



ISSN: 2456-0057
IJPNPE 2018; 3(1): 1154-1156
© 2018 IJPNPE
www.journalofsports.com
Received: 13-11-2017
Accepted: 15-12-2017

Atif Ashraf Wani
PhD Research Scholar
Department of Physical
Education and Sports Sciences
Annamali University
Chidambaram, Tamil Nadu,
India

Dr. V Gopinath
Professor Department of
Physical Education and Sports
Sciences Annamali University
Chidambaram, Tamil Nadu,
India

A study on mental depression level among physical education students of Kashmir region

Atif Ashraf Wani and Dr. V Gopinath

Abstract

Depression is a very prevalent mental disorder affecting 340 million people globally and is projected to become the leading cause of disability and the second leading contributor to the global burden of disease. For the purpose of the study 30 subjects were selected as Sample from Government College of physical Educating Ganderbal Jammu and Kashmir (Kashmir region) India. Random Sampling method was selected. The Age range of the subjects ranged between 19 to 23 years and mean of the age was 21.125 ± 1.452 . Mental depression was measured by the mental depression test constructed by Prof. L. N. Dubey. To know the nature of data mean and standard deviation (S.D), used and to study the mental depression level among physical education students in Kashmir region (Jammu and Kashmir). Qui square test was applied. The level of significance was set at 0.05 levels.

Keywords: mental depression, physical education students, mental depression test

Introduction

Current evidence also shows that 9% of children by age 14 have already experienced at least one episode of severe depression, while up to 10% of adolescents are affected by a major depressive disorder. Depression is a major mental health disorder that effects how a person feels, acts and thinks. Depression, in combination with anxiety, is the number one non-fatal disease affecting Australians. It is the second most common cause of lost healthy life years in our community, ranking only after ischaemic heart disease (Australia's health 2006) [8]. Depression is one of the four most common problems managed in general practice. In the most recent Australian Mental Health Survey, 4% of adults reported a depressive disorder in the past month (Ellis 2004) [9], but this figure may underestimate the true prevalence of depression. Patients with depression presenting to general practice typically report prolonged fatigue, sleep disturbance and musculoskeletal aches and pains together with mood, anxiety or neurocognitive symptoms. Mixed anxiety and depression is commonly seen. Physical inactivity is now understood to be a modifiable risk factor for depression and other chronic diseases, in addition to its better-known links with cardiovascular disease, hypertension, diabetes mellitus and obesity (Bredin 2006) [10]. Epidemiological evidence, including Australian data, supports the hypothesis that the risk of depression is inversely associated with physical activity. Regular participation in physical activity improves short- and long term psychosocial wellbeing by reducing feelings of stress, anxiety and depression.

Depression can cause changes in sleep patterns, energy levels, motivation, concentration, and feelings of worth (NIMH 2012). Depression is an exceptionally regular mental remedial condition and cause authentic dysfunctional behaviour commonly set apart by pitiful or on edge emotions a man can encounter. An awesome number of studies proposed that activity preparing may diminish depressive indications in nonclinical and clinical populace (Blumenthal *et al.* 1989) [1]. Mental depression is the optimum state of aggressiveness and anxiety that is predictor of poor performance of individual. The suggestions for execution in work settings and an incorporated identity guess are said in accentuating the significance of bunch of abilities in foreseeing execution and making connections to all levels of the human mind. The adolescences are in a critical period of life being mostly susceptible to disorders and mental damages. Iran is one of young nations. Mental and physical health is prominent to develop society materially and spiritually.

Correspondence
Atif Ashraf Wani
PhD Research Scholar
Department of Physical
Education and Sports Sciences
Annamali University
Chidambaram, Tamil Nadu,
India

Lack of mental and physical health in adolescences not only does not provide development of economics, science, and culture, but also destroys society in the future (Mohammadi, 2005).

Mostly in university students occasionally feel sad or anxious but these emotions usually pass quality within a couple of days, where untreated depression lost for a long time, interferes with day-to-day activities and is much more than just being feel blue. It is not just in the mind but is experienced throughout the body.

Objectives of the study

To find out the Mental Depression among physical education students by using the mental depression scale.

To find out the effect of depression among physical education students.

Material and method

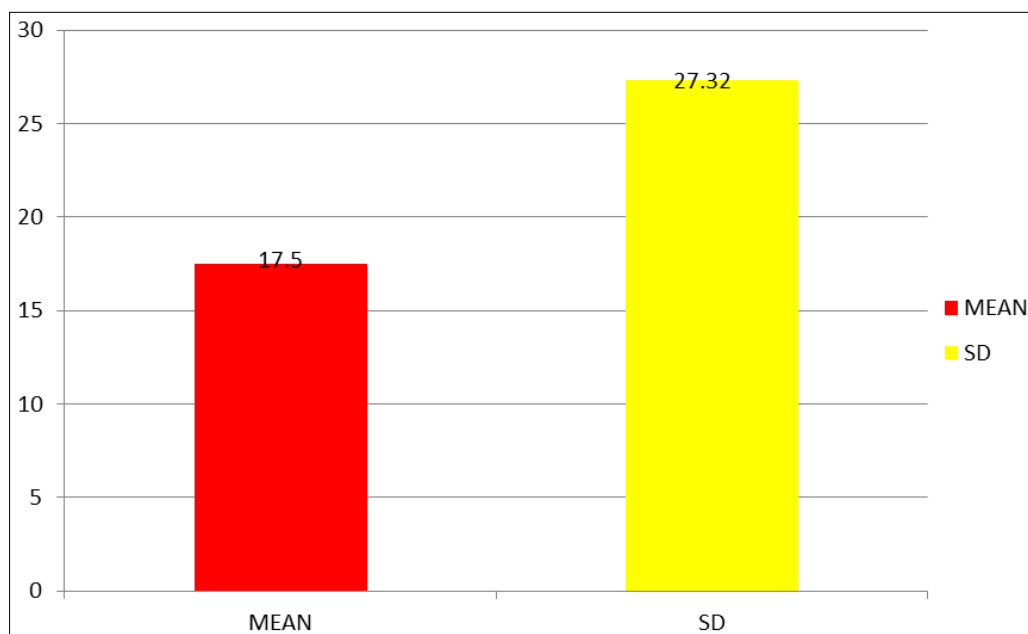
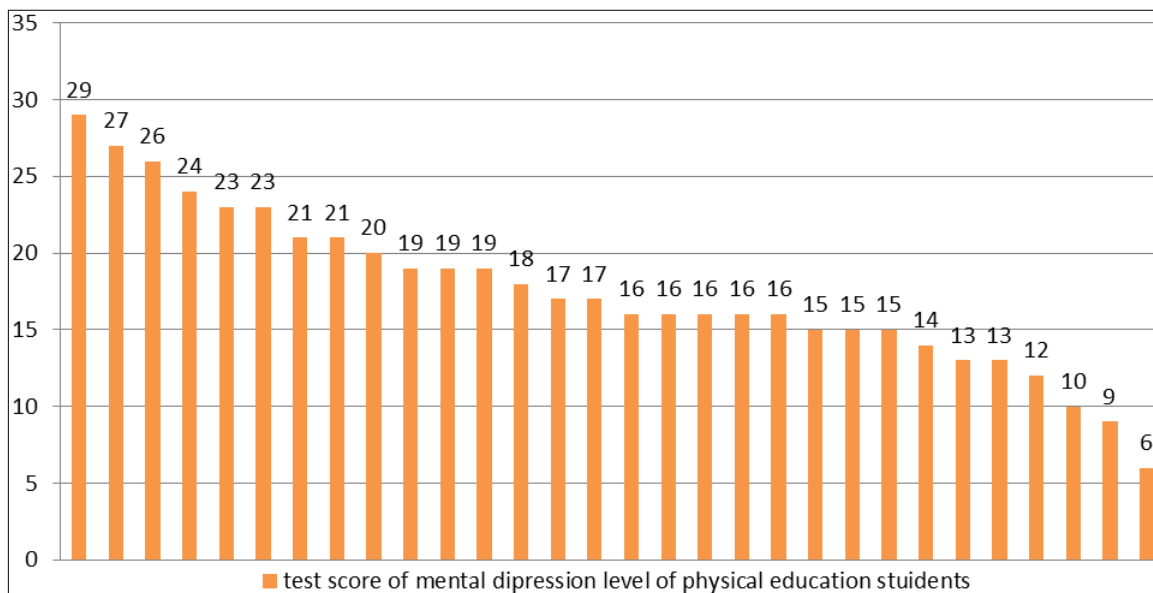
For the purpose of the study total 30 physical education college students were selected from Government College of physical education Ganderbal (Kashmir region) Jammu and Kashmir India. The subjects were divided into two categories, like Experimental group and Control group respectively The

Experimental group follow some physical exercises and yogic asana for a period of eight weeks, while control group was engaged with their day to day activities without following the physical training program. Random Sample method was used to find out the significance. The age of the subjects were ranged from 19-23 years. The mental depression scale was used to collect the data for the present study. The present scale is developed and standardised by Prof. L. N. Dubey. There are 50 statements in this scale. Two alternatives ‘YES’ and ‘NO’ are given against each statement. The testee has to select one, suits him/her best. There is no time limit for the completion of the test.

Statistical analysis

To know the nature of data mean and Standard Deviation used and to study Mental Depression among Government College of physical Educating Ganderbal Jammu and Kashmir (Kashmir region) India. Chi square test was applied. The level of significance was set at 0.05 level. Data was analyzed by using SPSS 21 version software.

Result



Discussion

The result of the study shows that there is a low mental depression level in physical education students studying in Government College of physical education Ganderbal Kashmir region. The reason is physical education students who engage in physical activity and sports, they always avoid negative feelings and never taking stress and other hand the students. The study reveals that participation in sports activities maintains the mental depression of the physical education students. So this is important factor that should include physical activity and sports in our day to day life and also we should promote the students to participate in sports so that they can keep their mental depression balanced and can be able to take the critical decisions. It was observed that the training schedule of the physical education students included physical activity mental imaginary training, mediation & yoga, psychological toughness training reduces the work load and psychological problems of the students by getting special training regarding social atmosphere, Economical conditions, family support, Nutrition, facility given by teachers and coaches etc.

Conclusion

On the basis of above discussion, it is concluded that there was a low mental depression level among the physical education students studying in Government college of Physical Education Ganderbal. It was observed that the training schedule of the Physical education students of College included mental imaginary training, mediation & yoga, psychological toughness training would be different from one of other and Special training regarding social atmosphere, economical conditions, family support, nutrition, facility given by university, less competition participation etc. factors effecting on mental depression of Physical education students.

References

1. Blumenthal JA1, Emery CF, Madden DJ, George LK, Coleman RE, Riddle MW *et al.* Cardiovascular and behavioural effects of aerobic exercise training in healthy older men and women, *J Gerontol.* 1989; 44(5):147-157.
2. Dubey LN. Mental Depression Scale. Arohi Manovigyan Kendra. 168/13 Lanin Road, South Civil Lines, Jabalpur, 1993.
3. Penedo FJ, Dahn JR. Exercise and well-being: a review of mental and physical health benefits associated with physical activity. *Current Opinion in Psychiatry.* 2005; 18(2):189-193.
4. Eisenberg D, Golberstein E, Gollust SE. Help-seeking and access to mental health care in a university student population. *Medical Care.* 2007; 45(7):594-601.
5. Eisenberg D, Gollust SE, Golberstein E, Hefner JL. Prevalence and correlates of depression, anxiety, and suicidality among university students. *American Journal of Orthopsychiatry.* 2007; 77(4):534-542.
6. Brazzelli M, Saunders DH, Greig CA, Mead GE. 'Physical fitness training for stroke patients' Cochrane database of systematic reviews. 2011; 11(8):235-242.
7. Alan Lopez D, Colin Mathers D, Majid Ezzati, Dean Jamison T, Christopher Murray JL. *The International Bank for Reconstruction and Development / The World Bank/ New York: Oxford University Press, 2006. ISBN-10: 0-8213-6262-3.*
8. Australian Institute of Health and Welfare. Australia's health AIHW cat. no. AUS 73. Canberra: AIHW, 2006.

9. Ellis P. Royal Australian and New Zealand College of Psychiatrists Clinical Practice Guidelines Team for Depression. Australian and New Zealand clinical practice guidelines for the treatment of depression. *Australian and New Zealand Journal of Psychiatry.* 2004; 38:389-407.
10. Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: the evidence. *CMAJ* 2006; 174:801–809.