



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2015; 1(8): 832-835
www.allresearchjournal.com
Received: 11-05-2015
Accepted: 19-06-2015

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Relative learning of pervasiveness of depression among all India baseball male and female players

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Abstract

The motivation behind study was to assess the Pervasiveness of depression Among Male and Female baseball players of all India level. For this study, hundred youths baseball player are selected as a subjects. There were 50 boys and 50 girls baseball players were chosen from All India Softball competition to assess their pervasiveness of depression. Statistically analysis t' test was used for this learning. The finding pertaining to study resolved significant depression level of Male and Female all India level Player. With the assistance of Questionnaire, which has been prepared by Aaron T. Beck, Robert A cow and Gregory K. Cocoa, 1996. The Questionnaire was utilized to get the Pervasiveness of Depression among Male and Female Sports Person and their scores were collected. The minimum scoring of Beck Depression Inventory were zero and maximum scoring were 63. Mean value of male sports person were found 26.74 and female sports person were 31.3 and S.D of male sports person were found 49.094 and female sports person were found 63.357 and in last T. test value were found 2.68. Thus the hypothesis, which were formulated to find out there exists significant difference of depression among male and female sports persons is found to be rejected.

Keywords: Depression, sportsperson, male, female etc.

1. Introduction

The world is turning out to be increasingly aggressive nowadays. In this time of rivalry, level of academic achievement has gotten to be key variable for advancement in individual, expert and social existence of people. Academic achievement is having fundamental significance especially in the present financial social and innovative age. Folks crave that their kids climb the step of execution to as abnormal state as could reasonably be expected. This longing eventually gets transmitted to kids and thus they need to have an edge on each other tyke and exceed expectations everybody in scholarly execution. Parents of modern era give more emphasis in the cognitive growth of their children and there by create unhealthy competitions among them. This antique outlook not only hampers the social order but also creates tension, confusion, anxiety, depression and many other psychological disorders among children in general and adolescents in particular. This desire for high level of achievement put a lot of academic stress which leads to depression on sportspersons, especially on adolescents. Depression in adolescents is a disorder which occurs due to persistent sadness, loss of interest, loss of self-worth and discouragement. Depression is normally a temporary reaction towards situations of stress. Depression is a normal part of the maturation process of adolescents. It is even induced due to production of sex hormones. Adolescent females are depressed twice more than adolescent boys according to researches

Adolescent behaviour is normally marked with good and bad moods. The transition from a good mood to bad mood and vice-versa, can take minutes, hours and even days. That is the reason why true depression is very difficult to find out. Depression in adolescents can be caused due to bad school performance, break up with boyfriend or girlfriend, and failing relation with friends and family. These causes can lead to persistent depression. Other serious causes are chronic illness, obesity, child abuse, stressful lifestyle, poor social skills, unstable care giving and depression in family history.

The dawn of 21st century has brought with it an age of competition where a lot of emphasis is laid on achievement of the individual in every field, in every phase of his life. Today is the cut throat competition and every one succeeds and gain recognition in life.

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It's true even for the adolescents of the today. Today's adolescents have to excel in every field, professional field and career field. One's academic achievement decides one's career path and fate to a great extent. Man is ambitious by nature. He has aspirations and desire to be fulfilled. Too much competition disturbs the mood of the adolescents and they are suffering from depression and commit suicide when they do not achieve the target.

Sandra Salmans (1997) depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and physical well-being. Depression is quite common, and about 15% of people will have about of severe depression at some point in their lives. Depression is common among children and adolescents. Statistics indicate that perhaps 8% to 9% of children in the 10 to 13 year age range experience major depression during any given 1-year period (Golemen, 1994).

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feeling of guilt or low self-esteem of depressive disorder, major depressive, psychotic disorder postpartum depression seasonal affective disorder, In short depression is a form of what is known as a mood or affective disorder because it is primarily concerned with a change in mood. Depression is a very complex worth, disturbed sleep or appetite, low energy and poor concentration. Depression is an all- too common disorder that can affect anyone. Indeed the chance of developing a depressive illness is estimated to be 1 in 5 for women and 1 to 10 for men making it a particularly common affliction of mankind. Over the last three decades, a body of literature has developed suggesting that depression is associated with greater levels of medical care utilization.

Method and Procedure

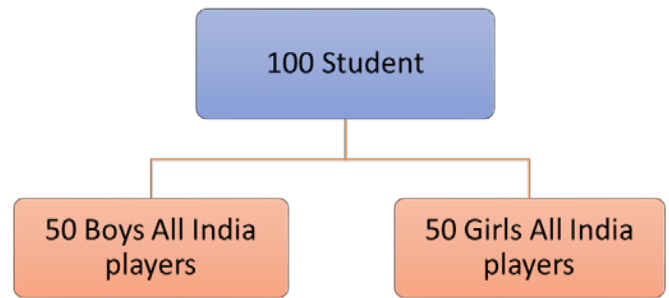
The strategy and system for exploration study relies on the sort of the issue the researcher has study the way of issue before finishing the examination procedure for it. After selection of problem and formulation of hypotheses, there was a need to give practical shape to the research i.e. conducting the research work. For that any researcher needs legitimate arranging and acknowledges outline. Research design is the blue print of what is to be done and how is to be done? It is the path which is followed by the researcher to reach the target. In simple language, a research design is stated as a plan of action, a plan of collecting and analyzing data in an efficient manner. A definitive accomplishment of research work enormously relies on the outline of the study.

Method

'Descriptive survey' strategy was utilized as a part of the present study. This method of research defines examination depicts; records dissect and decipher conditions that exist. It includes some kind of correlation and contracts and endeavours to find relationship existing non-controlled variables. Descriptive research studies are intended to get appropriate and exact data concerning the ebb and flow status of wonder and at whatever point conceivable to make substantial inferences from the information found.

Sample Size

The sample of fifty boys and fifty girls all India level sports persons was selected for the study.



Sample Area

A sample was drawn from the All India Softball competition held at lovely professional university, Punjab, from 8th of February to 17th of February.

Sampling Method

The selections of the subjects were done on the basis of purposive sampling method technique.

Tools used

Beck Depression Inventory-2nd Edition (BDI-II) by Beck, Steer and Brown (1996)

Statistical Technique Used

In this study, statistical technique used for the analysis is t-test. In order to find or interpret level of depression we used several statistical methods. Cases of depression will be identified and then the clinical criteria will be employed.

Descriptions of the Tools

Beck Depression Inventory

The purpose of this tool was to determine the presence and severity of symptoms of depression among adolescents and adults. The age ranges of the scale were 13-19 years. Beck Depression Inventory, the world's most widely used instrument detecting depression, features new items that will bring it in line with current depression criteria of the Diagnostic and statistics total manual of Mental Disorder fourth edition (DSM-IV). The BDI-II (Second Edition) now has an age range extended down to 13 years, providing clinicians with a sensitive tool for assessing younger clients. The Beck Depression Inventory (BDI-II) is 21 item self-report instruments intended to assess the existence and severity of symptoms of depression as listed in the American Psychiatric Association's Diagnostic and statistical manual of mental Disorders Fourth Edition (DSM-IV; 1994). The dimensions of Beck Depression Inventory (BDI-II) include sadness, Pessimism, past failure, Loss of pleasure, Guilty Feeling, Punishment Feeling, Self-Dislike, Thought or Wishes, Self Criticalness, Crying, Agitation, Loss of interest, Indecisiveness, Loss of Energy, Changing in Sleeping Pattern, Irritability, Change in Appetite, Concentration Difficulty, Tiredness or Fatigue, Loss of interest in sex.

Scoring: Each of the 21 item corresponding to a symptom of depression is summed to give a single score for the BDI-II. There is a four-point scale for each item ranging from 0 to 3. On two items (16 and 18) there are seven options to indicate either an increase or decrease of appetite and sleep. Total score of 0-13 is considered minimal range, 14-19 is mild, 20-28 is moderate, and 29-63 is severe. The minimum

scoring of Beck Depression Inventory is 0 and the maximum scoring is 3. Thus, the minimum score of 21 item of the Beck Depression Inventory is Zero and maximum scoring is 63.

Table 1: Scoring procedure

Score	Level of depression
0-13	Minimal
14-19	Mild
20-28	Moderate
29-63	Severe

Reliability: The reliability coefficient of BDI-II is 0.93 which has been computed by test-retest method and found to be significant at 0.01 level of significance.

Validity: Evidence of the BDI-II validity is 0.83 provided by the intercorrelations among the 21 BDI-II items.

Collection of Data

After the selection of suitable tools to generate information about the selected variables of the target group. The Investigator visited to the ground of L.P.U, Punjab, where the competition were going on and explains the purpose of visiting to the organising Secretary. Which were selected by using purposive sampling technique.

Results, Discussion, Interpretation and Recommendations

In the preceding chapter method and procedure of study, this covers sample, design of the study, development and descriptions of the tools, procedures and statistical techniques used for the analysis of data were discussed. The data as such have no meaning unless analyzed and interpreted by some dependable techniques. Once the research data have been collected and the analysis is made, the researcher can proceed to the stage of interpreting the results. The process of interpretation is essentially stating what the results show. Interpretation is not a routine and mechanical process. It calls for a careful, logical and critical examination of the results obtained after analysis, keeping in view the limitations of the sample chosen, the tools selected and used in the study.

The present chapter is devoted to the statistical analysis of the data interpretation of the results and conclusion. The aim of the present study the pervasiveness of depression among male and female all India players. Data were collected according to method and procedure mentioned in previous chapter. After collecting data from 100 adolescents, it was analyzed keeping in view the objectives and hypotheses of study by applying student’s paired-test. In t-test the observed values were compared with critical values at 0.05 and 0.01 levels to know whether the results are significant or not.

Table 1: Level of Depression among Adolescents Sports persons

Sr. No	No. of sports persons	Levels of depression	No. of adolescents falls in different levels of depression	Percentage
1	100	Minimal	2	2%
2		Mild	13	13%
3		Moderate	41	41%
4		Severe	44	44%

Interpretation

It is revealed from the Table no 1 that 41% of adolescents have moderate level of depression, 2% have minimal and 13% mild level of depression, about 44% of them exhibit severe level of depression.

Hence the hypothesis is found to be rejected in the light of above evidences. These results are not unique in case of the present study rather than such results have been explored by studies conducted earlier on depression by Weiner (1980), Dehestani (1998), Sood (2000).

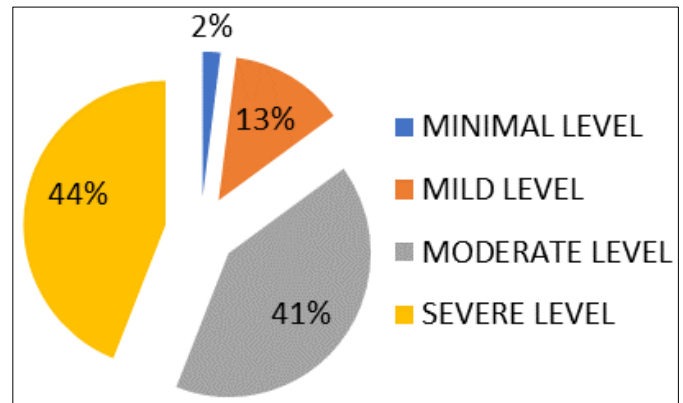


Fig 1: Level of depression among adolescents

Table 2: Level of depression among Female sports person

No of Female Sports Persons	Mean
50	31.3

The mean score of female sports person is 31.3 which fall under the category of severe depression (according to the norms of beck depression inventory). So, it is explored from the data that female sports person are having severe level of depression.

Table 3: Level of depression among Male sports person

No of Male Sports Persons	Mean
50	26.74

The table no. 3 shows that the mean value of score of male sports person is 26.74. It shows the moderate level of depression. So, the male sports people are having moderate level of depression.

Table 4: Level of depression among sports person

No of Sports persons	Mean Score
100	29.02

For all 100 participants, the mean score is 29.02. It shows severe level of depression. So, it can be interpreted that the sports person are having severe level of depression, irrespective of the gender.

Table 5: Difference in level of depression among male and female sports person

Sample Group	NO	MEAN	S.D.	T- Value	P value
Male	50	26.74	49.094	2.68	>.05
Female	50	31.3	63.357		

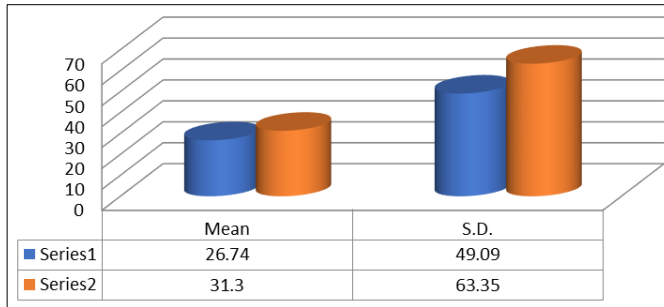


Fig 2: Level of depression among male and female sports persons

Interpretation

The table no 5 shows that mean value of male and female sports person are 26.74 and 31.3 respectively. Were S.D value of male and female sports person are 49.094 and 63.357 respectively. The T- values were formed to be 2.68 which are significant at 0.01 level of significance. So the hypothesis which states, there is significant difference in the level of depression among male and female sports person stands accepted. It can be revealed that sports persons differ significantly according to their gender, on their level of depression.

Thus the hypothesis, which was formulated to find out there exists significant difference of depression among male and female sports persons is found to be accepted. Results of the study conducted by D'Afflitti and Quintana (1976) support the present study but research evidences under review include studies of Dehestani (1998), Sidhu (2000).

Discussion

The finding pertaining to study resolved significant level of depression among Male and Female all India level Player. With the help of questionnaire which has been prepared by Aaron T. Beck, Robert A steer and Gregory K. Brown, 1996. There were 21 items in this scale in the form of questionnaire the subjects were marking a Circle (O) on point scale corresponding the response to indicate the level of depression in each of the statements. Subjects were read instruction and are instructed to understand the questioner before attempting it. The scores of the response reflected in the four point scale of each Question item were calculated. Thus the scores of all 21 items corresponding to depression were summed and analyzed statistically. There is four point scales for each item ranging from 0 to 3. On the items (16 to 18) there are severe options to indicate either increase or decrease. Total score of 0-13 is considered minimal range, 14-19 is mild and 20-28, moderate and 29-63 is severe. The minimum scoring of Beck Depression Inventory is zero and maximum scoring is 63. And the mean value of male sports person were 26.74 and female sports person were 31.3 and S.D of male sports person were found 49.094 and female sports person were found 63.357 and in last T. test value were found 2.68.

Thus the prepared that there is significant difference among male and female sports persons and the hypothesis were accepted.

Testing of Hypothesis

The finding of the present study indicates significant difference level of depression among male and female sports person. Beck depression questioners were used in both groups. The results were found significant comparison between male and female sports person as related to

depression, so hypothesis was accepted.

Conclusions

Conclusions were an essential as investigation. They provide a finishing touch and review to the whole of critical work. This part of study plays an important role in any research work. The present study revealed the prevalence of depression among male and female sports person. The hypothesis that there exists significant difference in the depression level among male and female sports person were accepted. So it can be concluded that there exists a significant difference in the male and female sports person. As the mean scores revealed that there was more depression among female sports person as compared to male sports person. So the findings indicate that female sports person were having more depression as compare to male sports person. So the hypothesis was accepted.

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