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Prevalence of depression proneness among sportsmen and non-sportsmen

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Abstract

In the contemporary society depression has gripped its roots in the mental setup. The detachment of the people from the sports has enhanced the prevalence of depression. Keeping in view, the present study was carried to explore the prevalence of depression proneness of sports and non-sports person. The study was carried in context of descriptive research. The results of the study reveal that sports person hold low level of depression proneness as compared to non-sports person. Thus, research concludes that games and sports play an important role in minimising the level of depression proneness of an individual.

Keywords: depression proneness, sports men and non-sportsmen

Introduction

In the modern complex societies, which are full of stresses and strains, almost everybody experiences feelings of depression at one time or another Shim, M., Kelly, B., & Hornik, R. (2006) [12]. The emotions of feeling sad, unhappy or disappointed are a part of a human being's normal existence and are experienced by everyone almost on a daily basis. Such emotions may be associated with lack of games and sports. Depression is a state of sadness that has advanced to the point of being disruptive to an individual's social functioning and daily activities requiring clinical intervention. "Depression" comes from the Latin word 'depression', meaning to press down. Many researchers assume that the term "depression" refers not simply to a state of depressed mood, but to a syndrome comprising mood disorder, psychomotor changes and a variety of somatic disturbances. Depression is a psychological condition that changes how we think and feel and also affects our social behaviour and sense of physical wellbeing. Shoshani, A. (2013) [13]. When mired in depression, happiness eludes us. Pleasure is nowhere to be found. Our ambitions clot. Our strength leaves us. We worry. We lack confidence. We think we are unloved. Our thoughts are filled with cries of helplessness and hopelessness and we feel trapped. Sharma, L. K. (2014) [9]. Our attention is adrift. Our relationships sour. We feel stuck, numbed, dull and lifeless. Encapsulated within a persistently negative mood, gloom seems impenetrable. Interests are dampened. This process practically always include patterns of negative, depressive thoughts including helplessness, hopelessness and worthlessness This painful process of depression can start with an overwhelming trauma or slowly build from a long history of stress and negative thinking or a family history of depression and negative life circumstances. Sharma, P.D. (2018) [8]. Depression can be viewed as a persistent and recurring scourge that can involve multiple coexisting conditions such as anxiety and anger (Singh, *et al.*, (2014) [15]. This condition is clearly an equal opportunity disability that can affect anyone at any economic level, from childhood to old age. Slater, M. D. (1996) [16] found that approximately 16% of adults will experience depression in their lifetime. Depression is the most commonly encountered disorder among psychiatric outpatients (45%) and only 31% of depression sufferers are suffering from depression alone.

- The sporting activities, especially athletic type, allows: Express in the form of ritualised aggression necessary for the disabled person to assert itself in a competitive environment, and therefore not really in favour.
- A comparison with their opponents, experiencing the possibility of engaging a fight and then compete to win within the rules.
- Without thereby created, and then destruction of the violence.

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- To accept defeat, teaching anger management and frustration resulting from not being overwhelmed.
- The defeat does not exist without victory, is the flip side, seen in this perspective it becomes a stimulus to progress in sport and in life, becoming more self-esteem.

Therefore, from the above discussion it is evident that it is evident that games and sports hold immense value in shaping the psychological profile of an individual. Games and sports develop self-discipline, exercise, training, efforts to learn and improve the technical gesture, in fact, are not ends in themselves, but according to one goal: success in the race, the field of play and the fulfilling a schooling or employment, in everyday life. In pursuance to same, the researcher selected the below mentioned research problem:

Problem under investigation: The statement of the research problem is reported as under:
 “Prevalence of Depression Proneness among Sportsmen and Non-Sportsmen”.

Purpose of the study: The purpose of this study was to examine the impact of games and sports on depression proneness. In pursuance to same, the researcher was intended to explore it through the process of comparative analysis.

Hypothesis: The hypothesis of this study is reported as under:

- There will be significant difference between sports and non-sports men on their depression proneness.

Research methodology: The methodology and procedure of this research study is reported as under:

- **Design:** This study was carried with the help of “Descriptive Research Method”.
- **Sampling:** The sample for this study was selected from the Kulgam district of Union territory of Jammu and Kashmir. The total sample for the present study consists of 400 respondents.
- **Sampling technique:** The required sample was collected with the help of “convenient sampling technique”.

Analysis and discussion of the results: The analysis and interpretation of the data is discussed as under:

Table 1: Showing the Descriptive analysis on depression proneness of sports person

Descriptive analysis on depression proneness of non-sports person.	
Non-sports person	
Mean	19.0500
Median	19.0000
Mode	19.00
Std. Deviation	1.68275
Variance	2.832
Range	19.00
Minimum	7.00
Maximum	26.00

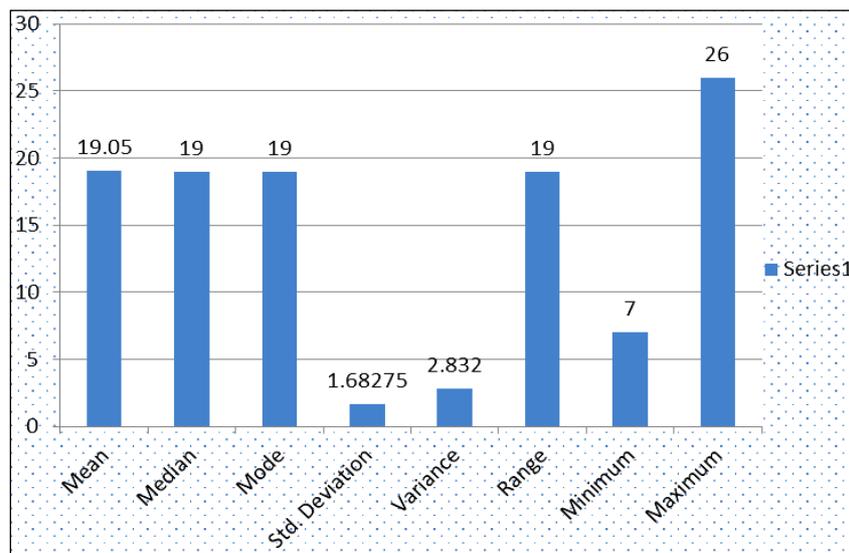


Fig 1: Showing the graphical representation on the basis of Descriptive analysis on depression proneness of sports person

- **Interpretation:** The resulted collected in the above reported table gives information about the descriptive analysis on depression proneness of non-sports person. The calculated results reveal that in descriptive analysis the mean value of non-sports person on their depression proneness has been reported 19.09. Accordingly, the

median value. 19.00 and mode was seen 19.00. The same, descriptive analysis standard deviation was seen 1.68. In context to same range were seen 19.00. The results same reveal that variance was seen 2.38. In pursuance to same, the range was seen the minimum vale was seen 7.00 and maximum value was seen 26.00.

Table 2: Showing the descriptive analysis on depression proneness of non-sports person

Descriptive Analysis of the Sports Person on Depression Proneness	
Mean	21.8300
Median	19.0000
Mode	19.00
Std. Deviation	6.67110
Range	48.00
Minimum	6.00
Maximum	54.00

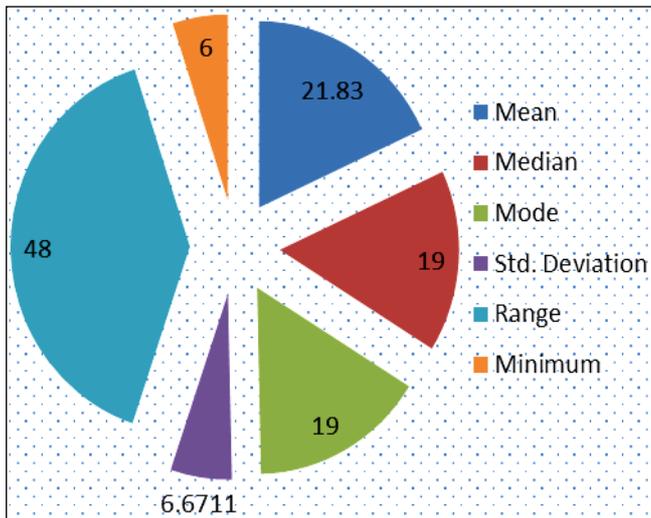


Fig 2: Showing the graphical representation on descriptive analysis on depression proneness of non-sports person

Interpretation: The resulted collected in the above reported table gives information about the descriptive analysis on depression proneness of sports person. The calculated results reveal that in descriptive analysis the mean value of sports person on their depression proneness has been reported 21.83. Accordingly, the median value was seen 19.00. The same, descriptive analysis standard deviation was seen 1.68. In context to same range were seen 19.00. The results same reveal that variance was seen 2.38. In pursuance to same, the range was seen the minimum value was seen 6.00 and maximum value was seen 54.00

Table 3: Showing the mean significant difference between sports and non-sports person on their level of depression proneness. (N=200 each)

Variable	SP		NSPO		't' value
	Mean	SD	Mean	SD	
Depression Proneness	19.05	1.68	21.83	6.67	5.34***

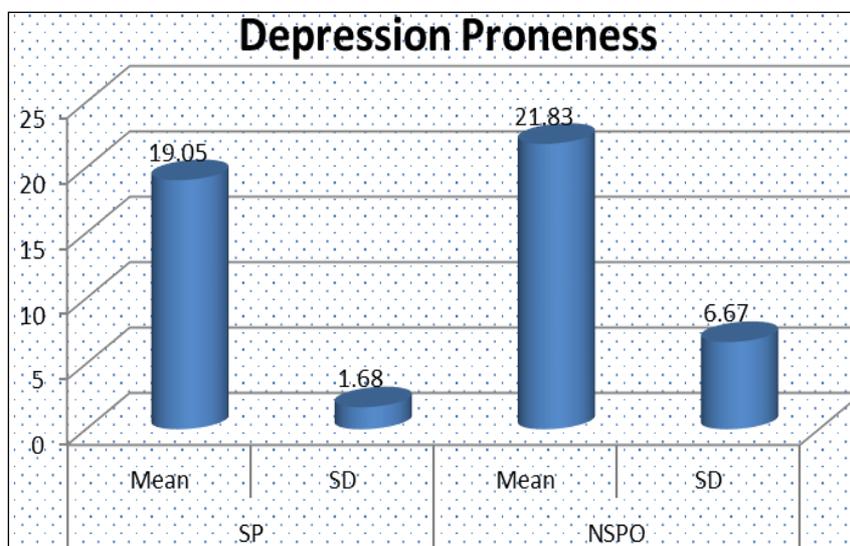


Fig 3: Showing the mean significant difference between sports and non-sports person on their level of depression proneness

- **Interpretation:** The perusal of the above reported table gives detailed analysis on the mean significant difference between sports and non-sports person on their level of depression proneness. The obtained results indicate the mean significant difference has been reported between sports and non-sports person on their depression proneness. Thus, results indicate the impact of games and sports is significant on the level of reducing the depression proneness of the respondents. Accordingly, the status of the hypothesis is reported as under:
- **Hypothesis:** There will be significant difference between sports and non-sports men on their depression proneness.Status: Accepted.

The results rare supported by the host of the researcher like; Ackland T., Ong, K., Kerr D., Ridge, B. (2003), Sharma, P. D. (2018) [8], Sharma, L. K. (2014) [9], Shim, M., Kelly, B., & Hornik, R. (2006) [12], Singh, *et al.*, (2014) [15] and Slater, M. D. (1996) [16].

Conclusion

Thus to conclude it was seen that sports person hold low level of depression proneness as compared to non-sports person. Thus, research concludes that games and sports play an important role in minimising the level of depression

proneness of an individual.

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