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A study of depression between athletes and non-athletes of Shopian district of J&K

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Abstract

The purpose of this study was to compare Athletes and Non Athletes on their levels of Depression. The present study is the descriptive survey method. Total numbers of 50 students were selected as the samples for the study purposively from the Five Schools of Shopian District of J&K, in which 25 were Athletes and 25 were Non Athletes. For the collection of data the researcher administered the Zung Depression Scale. Data of Depression of Athletes and Non Athletes was compared by using independent sample t-test. The level of significance was kept at 0.05 level of significant. Results shows, that there is significant difference between the Depression level of Athletes and Non Athletes. In the Depression, we observe that Athletes got good results as compared to Non Athletes. Researcher also observed that the means scores of Depression showed that Non Athletes have high degree of Depression than Athletes. Finally researcher concluded that Non Athletes were more depressed as compare to Athletes 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, athletes, non athletes

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. When approached from a strictly scientific angle, depression is a chemical disorder which alters the function of normal brain behavior. Unusual levels of chemicals such as the neurotransmitters beta-endorphin, serotonin, and dopamine cause this disorder. It is believed that not only can depression arise from genetic makeup but also through the influences of the environment. It might be resulted from a combination of factors, including endogenous causes such as a chemical imbalance in the brain, a family history of depression, personal or social problems, stressful situations, or traumatic events such as assault or the death of a loved one. 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 Athletes and Non Athletes of Schools of Shopian District of J&K.

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Materials and Methods

The present study is the descriptive survey method. Total numbers of 50 students were selected as the samples for the study purposively from the Five Schools of Shopian District of J&K, in which 25 were Athletes and 25 were Non Athletes. For the collection of data the researcher administered the Zung Depression Scale. Data of Depression of Athletes and Non Athletes was compared by using independent sample t-test. The level of significance was kept at 0.05 level of significant.

Results

Table 1: Descriptive Statistics of Athletes and Non Athletes on Depression score

Group	N	Mean	Standard Deviation	St. Error Mean
Athletes	25	17.75	1.653	0.112
Non Athletes	25	19.11	2.020	0.205

In the above table no 1.1 the mean of 25 Athletes was 17.75 with standard deviation of 1.653 and standard error of mean 0.112. Similarly the mean of 25 Non Athletes was 19.11 with standard deviation of 2.020 and standard error of mean 0.205 respectively. (In the table N means number of subjects).

Table 2: Independent Sample 't' test of Depression between Athletes and Non Athletes

t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.133	48	0.037	-1.36	0.387

In the table no 1.2, the mean differences between Athletes and Non Athletes was -1.36 in the Depression. This difference when tested by Independent sample 't' test, calculated 't' value was 2.133 which was statistically significant at 0.05 level of significance for 48 degree of freedom. Therefore the research hypothesis, there is significant difference in Depression between Athletes and Non Athletes is accepted.

Summary and conclusion

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 Athletes and Non Athletes in Depression. Hence the research hypothesis is accepted.

Conclusion

In the present study we found that the mean scores of Depression shows that have Non Athletes high degree of Depression than Athletes. Results shown that Non Athletes were more depressed as compare to Athletes. It was observed from the finding that there were significant differences between athletes and non-athletes in Depression. On the basis of the result obtained in this study the investigator concludes the scores of Depression of non-athletes showed that they were more depressed as compare to Athletes and their level of Depression is not similar.

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