

**A COMPARITIVE STUDY OF DEPRESSION AMONG MALE AND FEMALE
ATHLETES OF SANT GADGE BABA AMRAWATI UNIVERSITY AND
NORTH MAHARASHTRA UNIVERSITY**

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Abstract

The present of this study was to compare of depression among the male and female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon, Maharashtra state. A group of total 120 players (30 male athletes and 30 female athletes of both universities) were randomly selected from Krida Mahotsav competition in this study. Prof. L. N. Dubey's mental depression test was used to collect the data. Data were analyzed by independent 't' test using by SOFA. By analyzing the proposed hypothesis at the 0.01 demonstrated significance between male and female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon in depression. The results show that there is significant difference between male athletes but there is no significant difference between female athletes of both universities on mental depression.

Key words: depression, male, female, athlete, Krida Mahotsav Competition.

1. Introduction

Psychological problems such as depression affects the life of millions people in the world. This problem is associated with increased fatality and health service expenses^[16]. Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feeling of guilt of low self-worth, disturbed sleep and appetite, low energy and poor concentration^[9].

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^[13]. 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^[8]. 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^[8]. 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^[4, 5, 13, 14, 15].

Depression is a significant risk factor for suicidal ideations and attempts, highlighting the critical importance of appropriate attention and intervention^[2, 13, 15]. As the numbers appear to be on the rise during recent years, with colleges and universities reporting growing numbers of reports of depression and suicidal ideations and intentions at their mental health facilities^[15]. 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^[10]. There is a significant need for more research, in order to obtain a more complete understanding of the relationship between depression and sport participation^[2]. 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^[1].

The researchers decided to compare the rate of depression among male and female athlete of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon in order to alert authorities the mental condition of youth to make correct planning, lower healthcare costs for treatment and prevention of depression and finally to prevent losses of emotional, familial and financial and human resources.

2. Purpose of hypothesis

- i. There is no significant difference between male athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon.
- ii. There is no significant difference between female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon.

3. Material and Method

The researcher aims to compare depression among male and female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon. Thus, the study is more of a descriptive one.

3.1 Subjects

The samples included 30 male athletes and 30 female athletes of Sant Gadge baba Amravati University, Amravati and 30 male athletes and 30 female athletes of North Maharashtra University Jalgaon were chosen randomly. All players were participated in Krida Mahotsav competition held at Rashtra Sant Tukdoji Maharaj University Nagpur (2012-2013), Maharashtra University of Health & Science, Nashik (2013-2014) and Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (2014-2015).

3.2 Measure

In the research Prof. L. N. Dubey's constructed and standardized mental depression test has been used to collect the data ^[5].

3.3 Procedure

The questionnaire provided based on the mental depression was distributed among the testis. This test included 50 statements. Every statement has to alternative answers 'Yes' and 'No'. 'Yes' indicates mental depression and 'No' indicates no depression.

Allot one mark for 'Yes' and zero marks for 'No'. In the end, sum up all the marks. Higher score shows higher mental depression. Interpret the raw score in terms of category.

4. Analysis and Results

Table No. 1

Shows the mean and standard deviation differences between male athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon.

Variables	N	Mean	S.D.	't' Value
Male Athletes of Sant Gadge baba Amravati University, Amravati	30	13.025	5.780	4.581*
Male Athletes of North Maharashtra University Jalgaon	30	19.050	7.511	

*P<0.01.

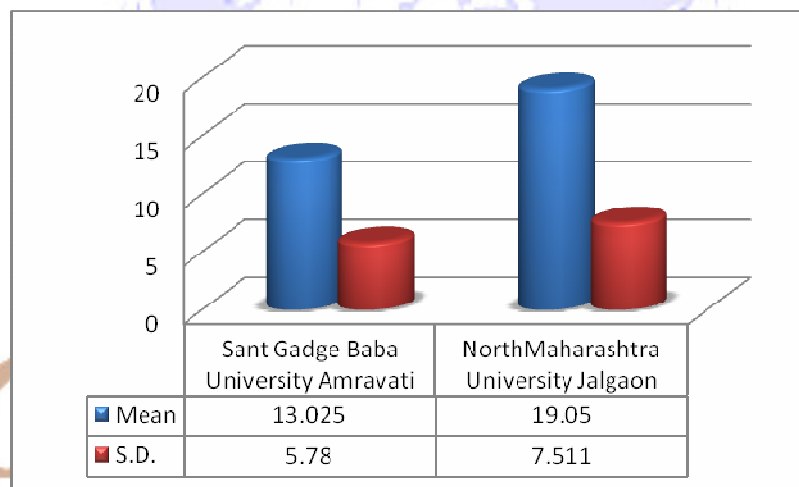


Figure No. 1

Shows mean and standard deviation differences between male athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon.

According to the information as the above table and figure shows the result of comparison of depression among the male athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon demonstrate significant difference between them. The depression in male athletes of North Maharashtra University Jalgaon was 19.050 with 7.511 standard deviation and Sant Gadge baba Amravati University, Amravati was 13.025 with 5.780 standard deviation. The mean difference was obtained 6.025 with 1.731 standard deviation. The results revealed that male

athletes of North Maharashtra University Jalgaon is more depressed than the male athlete of Sant Gadge baba Amravati University, Amravati which is calculated by ‘t’ value ($t = 4.581, df = 29$) with respect dependent variable depression.

According to the results there was significant difference between male athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon in depression at 0.01 levels.

Table No. 2

Shows the mean and standard deviation differences between female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon.

Variables	N	Mean	S.D.	‘t’ Value
Female Athletes of Sant Gadge baba Amravati University, Amravati	30	16.05	8.311	1.507
Female Athletes of North Maharashtra University Jalgaon	30	13.625	6.294	

*P<0.01.

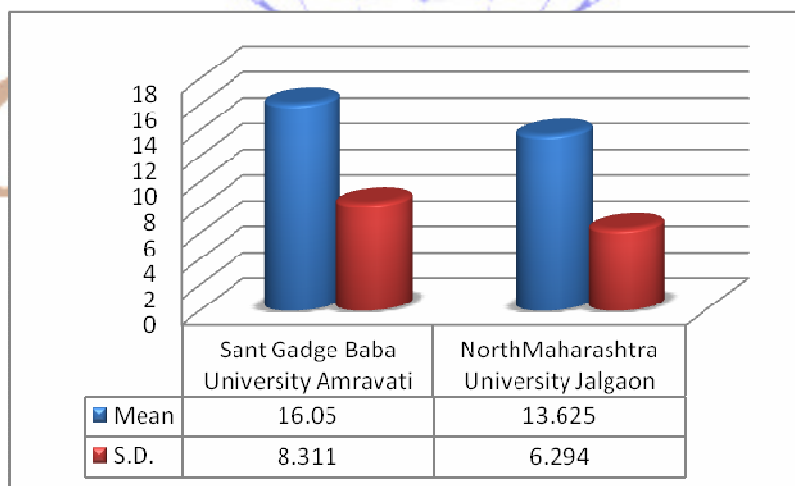


Figure No. 2

Shows mean and standard deviation differences between female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon.

Regarding the second hypothesis and according to the information as the above table and figure shows the result of comparison of depression among the female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon demonstrate insignificant difference between them. The depression in female athletes of Sant Gadge baba Amravati University, Amravati was 16.050 with 8.311 standard deviation and North Maharashtra University Jalgaon was 13.625 with 6.294 standard deviation. The results revealed that female athletes of Sant Gadge baba Amravati University, Amravati is more depressed than the male athlete of North Maharashtra University Jalgaon which is calculated by 't' value ($t = 1.507, df = 29$) with respect dependent variable depression.

According to the results there was no significant difference between female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon in depression at 0.01 levels.

5. Discussion

The purpose of this research was to compare to the rate of depression among male and female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon. The results show that there was significant difference between male athletes but there was no significant difference between female athletes them. Of course, it can be said a mood disorder like depression caused by different factors. Spence J C found that a small but notable increase in self-esteem was linked to the lowering of depression ^[6]. In addition to the increase in self-esteem, exercise can also provide a more grounded perspective on life. By participating in group exercise the individual is placed in an environment where it is more likely that he will interact with others. The interaction in itself offers a therapeutic affect for those who are so depressed that they choose not to even get out of bed. But even more convincing to some is the biological argument that supports the link between exercising and improved depression.

Evidences of research findings given by Mir Hamid Salehian, Recep Gursoy *et. al.*, (2012) conducted a Comparison study of depression between 400 university athletes and non-athletes, Armstrong Shelley *et. al.*, (2009), reported there is significant difference between athletes and non athletes. Total 227 samples were selected from small, private, liberal arts colleges in the south. He was reported College athletes also had lower depression than did non athletes. Ghaedi Leila *et. al.*, (2014), studied comparison of depression between athletic and non athletic undergraduate students

of a private university in Esfahan, Iran. A total of 160 samples of female athletics and non athletics and 180 samples of male athletics and non athletics were selected for this study. Result shows both female athlete and non athlete students have higher degree of depression compared to male students. The degree of depression among non athlete female and male students is higher than athlete students and Mir Hamid Salehian, Lamia Mirheidari et al. (2011) conducted a study on Comparison of Depression between 200 Tabriz Islamic Azad University Male Athletes and Non-athletes. The above results indicate the rate of depression was higher in university non-athletes than athletes. There we can say that present findings are supported by Mir Hamid Salehian, Recep Gursoy *et. al.*, 2012^[12], Armstrong Shelley *et. al.*, 2009^[3], Ghaedi Leila *et. al.*, 2014^[7] and Mir Hamid Salehian, Lamia Mirheidari *et. al.*, 2011^[11].

6. Conclusions

- i. The results showed that there was a significant difference between male athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon. It may be conclude that the depression of male athletes of Sant Gadge baba Amravati University, Amravati is lesser than the male athletes of North Maharashtra University Jalgaon. Due to it can be said a mood disorder like depression which is caused by different factors.
- ii. There was no significant difference between female athletes of Sant Gadge baba Amravati University, Amravati and North Maharashtra University Jalgaon.

7. Recommendation and Suggestions

- Individual counseling may be given to all depressed 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.

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