

## COMPARISON OF THE MENTAL DEPRESSION AMONG THE PLAYERS OF MAHARASHTRA & RAJASTHAN STATE UNIVERSITIES

Ramdas R. Jadhav,  
Director of Physical Education,  
Rajarshi Shahu Arts, Commerce & Science College Pathri,  
Tq. Phulambri, Dist. Aurangabad, (M.S.) INDIA - 431001.

### ABSTRACT :

*The main Purpose of study was to compare the mental depression among the Kho-Kho men players of Maharashtra & Rajasthan state universities. A group of sample 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). Operations related to statistical data analysis software (SPSS) was applied to extract results. 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 -1.67 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.

### 1. INTRODUCTION :

Depression is a very common mental disorder that is characterized by loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration, insomnia or hypersomnia, and occasionally suicidal thoughts<sup>[1]</sup>.

Depression often occurs as a result of adverse life events, such as the loss of a significant person, object, relationship or health. However, it can also occur due to no apparent cause. These problems can become chronic or recurrent and lead to substantial impairment in an individual's ability to take care of their everyday responsibilities<sup>[11]</sup>. Risk factors for depression include hormonal factors stress, impulsive behavior, alcohol or substance abuse, and family history of depression, alcohol abuse or suicide. Other factors such as poverty, severe or chronic medical conditions, insomnia, being a female, intimate partner violence, (childhood) sexual abuse and

tobacco use are also associated with depression<sup>[10]</sup>. Depression is associated with a combination of genetic, psychological, environmental, and biological factors. 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<sup>[6, 8, 9, 5, 4]</sup>.

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 feel blue. It is not just in the mind but is experienced throughout the body.

The purpose of present investigation was to find out the difference between the men players of Maharashtra & Rajasthan 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 & Rajasthan State Universities.

## 2. METHODOLOGY:

### 2.1. 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 Rajasthan State Universities occurring in the West Zone Inter-University Kho-Kho Competition 2013-14 Organized by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Maharashtra state, India.

### 2.2 Variables :

1. Dependant variable : Mental Depression
2. Independent variable : Kho-Kho men players

### 2.3 Measuring Instruments :

To measure mental depression, the mental depression test was used which was made by Prof. L. N. Dubey (1993)<sup>[2]</sup>. As revealed by the survey questionnaire measure of depression is an appropriate scale to measure depression. This questionnaire in depression-related research often used by researchers and abroad, and it confirmed the validity and credibility, 50 to assess aspects of depression. Here 't' test was used to measure the mental depression of both state universities players.

## 2.4 Statistical Methods :

The collected data in this study were analyzed by SPSS software. Through the calculation of descriptive statistics on topics such as classification, the average, the frequency, the standard deviation and cumulative frequency have been made. Especially independent groups T- test with error level 0.05 = 95% confidence level is used.

## 3. RESULT AND RESEARCH FINDINGS :

**Table 1 :** Percentage of depression among the Men players of Maharashtra & Rajasthan State Universities.

Depression Status	Score	Players of Maharashtra State Universities		Players of Rajasthan State Universities	
		Total	Percent	Total	Percent
Very Low	0 – 23	58	96.66%	54	93.33%
Low	24 – 30	1	1.66%	2	3.33%
Normal	31 – 37	1	1.66%	1	1.66%
High	38 – 44	0	0	1	1.66%
Very High	45 – 50	0	0	0	0
-	-	$\Sigma N = 60$	$\Sigma P = 100$	$\Sigma N = 60$	$\Sigma P = 100$

**Table 2 :** Mean, SD and 't' value of depression among the Men players of Maharashtra & Rajasthan State Universities.

Sr. No.	Variable	N	MEAN	SD	't' value
1	Men Players of Maharashtra State Universities.	60	09.81	7.14	-1.67*
2	Men Players of Rajasthan State Universities	60	11.93	6.30	

\*P<0.05

Random sample survey method was used for comparisons of depression among the Men players of Maharashtra & Rajasthan state universities. The result obtained on the basic area of mental depression reveals insignificant difference of men players of Maharashtra & Rajasthan state universities.

#### 4. CONCLUSION :

The results of this study with regard to research suggests is clearly revealed that there is a insignificant difference of mental depression on the men players of Maharashtra & Rajasthan state universities. In simple terms it can be concluded that mental depression of men players of both universities is same. It means hypothesis is rejected.

The men players of Rajasthan state universities received higher mean score 11.93 as compared to the men players of Maharashtra state universities 9.81. There has mean difference is 2.12 and the standard deviation score of men players of Rajasthan state universities received 6.30 and the men players of Maharashtra state universities received 7.14. So we can say that the men players of Maharashtra & Rajasthan state universities have same mental depression level. The 't' value of mental depression is -1.67.

Kamran Moghadam carried a study in 2007, in which entitled "Comparison of depression between the boys of team sports and individual students with students of Islamic Azad University of untrained boys. The result of the study showed that rate of depression in male non-athlete students are significantly more than male athlete's student. The results of this study, significantly differs from students in individual and team athletes in which have shown rates of depression<sup>[10]</sup>. Vaysmn and Asbsn (2005), with a research paper entitled "Cognitive variables of depression in adults with mental disabilities" pointed to the conclusion that mentally handicapped adults in rehabilitation programs took advantage of lower motor capabilities of cognitive stability and were less depressed<sup>[7]</sup>.

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, India. It is observed that the 93.33% to 96.66% players of both state universities are found in (0-23) range which is suggested by Prof. L. N. Dubey. This proves that the score of mental depression with the number of players is very low depressed. Also it is found that the 3.33% to 1.66 % 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 and 1.66% players of only Rajasthan state universities are the (38-44) range indicates that there is high depression so there is no chance of affect due to depression during the competition.

On studying the players of Maharashtra & Rajasthan state universities it was found that the level of depression among the men Players of Maharashtra & Rajasthan 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.

##### 6. ACKNOWLEDGEMENT:

The author wishes to acknowledge the precision and care with which Dr. Kalpana B. Zarikar, Assistant Professor & Head, Department of physical Education and Sports Dr. Babasaheb Ambedkar Marathwada University Aurangabad (MS) India for kind discussion and Dr. P. T. Sawant, Principal, R. S. College Pathri, Tq. Phulambri, Dist. Aurangabad (MS) India for kind co operations.

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