpur, Punjab, India

Results

To find out the significant differences depression between successful sports female and unsuccessful sports female. The analysis of data, collected by administering the questionnaire to the entire subject's t- test was employed at 0.01 level of significant. The statistical analysis of data pertaining to depression is given below. Finding of the study show that all there was significant the sports and non- sports female of Punjab. It is clearly indicates that depression of sports is significantly high than the mean depression of the non-sports female of Punjab. This may be attributed due to the reality that the players of depression for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to depression. These outcomes may realize to develop the various training plans.

Table 1: Mean, sd and t-values with regard to successful female and unsuccessful female on the variable depression

Variable	Groups	Mean	S.D	Difference between Mean (DM)	't' ratio
Depression	Successful Female	11.17	7.149	2.12	1.712
	Unsuccessful Female	13.90	5.033		

$**p < 0.01$

t,<0.01(118)

Table present there was significant difference in successful female sports and un-successful female sports of Punjab. It become clear that on the variable depression the first group i.e. successful female group had the mean and SD values of 11.17 and 7.149, respectively whereas the second i.e. unsuccessful female group had 13.90 and 5.033 as mean scores and SD value respectively. The calculated t-values was 1.712 which was found to be significant ($p<0.01$).

Discussion and Conclusions

The results of the study are concluded as follows:

This study was an effort in similar way to find out and compare the variety among the tow different field's men in terms of depression. In the researcher had selected successful female sports and un-successful female sports. In the light of the results of analysis researcher found that there were significant difference was observed between the successful female sports and un-successful female sports in terms of surrounding especially where you work having more influence. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion.

Researcher feel this above factor might be reason to bring the significant difference between the successful female sports and unsuccessful female sports that are not involved in any sports activities.

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