Manish Mishra
TGT (Physical Education)
Kendriya Vidyalaya Odisha,
India.

Dr. Sandeep Tiwari
Associate Professor, Indira
Gandhi Institute of Physical
Education and Sport Sciences,
University of Delhi, Delhi,
India.

Mohammad Muzamil Shah
Ph.D Research Scholar,
Department of Physical
Education and Sports Sciences,
University of Delhi, Delhi,
India.

Comparison of depression, stress and anxiety, between sports person and non-sport persons

Manish Mishra, Dr. Sandeep Tiwari and Mohammad Muzamil Shah

Abstract
The purpose of the study was to compare depression, stress, and anxiety between sports and non-sports persons for this purpose the subject (sports person) were selected from Department of Physical Education (IGIPESS), University Of Delhi, Vikaspuri New Delhi and non-sports person were selected from coaching institute these are preparing for competitive exams. For this study DASS questionnaire was used as a tool to collect the data. The age group of the subject was 20 to 25Years. Descriptive statistic and independent paired "t" test was applied. There was a significant difference in depression and stress between sports and non-sports persons. While the results also revealed that there was no significant difference in anxiety between sports and non-sports person. The significant difference was fixed at 0.05 level.

Keywords: Depression, Stress and Anxiety

Introduction
Psychology is an academic and applied discipline that involves the scientific study of mental functions and behaviors. Psychology has the immediate goal of understanding individuals and groups by both establishing general principles and researching specific cases, and by many accounts it ultimately aims to benefit society. In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and biological processes that underlie cognitive functions and behaviors. Psychologists explore concepts such as perception, cognition, attention, emotion, phenomenology, motivation, brain functioning, personality, behavior, and interpersonal relationships, including psychological resilience, family resilience, and other areas. Psychologists of diverse orientations also consider the unconscious mind. Psychologists employ empirical methods to infer causal and correlation relationships between psychosocial variables. In addition, or in opposition, to employing empirical and deductive methods, some-especially clinical and counseling psychologists-at times rely upon symbolic interpretation and other inductive techniques. Psychology has been described as a "hub science", with psychological findings linking to research and perspectives from the social sciences, natural sciences, medicine, and the humanities, such as philosophy.

Seligman described major depression as the "common cold" of psychiatry. Today, thirty years later, the situation has become even worse. Depression is currently affecting about 121 million peoples worldwide (World Health Organization: WHO, 2001a), and the incidence of depressive symptoms increase in all groups of age and in all western cultures (Seligman, 1975) [10].

According to the WHO (2001b) depression is today the leading cause of disability. Also, the WHO predicts that, of all diseases, in 2020 depression will impose the second-largest burden of ill health worldwide (Murray & Lopez, 1998) [4].

Stress: is any situation or event that evokes negative thoughts and feelings in a person. The same stressful situation is not stressful for all people, and all people do not experience the

Correspondence
Manish Mishra
TGT (Physical Education)
Kendriya Vidyalaya Odisha,
India.

same negative thoughts and feelings when stressed. One of the models of stress that is useful in understanding stress among students is person –environment (P-E) model (French, 1973) [2]. Cox, distinguished usage of the term stress in three different types:

(i) The engineering model of stress referred to stress as a negative one like overload of work, role conflict, ambiguity, poor working conditions.
(ii) The physiological model conceptualized stress as something within the individual.
(iii) Transactional stress conceptualized stress as result of imbalance or discrepancy between the demands on the individual and the ability to meet or cope with them (Cox, 1975).

Procedure and Methodology
For the purpose of the study 54 male and female students were selected randomly. These 54 subjects were divided into two groups. First group was of students who were active in sports and were labeled as sports persons and second was of students who are preparing for competitive exams and are not active in any kind of sport were labeled as non-sports persons.

Analysis of data and result of the study

Table 1: Data representing descriptive statistics for sports and non-sports students

	Groups	N	Mean	Std. Deviation	Std. Error Mean	t	Df	Sig. (2-tailed)
Depression	Non-Sports Person	27	8.11	6.06	1.16	3.77		0.01
	Sports Person	27	3.26	2.95	0.56			
Anxiety	Non-Sports Person	27	12.15	5.45	1.04	1.09	52	0.28
	Sports Person	27	10.81	3.22	0.62			
Stress	Non-Sports Person	27	10.00	4.95	0.95	5.45	52	0.00
	Sports Person	27	4.00	2.87	0.55			

The results indicate that there was a significant difference in depression between sports and non-sports persons, t (52) = 3.77, P = 0.01. That is the average score of sports persons (M=3.26, SD=2.95) was statistically different from that of non-sports person (M=8.11, SD=6.06). It is evident from table that in depression, a t value of 3.77 was obtained and the probability in the significance was P=0.01, which is less than 0.05. It indicates that we need not to retain the null hypothesis of no difference. Thus, it could be concluded that there was a significant difference in depression of between sports and non-sports persons.

The results indicate that there was a no significance difference in anxiety between sports and non-sports persons, t (52) = 1.09, P = 0.28. That is the average score of sports persons (M=10.81, SD=3.22) was not statistically different from that of non-sports person (M=12.15, SD=5.45). It is evident from table that in anxiety, a t value of 1.09 was obtained and the probability in the significance was P=0.28, which is greater than 0.05. It indicates that we need to retain the null hypothesis of no difference. Thus, it could be concluded that there was a no significant difference in anxiety of between sports and non-sports persons.

The results indicate that there was a significant difference in stress between sports and non-sports persons, t (52) = 5.45, P = 0.00. That is the average score of sports persons (M=4.00, SD=2.87) was statistically different from that of non-sports person (M=10.00, SD=4.95). It is evident from table that in stress, a t value of 5.45 was obtained and the probability in the significance was P=0.00, which is less than 0.05. It indicates that we need not to retain the null hypothesis of no difference. Thus, it could be concluded that there was a significant difference in stress of between sports and non-sports persons.
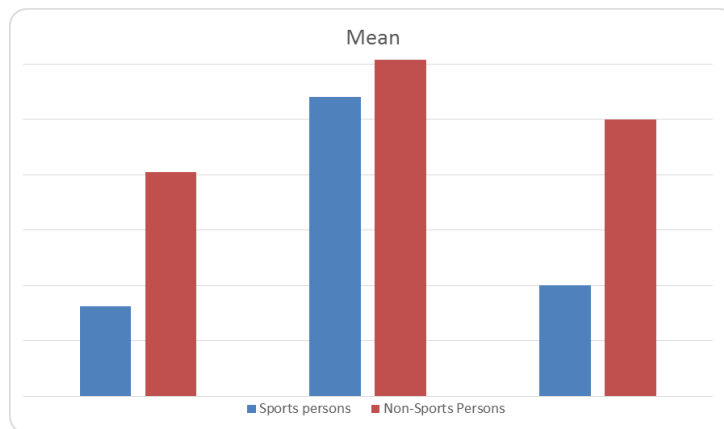

Fig 1: The Graphical Representation of Mean Scores on Psychological Variables of Depression, Anxiety and Stress.

It is clear for the figure that the mean of depression, anxiety and stress is low in sports persons than non-sports persons.

Conclusion
Within the delimitation and limitation of the study the following conclusion have been drawn:

1. There was significant difference between sports persons and non-sport persons on their level of depression. Sports persons were found to be having fewer score on depression in comparison to non-sport persons.
2. There was significant difference between sports persons and non-sport persons on their level of stress. Sports

persons were found to be having less score on stress in comparison to non-sport persons.

3. There was no significant difference between sports persons and non-sport persons on their level of anxiety. However, in sport persons the anxiety levels were lower than the non-sport persons.

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