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A comparative study of depression among the physical education students of Mewar University, Chittorgarh Rajasthan

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Abstract

The with the help of statistical procedures in which arithmetic mean, S.D and chi-square were computed. The mental depression was only variable studied among the university department of In the present study, mental depression scale has been used to study mental depression among the university department of physical education students. Mental depression level was the main objective of the study. The study was conducted on 50 students in university department. Subjects were purposively selected by researcher from university department of physical education. The data was collected by using a questionnaire, namely L.H Dubey's mental depression scale. The data was analyzed physical education students. The test used for Mental Depression Scale (M.D.S) Questionnaire. The result of the study is that mental depression among the university department of physical education students is very low.

Keywords: Comparative study, depression, education, students etc.

Introduction

The field of physical education has gone through many cycles over its long history. These cycles range from a strict authoritarianism to the liberal democracy of today. This transformation to the democracy has opened the field of physical education up to many new sciences, which are creating many new professional opportunities.

The exercise dates back to the birth of humankind, though earlier humans might not have realized that they were indeed exercising, when running for their lives from woolly mammoths. In and around 400 BC, Hippocrates famously mentioned about exercise, "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." Being a time of great ideas and new thought, people seriously started to study the importance and relevance of physical exercise, and its effects on human health. Hippocrates's same thoughts were shared by other famous thinkers, Cornelius Celsius and Galen, a few centuries later.

Experts say we all have the potential for suffering from mental health problems, no matter how old we are, whether we are male or female, rich or poor, or ethnic group we belong to. In the UK over one quarter of a million people are admitted into psychiatric hospitals each year, and more than 4,000 people kill themselves. They come from all walks of life.

There are various ways people with mental health problems might receive treatment. It is important to know that what works for one person may not work for another; this is especially the case with mental health. Some strategies or treatment are more successful when combined with others. The patient himself/herself with a chronic (long-term) mental disorder may draw on different options at different stages in his/her life. The majority of experts say that the well informed patient is probably the best judge of what treatment suits him/her better. It is crucial that healthcare professionals be aware of this.

Depression

Depression may be described as feeling sad, blue, unhappy, miserable, or down in the dumps. Most of us feel this way at one time or another for short periods. True clinical depression is a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life for weeks or longer.

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Purpose of the study

The main purpose of the study was to determine the effect of depression among the university department of physical education students.

Hypothesis of the study

There would be effect of depression on physical education students.

Tools of the study: The questionnaire of depression by L.N. Dubey was used by the scholar as the tool of the study.

Methodology

Research Design

As the researcher tried to know the mental depression level among the university department of physical education students under survey method, questionnaire type research was selected as research design.

Population:

The 50 subjects of physical education students in Mewar University Chittorgarh Rajasthan were the population of the study.

Selection of subjects

The subjects were selected in two groups, experimental and control group. In each group 25 subjects were selected for the presented studies and their age ranged from 18-28 years were selected.

Administration of the test

The depression questionnaires were given to 25 experimental and 25 control group subjects. The instructions were given to the subjects before filling these questionnaires by the researcher.

Statistical analysis

For the analysis of data mean, standard deviation and chi-square were used.

Formula for mean, standard deviation and chi-square are as below.

Collection of data

Data was collected individually through a questionnaire from 25 experimental and 25 control group subjects in Mewar University Chittorgarh Rajasthan. The questionnaire were received by the researcher by the direct contact to all the students.

$$M = \frac{\sum fX}{N}$$

$$S.D = \sqrt{\frac{\sum fX^2}{N}}$$

Analysis of the data and results of the study

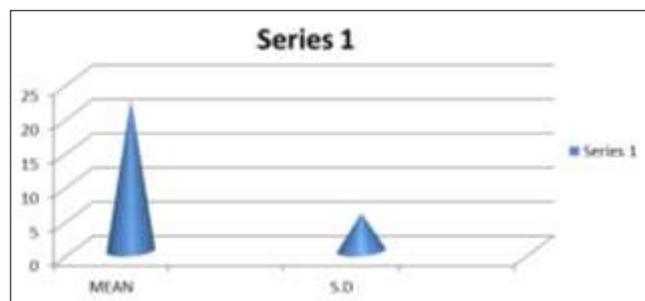
For the analysis of mental depression level of physical education students in Mewar University Chittorgarh Rajasthan were selected for the study, who were instructed to give the true response for the selected test, L.H Dubey’s mental depression scale was used. After collecting the test sheets they were scored according to the instructions as given by the author of the test in its manual. The mean and standard deviation of physical education students were found out and chi-square test value was calculated in order to find the mental depression level of the selected subjects.

Table 1: The mean value of mental depression level among the university department of physical education students.

Group	Mean	S.D	Chi-square
Physical education	22.1	5.25	50

Analysis and interpretation of data

The data was statistically analysed and is presented in this chapter. Mean deviation standard deviation and chi-square test were measured which resulted as.



Graph 1: The mean value of mental depression level among the university department of physical education students.

1. The mean value of physical education students is 22.1 and the S.D is 5.52 shown in the above graph.
2. The chi-square value is 50

After finding the chi-square value the researcher found that the mental depression level is less among physical education students.

Findings of the study

It was analyzed that the mental depression among the university department of physical education students was very low.

Chi-square was used to find the mental depression among the university department of physical education students was found very low.

Testing of hypothesis

The hypothesis states that the mental depression level among the university department of physical education students is very low.

It is evident from the chi-square value that the mental depression level among the university department of physical education students is very low.

Hence the hypothesis is accepted on the basis of statistical findings.

Summary

It is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and physical well-being. Depressed people may feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, or restless. They may lose interest in activities that once were pleasurable; experience loss of appetite or overeating, have problems concentrating, remembering details, or making decisions; and may contemplate or attempt suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains or digestive problems that are resistant to treatment may be present.

Depressed mood is not necessarily a psychiatric disorder. It is a normal reaction to certain life events, a symptom of some medical conditions, and a side effect of some medical treatments. Depressed mood is also a primary or associated feature of certain psychiatric syndromes such as clinical depression.

Conclusion

After going through the whole study, the researcher came to

know that there is very low mental depression level among the university department of physical education students.

Recommendations

It is recommended that

1. A similar study could be done with subjects belonging to different age group other than those employed in this study.
2. A similar study could be investigated among the students at two different universities.
3. A comparative study could be done among other educational faculties.
4. A similar study could be done at higher-level like state, National.

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