



ISSN: 2456-0057  
IJPNE 2019; 4(1): 28-29  
© 2019 IJPNE  
www.journalofsports.com  
Received: 22-11-2018  
Accepted: 24-12-2018

**Ritesh D Bansod**  
Ph.D. Scholar, Rashtrasant  
Tukadoji Maharaj Nagpur  
University, Nagpur,  
Maharashtra, India

**Dr. Pravin D Lamkhade**  
Director of Physical Education,  
Rani Indirabai Bhonsle  
Mahavidyalaya, Kuhi, Nagpur,  
Maharashtra, India

## A survey of mental depression on computer workers in Amravati district

**Ritesh D Bansod and Dr. Pravin D Lamkhade**

### Abstract

The purpose of the study was find out the mental depression on computer workers in Nagpur District. The researcher used survey research methodology for the study. In this research, the computer institute coming under the Amravati district of Vidarbha, as a source of data to the persons working on the private computer. Whose age was between 25-45 years old. In this research, 50 persons were selected as subjects. The Mental Depression Scale was used for the collection of data. Analysis of the collected data was done with the help of different statistical tests. The descriptive statistics, such as mean, standard deviation, Chi-Square Test etc. were determined from the collected data. All the data analysis was carried out with the help of Microsoft Excel 2007 Software. In view of the study results, it is observed that majority computer workers Moderate in the mental depression.

**Keywords:** Survey, mental depression, computer workers

### Introduction

Depression is a mental disorder that cannot be held responsible for any one cause; so many factors are responsible for it. Depression is also one of those psychological problems which have given rise to the complexities and challenges of life. When this situation reaches the peak, then the human life begins to feel useless and gradually the human being reaches the position of depression. Nowadays, every fourth person is becoming a victim of depression in a day to day life. Chronic health problems, life-threatening diseases, health problems that make considerable changes in your lifestyle, etc. can cause depression. Due to anxiety, the condition of depression reaches. Although few of these cases are dangerous.

### Methodology

The researcher used survey research methodology for the study. In this research, the computer institute coming under the Amravati district of Vidarbha, as a source of data to the persons working on the private computer. Whose age was between 25-45 years old. In this research, 50 persons were selected as subjects. The Mental Depression Scale was used for the collection of data.

### Description of the scale

The Mental Depression Scale which was constructed and standardized by Prof. L. N. Dubey was used to assess the mental depression of the subjects. It consisted of 50 statements and every statement has tow alternative answers 'yes' and 'no'. 'Yes' indicates mental depression and 'No' indicates no depression. Subsequently, Raw Scores were converted to Standard Scores on the basis of the manual given for certified voting. In which standard table given in manual to replace Raw Score into Standard Score.

### Statistical Analysis

Analysis of the collected data was done with the help of different statistical tests. The descriptive statistics, such as mean, standard deviation, Chi-Square Test etc. were determined from the collected data. All the data analysis was carried out with the help of Microsoft Excel 2007 Software.

**Correspondence**  
**Ritesh D Bansod**  
Ph.D. Scholar, Rashtrasant  
Tukadoji Maharaj Nagpur  
University, Nagpur,  
Maharashtra, India

**Table 1:** Descriptive statistics of the mental depression among computer workers

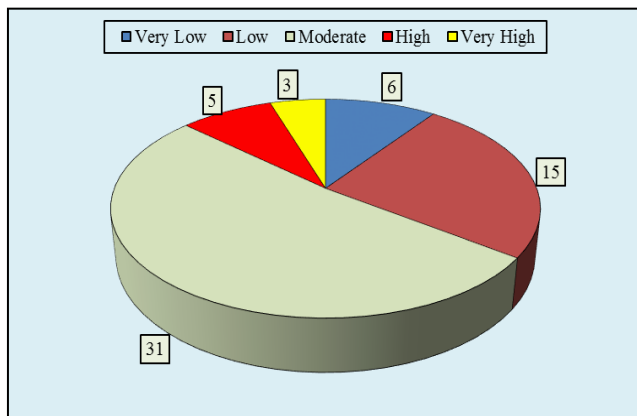
| Descriptive statistics | Score |
|------------------------|-------|
| Mean                   | 31.03 |
| Standard Error         | 0.83  |
| Median                 | 32    |
| Mode                   | 33    |
| Standard Deviation     | 6.44  |
| Sample Variance        | 41.42 |
| Kurtosis               | 5.31  |
| Skewness               | -1.48 |
| Range                  | 41    |
| Minimum                | 3     |
| Maximum                | 44    |
| Sum                    | 1862  |
| Count                  | 60    |

From Table-1 it is clear that in computer workers the mean + standard deviation of mental depression is 31.03 + 0.83. The median is 32 and the mode is 33. The sample variance is 41.42. The Skewness is -1.48 and the kurtosis is 5.31. From these table we also see that the range 41, minimum 3, maximum 44 respectively.

**Table 2:** Showing Calculation of  $\chi^2$  For the Level of Mental Depression

| Mental Depression level | Fo | Fe       | $\chi^2$ |
|-------------------------|----|----------|----------|
| Very Low                | 6  | 12       | 3        |
| Low                     | 15 | 12       | 0.75     |
| Moderate                | 31 | 12       | 30.08    |
| High                    | 5  | 12       | 4.083    |
| Very High               | 3  | 12       | 6.75     |
| Total Mental Depression |    | $\chi^2$ | 44.67    |

From the above table it is observed that the frequency observed for Very Low is 6, for Low it is 15, for Moderate it is 31, for high it is 5, and for Very High it is 3. The cell  $\chi^2$  for Very Low is 3, for Low it is 0.75, for moderate it is 30.08, for High it is 4.083 and for Very High it is 6.75. The total  $\chi^2$  for above given mental depression is 44.67. The table value of  $\chi^2$  at 4 degree of freedom and 0.05 level of significance is 9.49. Because the obtained  $\chi^2$  is greater than the table value of  $\chi^2$ , it is concluded that the five frequencies differ from each other. Out of 60, 31 respondents moderate mental depression. The observed frequencies for this mental depression are shown in Figure 1.



**Fig 1:** Figure showing the observed frequencies for mental depression level

computer workers Moderate in the mental depression. In fact, a person suffering from depression may also feel like he does not deserve his life anymore. If you want to be free from tension and depression, do daily exercise. Yoga is best for fast decreasing the tension, stress and depression.

**References**

1. <https://www.onlymyhealth.com>
2. <https://www.achhikhabar.com/2011/11/12/depression-in-hindi/>
3. <http://whatsknowledge.com/category/mental-health>
4. Sara Thomee *et al.* Computer use and stress, sleep disturbances, and symptoms of depression among young adults – a prospective cohort study. BMC Psychiatry. 2012; 12:176.
5. Taeshik Kim *et al.* Computer use at work is associated with self-reported depressive and anxiety disorder. Ann. Occup. Environ Med. 2016; 28:57.

**Conclusion**

In view of the study results, it is observed that majority