

## A Comparative Exploration on the Depression level among male and Female Athletes

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**Abstract:** Depression is a state of mental illness. It is characterized by deep, long lasting feelings of sadness or despair. Depression can change an individual's thinking/feelings and also affects his/her social behaviour and sense of physical well-being. Most people will be affected by depression in their lives.

In this present investigation the researcher attempted to compare the Depression level among male and female athletes. For the collection of data 120 athletes selected as subjects, 60 from male and female respectively. Selected subjects were represented state and national and Inter university level competition since last 5 years. The study restricted to Dakshina kannada district and subjects age range between 20 to 30 years. To collect the necessary data, the Center Epidemiologic Depression scale was used. This standard questionnaire was originally published by developed by Radloff in 1977. Suitable statistical tests was used for testing the hypothesis set up. Mean, standard deviation and Z test was calculated with the significance level 0.5. The study concludes that, there is no significance difference in depression level between male and female athletes of Dakshina Kannanda.

**Key Words:** Depression, Dakshina Kannada, Athletes etc...

### 1. INTRODUCTION:

Depression is a state of mental illness. It is characterized by deep, long lasting feelings of sadness or despair. Depression can change an individual's thinking/feelings and also affects his/her social behaviour and sense of physical well-being. Most people will be affected by depression in their lives either directly or indirectly, through a friend or family member. Confusion about depression is commonplace, e.g., with regard to what depression exactly is and what makes it different from just feeling down. There is also confusion surrounding the many types of depression that people experience unipolar depression, biological depression, manic depression, seasonal affective disorder, dysthymia, etc. There have been so many terms used to describe this set of feelings we've all felt at one time or another in our lives, it may be difficult to understand the difference between just being blue and having clinical depression.

Depression is characterized by a number of common symptoms. These include a persistent sad, anxious, or "empty" mood, and feelings of hopelessness or pessimism that lasts nearly every day, for weeks on end. A person who is depressed also often has feelings of guilt, worthlessness, and helplessness. They no longer take interest or pleasure in hobbies and activities that were once enjoyed; this may include things like going out with friends or even sex. Insomnia, early-morning awakening, and oversleeping are all common. According to Andrew Wolanin, et al., (2015) in their study depression affects an estimated 6.7% of today's adult population in a 12-month period. The prevalence rates for certain age groups, such as young adults and older adults, are higher.

Appetite and/or weight loss or overeating and weight gain may be symptoms of depression in some people. Many others experience decreased energy, fatigue, and a constant feeling of being "slowed down." Thoughts of death or suicide are not uncommon in those suffering from severe depression. Restlessness and irritability among those who have depression is common. A person who is depressed also has difficulty concentrating, remembering, and trouble making decisions. And sometimes, persistent physical symptoms that do not respond to traditional treatments such as headaches, digestive disorders, and chronic pain may be signs of a depressive illness. Major depression is a chronic illness with a high prevalence and is a major component of disease burden. Depressive disorders were the second leading cause of years lived with disability in 2010 in Canada, the United States and globally (Leila Ghaedi, 2014)

Everyone experiences sadness and unhappiness at some point in their lives. Clinical Depression, however, is more intense and of longer duration than typical sadness or grief, which interferes with a person's ability to engage in daily activities. Journal of the American Pharmaceutical Association (2000) finds that, women's have greater risk of depression is one of the most consistent findings in psychiatric epidemiology.

**Signs and Symptoms of Depression:**

- feeling of sadness and loneliness,
- Loss of interest in activities once found enjoyable
- Feeling of hopelessness
- Worthlessness or excessive guilt,
- Fatigue or loss of energy,
- Sleeping too little or too much,
- Loss of appetite,
- Restlessness and being easily annoyed.

**1.1 Delimitation**

The delimitations for the present study are given as below:

- The study was delimited Dakshina Kannada district only.
- The study was delimited subjects age range from 20 to 30 years.
- The study was delimited to 120 subjects, 60 athletes from each group respectively.

**1.2 Limitation**

The present investigation was carried out under following limitation:

- The study was not considered socio economic back ground daily routine and life style of the subjects.
- Researcher will depend on the answers of the subjects there is no method to Judge whether the subjects is giving correct answers.

**2. METHODOLOGY:**

**Selection of the subjects**

For the collection of data 120 athletes selected as subjects, 60 from male and female respectively. Selected subjects were represented state and national and inter university level competition since last 5 years. The study restricted to Dakshina Kannada district and subjects age range between 20 to 30 years.

**Selection of the test items**

To collect the necessary data the Center Epidemiologic Depression scale was used. This standard questionnaire was originally published by developed by Radloff in 1977.

**Procedure for collection of data:**

The researcher collected necessary data related to the present investigation in same mentioned areas set up. The investigator met the concerned authority of the institution and received the prior permission to collect the data. Before giving the questioner researcher explained about the importance of research work and also explained the instruction and the procedure of filling the questionnaire. If any subject unable to understand the questionnaire meaning of the word, researcher helps them by giving the meaning of that particular word. After fillings questionnaire the subjects were to return the questionnaire to the investigator.

**Statistical analysis:**

Suitable statistical tests will be used for testing the hypothesis set up. Mean, standard deviation and Z test was calculated with the significance level 0.5.

**3. ANALYSIS AND INTERPRETATION OF THE DATA:**

In this section all analysis and interpretation of the responses received from the respondents with regard to the score sheet relating to athletes information through the questionnaire and different factors pertaining to the study has been presented.

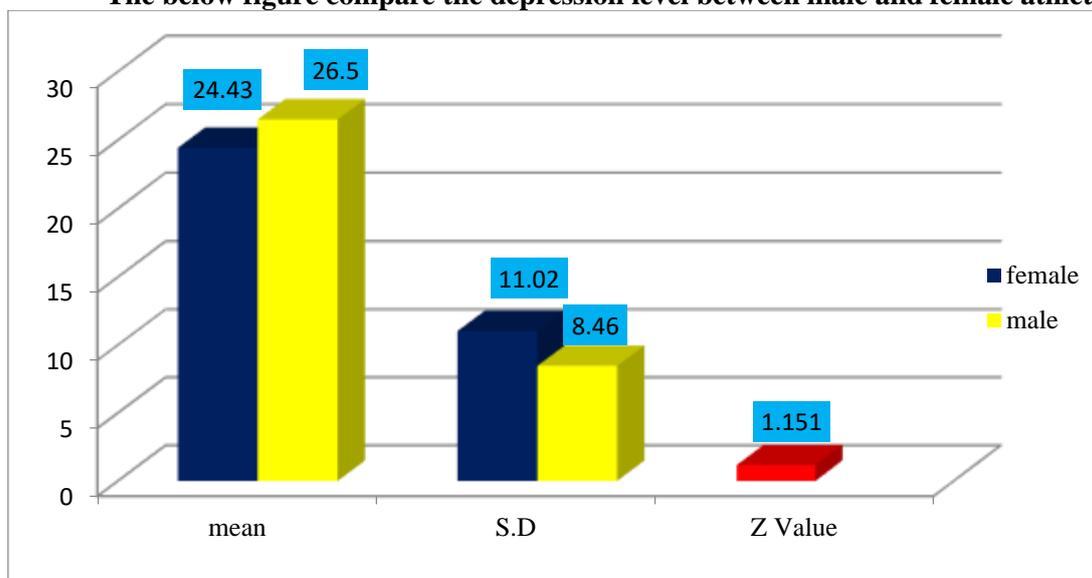
**Table no 1**  
 The below table compare the depression level between male and female athletes

Sl. No	Subjects	Mean	SD	Z-value
1	MALE	26.5	8.46	1.15186
2	FEMALE	24.43	11.02	

The above table compare the depression level between male and female athletes of Dakshina Kannada. It shows mean value of 26.5 and 24.43 in male and female respectively. The standard deviation of male athlete is 8.46 and female athlete is 11.02 it indicates the distribution values are spread out over a wider range in both male and female athletes group.

**Figure no 1**

The below figure compare the depression level between male and female athletes



Above bar diagram represented Mean, Standard deviation and z value of male and female athletes of Dakshina Kannanda. The Z value is 1.151 hence the study concludes that there is no significance difference in level of depression between male and female athletes, they both have similar level of depression level.

### Discussion on Hypothesis

The purpose of the study was to exploration of depression level among male and female athletes of Dakshina Kannanda district. After statistical analysis research confirms that z-statistical value is less than the t-critical value, so researcher accept the null hypothesis ( $H_0$ ). hence researcher concludes that, there is no significance difference in depression level between male and female athletes of Dakshina Kannanda.

### 4. SUMMARY CONCLUSION AND RECOMMENDATION:

#### SUMMARY

Depression is one of the greatest problems of modern friends in scientific knowledge. Cultural conflicts, economic and industrialization add to the problems of men and women, thus increasing the depression level. Depression refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear for something unknown which creates tension and disturbance. Depression is an ever increasing problem today, which is not surprising given the demands of the fast moving society in which we live.

#### CONCLUSION

After statistical analysis research confirms that z-statistical value is less than the t-critical value, so we accept the null hypothesis ( $H_0$ ). hence researcher conclude that, there is no significance difference in depression level between male and female athletes of Dakshina Kannanda.

### 5. RECOMMENDATION:

On the basis of the analysis and interpretation of the data the following recommendation are made

- A similar study may be conducted in different sports and games.
- A similar study could be done at only elite players/athletes who represented in international level.
- A similar study could be done among the players of two are more games.
- A similar study could be done with subject belonging to different age groups.
- It is further recommended that similar studies may be carried out on selections more subjects and variables.

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