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A comparative study of depression between rural and urban area volleyball players in relation to their sports performance

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Abstract

The current study was undertaken to compare depression among rural and urban area volleyball players in relation to their sports performance. To fulfill the purpose of this study, the researcher selected 20 rural and 20 urban volleyball players as subjects. The selected subjects were drawn from two (2) schools in Amravati city and two (2) schools in rural area of Amravati district in the state of Maharashtra. Depression was measured with the help of depression test by O. P. Mishra, Vidhya Bhooshan and Santosh Kumar. Sports performance was measured by ten rating scales given by the referee to measure the sports performance of the volleyball players. Statistical analysis of the collected data on selected criterion variables was done using Pearson's correlation and independent 't' ratio. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate. It is concluded that significant difference was noticed between rural and urban area volleyball players on depression level and the depression was found to be significantly correlated with sports performance of both urban and rural area volleyball players. The researcher suggested that to save the players from the state of apathy, proper training and experience of playing at different places should be given and they should be motivated to play by correcting the errors in them. So that by removing the coil that builds up in them, they can stay away from indifference.

Keywords: Depression, sports performance

Introduction

Every human being hopes to achieve something or the other, in the same way a player also has the hope that he should become a successful player, he should perform well, so that his name will be bright in the society, everyone should recognize him. Get involved, create a different identity in the society, his family members feel proud and he gets wealth, this kind of hope, desire is there in every player and philosopher, but due to many factors these wishes cannot be achieved. In such a condition, a condition arises in the brain or nervous system. Then that player's confidence in himself and others starts decreasing, he becomes frustrated and his state of mind becomes unstable and when he is disappointed then he would have a feeling of frustration. In such a situation, that player is more aggressive, but on the contrary, when the player has to face defeat or humiliating situations again and again, then in such a situation he behaves indifferently. He stops meeting, playing and jumping with anyone, as well as he stops getting angry or becoming aggressive. Such a situation is called apathy. It has always been seen that when players from rural areas come to other places or cities to play, they become victims of frustration and sometimes they become indifferent, in such a situation they are unable to perform their games properly. And the skill that keeps coming to them, they are not able to do it properly.

Methodology

To fulfill the purpose of this study, the researcher selected 20 rural and 20 urban volleyball players as subjects. The selected subjects were drawn from two (2) schools in Amravati city and two (2) schools in rural area of Amravati district in the state of Maharashtra. In this study, the researcher has adopted purposive sampling method for the selection of subjects. The following instruments were used for data collection: Depression was measured with the help of

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depression test by O. P. Mishra, Vidhya Bhooshan and Santosh Kumar. In this test consists of 32 items and 5 point scale and can be used on 18 years and above age group. Sports performance was measured by ten rating scales given by the referee to measure the sports performance of the volleyball players.

Statistical Analysis

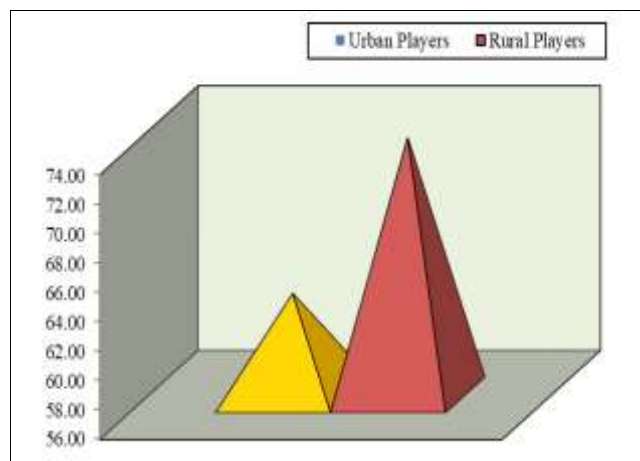
Statistical analysis of the collected data on selected criterion variables was done using Pearson's correlation to find out the significant difference between rural and urban volleyball players by independent 't' ratio and correlation of indifference with sports performance. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate.

Table 1: Comparison of depression level between urban and rural area volleyball players

Group	Mean	SD	SE	MD	't' ratio	df	LS
Urban Players	62.90	13.77	4.97	10.60	2.13*	38	2.02
Rural Players	73.50	17.44					

(Critical Value 2.02 at 0.05 level, df 38)

Table No.1: indicates the mean, standard deviation and 't' ratio of depression level in rural and urban area volleyball players. The means and standard deviation values were and 62.90 ± 13.77 for urban players and 73.50 ± 17.44 for rural area playas respectively. The obtained 't' ratio 2.13 is more than the required table values of 2.02 for degrees of freedom 38. The result of the study was indicated that there was significant difference in depression level between rural and urban area volleyball players.



Graph 1: Pyramid diagram showing the mean difference of depression between rural and urban area volleyball players

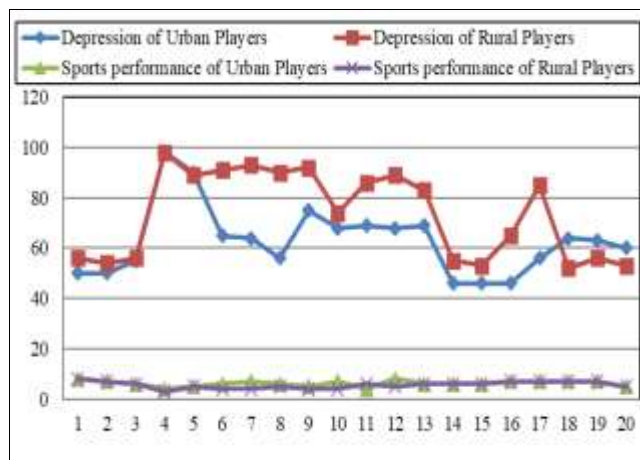
Table 2: Correlation between Depression and sports performance of urban and rural volleyball players

Group	Variables	Value of 'r'
Urban Players	Sports performance with Depression	-0.543*
Rural Players		-0.676*

(Critical Value 0.444 at 0.05 level, df 18)

Table 2 show that there is negative correlation of -0.543 between depression and sports performance of urban volleyball players, which is significant at 0.05 level and for rural area players there is also negative correlation of -0.676 between depression and sports performance, which is

significant at 0.05 level. So, significant relationship between depression and sports performance among urban and rural area volleyball players. The results indicate that the depression was found to be significantly correlated with sports performance of both urban and rural area volleyball players.



Graph 1: Showing the correlation of depression with sports performance between rural and urban area volleyball players

Conclusion

It is concluded that significant difference was noticed between rural and urban area volleyball players on depression level and the depression was found to be significantly correlated with sports performance of both urban and rural area volleyball players. The researcher suggested that to save the players from the state of apathy, proper training and experience of playing at different places should be given and they should be motivated to play by correcting the errors in them. So that by removing the coil that builds up in them, they can stay away from indifference.

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