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A study on the level of depression among the students of physical education and other professional courses of university department in J&K state

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Abstract

“The main purpose of the study was to determine the effect of depression among the university department of physical education students and other professional courses students”. The 30 subjects of physical education students and 30 subjects of other professional students in Kashmir University were the population of the study. The subjects were selected in two experimental groups. In each group 30 subjects were selected for the presented studies and their age ranged from 18-28 years were selected. The depression level score of the subjects were obtained by using Becks Depression Inventory questionnaire. The depression questionnaires were given to 60 experimental group subjects. The instructions were given to the subjects before filling these questionnaires by the researcher. Data was collected individually through a questionnaire from 30-30 experimental group subjects in Kashmir University J&K. The questionnaire was received by the researcher by the direct contact to all the students. The level of significance of test, t- ratio was fixed at 0.05 level of significance which was considered to be appropriate for the purpose of study. 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 than other professional courses students in J&K State.

Keywords: Physical education, depression, faculty

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 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. 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 is one of the most commonly encountered emotional distresses in both the general public and in various types of clinical populations. While options for effective treatments are widely available, this disorder is often under-diagnosed and under-treated. In Oman, preliminary studies on emotional distress have emerged in recent years including depression. A study of the prevalence of depressive symptoms among adolescent secondary school Omani students using the *Child Depressive Inventory* showed that 17% of the sample had mild depressive symptoms. Converging view is that emotional disorders among students have adverse effect on their functioning and adjustment which has, in turn, repercussion in denting their vital period for learning and social development.

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Emotional distress in young adults is associated with an increased risk of alcohol and drug abuse and suicidal behaviors. In addition, the disruption in relationships and learning caused by depression has been associated with academic and social disadvantages. There are various factors that could contribute to depression on such cohort. University life marks a transitional period for students, during which some students move away from family home for the first time, lose the traditional adult supervision and the traditional social support. In addition, some students might have to deal with financial difficulties for the first time in their lives. These changes have been recognized as risk factors for developing depression. According to Porter, up to 60% of university students left university without finishing their studies due to inability to manage psychological conditions such as depression, anxiety and maladjustment. Therefore, understanding factors impeding academic achievement would be critical in order to contemplate mechanisms to shield vulnerable student from succumbing into emotional distress that would have negative repercussion to their quality of life. In addition, such identification would lay groundwork for evidence-based prevention and contemplating strategies for effective management. Depression is readily treated nowadays with modern antidepressant medications and short-term, goal-oriented psychotherapy. Don't be put off by the amount of things written about depression-because it's so common, a lot has been written about it! Read what you need, and leave the rest for another day.

Definition of the term

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.

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 and other professional courses students.

Significance of the study

1. The study may be helpful to physical education teachers and coaches.
2. The findings of this study would assist in designing suitable training program to diminish the effect of depression among the university department of physical

education students and other professional courses students.

Tools of the study

The questionnaire of Beck's Depression Inventory was used by the scholar as the tool of the study.

Research design

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

Population

The 30 subjects of physical education students and 30 subjects of other professional students in Kashmir University were the population of the study.

Selection of subjects

The subjects were selected in two experimental groups. In each group 30 subjects were selected for the presented studies and their age ranged from 18-28 years were selected.

Criterion measure

The criterion measure chosen to test the hypothesis is: The depression level score of the subjects were obtained by using Becks Depression Inventory questionnaire.

Administration of the test

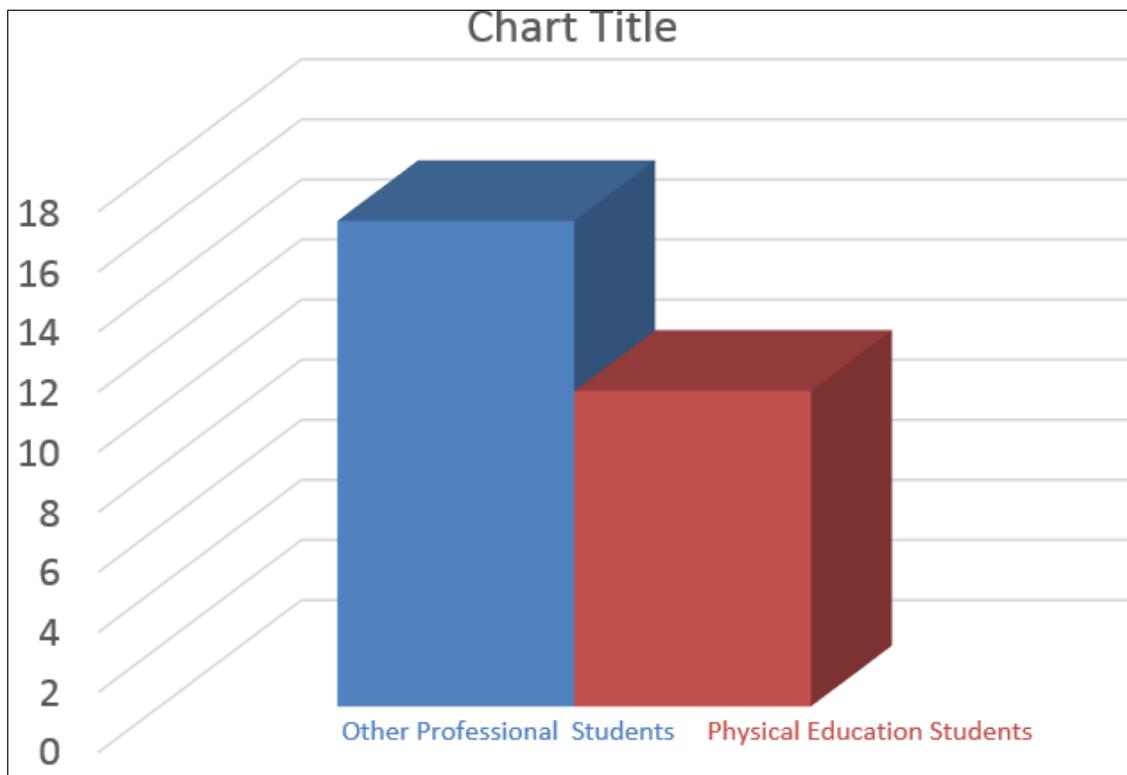
The depression questionnaires were given to 60 experimental group subjects. The instructions were given to the subjects before filling these questionnaires by the researcher.

Collection of data

Data was collected individually through a questionnaire from 30-30 experimental group subjects in Kashmir University J&K. The questionnaire was received by the researcher by the direct contact to all the students.

Table 1: The mean value, Std. Deviation and Std. Error mean of mental depression level among the university department of physical education students and other professional courses students.

Group statistics					
	Groups	N	Mean	Std. Deviation	Std. Mean
Depression	Other professional students	30	16.1667	7.54336	1.37722
	Physical education students	30	10.5000	3.98056	0.72675



Fig; Graphical depiction of mean score of depression level among the students of physical education and other professional course students.

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 than other professional courses students in J&K State.

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