



ISSN: 2456-0057  
IJPNPE 2018; 3(1): 644-646  
© 2018 IJPNPE  
www.journalofsports.com  
Received: 12-11-2017  
Accepted: 14-12-2017

**Dr. Khushal Jagtrao Alaspure**  
Director of Physical Education,  
Narayanrao Rana  
Mahavidyalaya Badnera,  
Amravati, Maharashtra, India

## Comparison of levels of depression in urban and rural students

**Dr. Khushal Jagtrao Alaspure**

### Abstract

The main purpose of the study is to find the Comparison of levels of depression in urban and rural students. The present researcher was taken the male subjects for the study. The sources from collegiate urban and rural of Sant Gadge Baba Amravati University, Amravati district was taken as sources of data. For the present study researcher selected 60 (Sixty) subjects of Sant Gadge Baba Amravati University, Amravati (i.e. 30 urban and 30 rural students). In the present study the researcher adopted purposive sampling method for the selection of subjects. Depression was measured with the help of Depression test by O. P. Mishra, Vidhya Bhooshan and Santosh Kumar. The data collected from the two groups on the depression were used for the statistical treatment to find out whether or not there was any significant difference between the two groups by the 't' test. The level of significance was fixed at 0.05 level of confidence. All the statistical calculation was carried out using Microsoft Excel, 2007. The results come out were shows significant difference between urban and rural area students as depression and depression dimensions of motivational, cognitive, behavioral and emotional. There is no significant difference of somatic dimension of depression between urban and rural area students.

**Keywords:** depression, urban and rural students

### Introduction

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings, and sense of well-being. A depressed mood is a normal temporary reaction to life events such as loss of a loved one. It is also a symptom of some physical diseases and a side effect of some drugs and medical treatments. Depressed mood is also a symptom of some mood disorders such as major depressive disorder and dysthymia.

People with a depressed mood may be notably sad, anxious, or empty; they may also feel notably hopeless, helpless, dejected, or worthless. Other symptoms expressed may include senses of guilt, irritability, or anger. Further feelings expressed by these individuals may include feeling ashamed or an expressed restlessness. These individuals may notably lose interest in activities that they once considered pleasurable to family and friends or otherwise experience either a loss of appetite or overeating. Experiencing problems concentrating, remembering general facts or details, otherwise making decisions or experiencing relationship difficulties may also be notable factors in these individuals' depression and may also lead to their attempting or actually committing suicide.

Expressed insomnia, excessive sleeping, fatigue, and vocalizing general aches, pains, and digestive problems and a reduced energy may also be present in individuals experiencing depression<sup>[1]</sup>.

### Statement of the problem

Comparison of levels of depression in urban and rural students

### Purpose of the study

1. To compare motivational dimensions of depression between urban and rural students.
2. To compare cognitive dimensions of depression between urban and rural students.
3. To compare somatic dimensions of depression between urban and rural students.
4. To compare behavioral dimensions of depression between urban and rural students.
5. To compare emotional dimensions of depression between urban and rural students.
6. To compare depression between urban and rural students.

**Correspondence**  
**Dr. Khushal Jagtrao Alaspure**  
Director of Physical Education,  
Narayanrao Rana  
Mahavidyalaya Badnera,  
Amravati, Maharashtra, India

**Methodology**

**Sources of data**

The present researcher was taken the male subjects for the study. The sources from collegiate urban and rural of Sant Gadge Baba Amravati University, Amravati district was taken as sources of data.

**Selection of subject**

For the present study researcher selected 60 (Sixty) subjects of Sant Gadge Baba Amravati University, Amravati (i. e. 30 urban and 30 rural students).

**Sampling method**

In the present study the researcher adopted purposive sampling method for the selection of subjects.

**Criterion measures for selection of tools**

Following equipment was used for collection of data: Depression was measured with the help of Depression test by O. P. Mishra, Vidhya Bhooshan and Santosh Kumar.

**Statistical analysis**

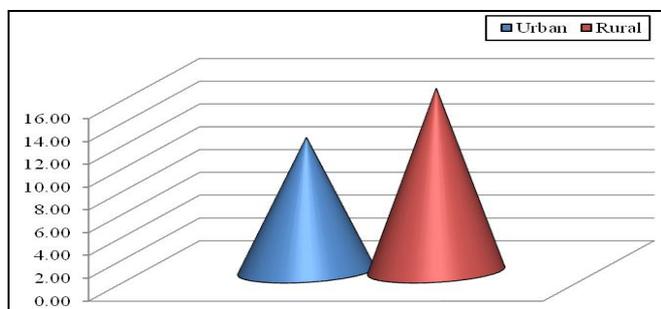
The data collected from the two groups on the depression were used for the statistical treatment to find out whether or not there was any significant difference between the two groups by the 't' test. The level of significance was fixed at 0.05 level of confidence. All the statistical calculation was carried out using Microsoft Excel, 2007.

**Result and Discussion**

**Table 1.** Showing comparison between rural and urban area students in motivational dimensions of depression.

Group	Mean	SD	SE	MD	Ot	df	Tt
Urban	11.70	3.55	0.88	4.30	4.90*	58	2.00
Rural	16.00	3.24					

Table No.1 reveals that there is difference between means of rural and urban area college students because mean of rural is 16.00 which is greater than the mean of urban area students which is 11.70 and calculated value of 't' is found as 4.90, is greater than tabulated 't' which is 2.00 at 0.05 level of significance. This shows mean of rural area students are having more motivational dimensions of depression than urban area students.

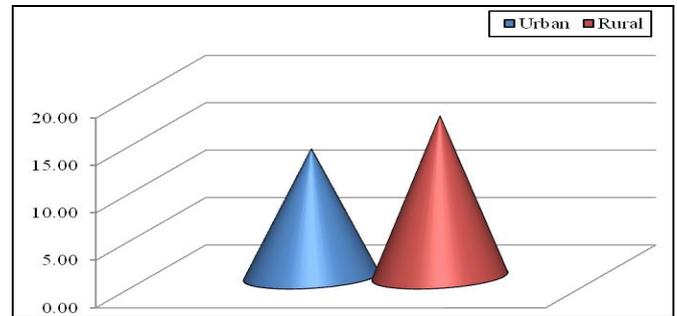


**Fig 1:** Mean difference of motivational dimensions of depression between rural and urban area students

**Table 2.** Showing comparison between rural and urban area students in cognitive dimensions of depression.

Group	Mean	SD	SE	MD	Ot	df	Tt
Urban	13.43	4.19	1.03	3.47	3.37	58	2.00
Rural	16.90	3.76					

Table No.2 reveals that there is difference between means of rural and urban area college students because mean of rural is 16.90 which is greater than the mean of urban area students which is 13.43 and calculated value of 't' is found as 3.37, is greater than tabulated 't' which is 2.00 at 0.05 level of significance. This shows mean of rural area students are having more cognitive dimensions of depression than urban area students.

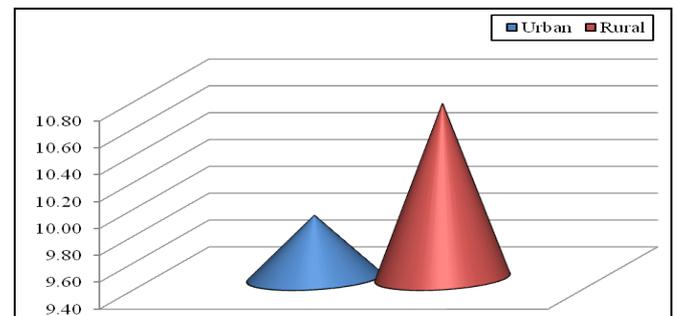


**Fig 2:** Mean difference of cognitive dimensions of depression between rural and urban area students

**Table 3:** Showing comparison between rural and urban area students in somatic dimensions of depression.

Group	Mean	SD	SE	MD	Ot	df	Tt
Urban	9.87	2.66	0.70	0.83	1.18	58	2.00
Rural	10.70	2.79					

Table No.3 reveals that there is difference between means of rural and urban area college students because mean of rural is 10.70 which is greater than the mean of urban area students which is 9.87 and calculated value of 't' is found as 1.18, is less than tabulated 't' which is 2.00 at 0.05 level of significance. This shows mean of rural area students are having more somatic dimensions of depression than urban area students.

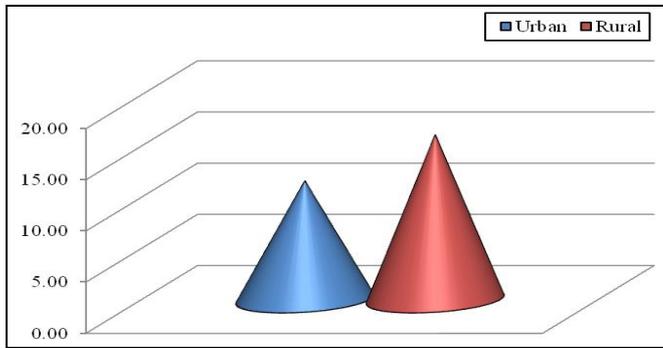


**Fig 3:** Mean difference of somatic dimensions of depression between rural and urban area students

**Table 4:** Showing comparison between rural and urban area students in behavioral dimensions of depression.

Group	Mean	SD	SE	MD	Ot	df	Tt
Urban	11.57	2.51	0.96	4.50	4.69	58	2.00
Rural	16.07	4.62					

Table No.4 reveals that there is difference between means of rural and urban area college students because mean of rural is 16.07 which is greater than the mean of urban area students which is 11.57 and calculated value of 't' is found as 4.69, is greater than tabulated 't' which is 2.00 at 0.05 level of significance. This shows mean of rural area students are having more behavioral dimensions of depression than urban area students.

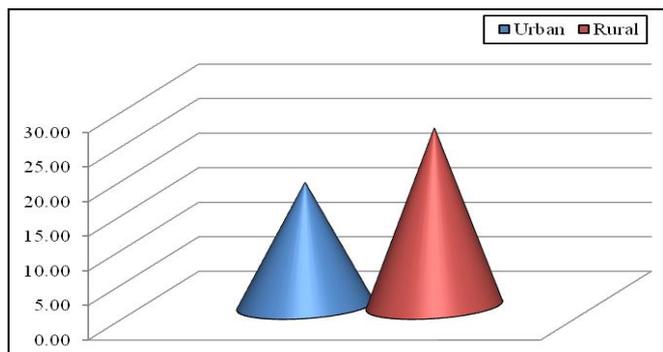


**Fig 4:** Mean difference of behavioral dimensions of depression between rural and urban area students

**Table 5:** Showing comparison between rural and urban area students in emotional dimensions of depression.

Group	Mean	SD	SE	MD	Ot	df	Tt
Urban	17.80	5.85	1.35	7.87	5.81	58	2.00
Rural	25.67	4.56					

Table No.5 reveals that there is difference between means of rural and urban area college students because mean of rural is 25.67 which is greater than the mean of urban area students which is 17.80 and calculated value of ‘t’ is found as 5.81, is greater than tabulated ‘t’ which is 2.00 at 0.05 level of significance. This shows mean of rural area students are having more emotional dimensions of depression than urban area students.



**Fig 5:** Mean difference of emotional dimensions of depression between rural and urban area students

**Table 6:** Showing comparison between rural and urban area students in depression.

Group	Mean	SD	SE	MD	Ot	df	Tt
Urban	64.37	15.05	3.73	20.97	5.62	58	2.00
Rural	85.33	13.84					

Table No.6 reveals that there is difference between means of rural and urban area college students because mean of rural is 85.33 which is greater than the mean of urban area students which is 64.37 and calculated value of ‘t’ is found as 5.62, is greater than tabulated ‘t’ which is 2.00 at 0.05 level of significance. This shows mean of rural area students are having more depression than urban area students.

**Conclusion**

From the analysis of the data the following conclusions are drawn

1. Comparison of depression dimension of motivational between urban and rural area students shows significant difference.
2. Comparison of depression dimension of cognitive

between urban and rural area students shows significant difference.

3. Comparison of depression dimension of somatic between urban and rural area students shows insignificant difference.
4. Comparison of depression dimension of behavioral between urban and rural area students shows significant difference.
5. Comparison of depression dimension of emotional between urban and rural area students shows significant difference.
6. Comparison of depression between urban and rural area students shows significant difference.

**References**

1. [https://en.wikipedia.org/wiki/Depression\\_\(mood\)](https://en.wikipedia.org/wiki/Depression_(mood)) \l "cite\_note-4
2. Cassano P, Fava M. Depression and Public Health. An Overview, Journal of Psychosom Research. 2002, 53.
3. Dilekmena Mucahit. Depression Levels Of the Elementary School Teachers, Procedia-Social and Behavioral Sciences. 2013, 106.
4. Gonçalves GB. Assessment of Stress, Depressive, and Anxiety Symptoms in Teachers in the Public Education Network, Annals of Depression and Anxiety. 2015, 2(3).
5. Katie Honney Comparison of Levels of Depression in Medical and Non-Medical Students, Online library. 2010, 7(3). DOI: 10.1111/j.1743-498X.2010.00384.x