



## INFLUENCE OF SPORTS PARTICIPATION ON DEPRESSION LEVELS AMONG COLLEGE STUDENTS

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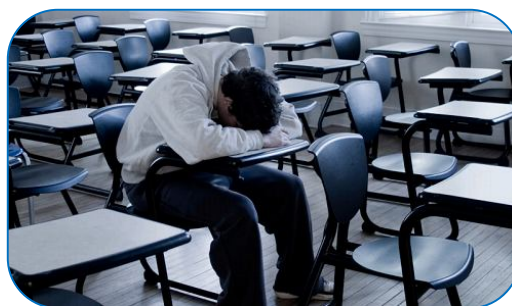
### ABSTRACT :

*The present world moving with fifth generation speed of internet towards the higher goals on the planet and universe, the human beings proving that they only can handle everything in this world but the humans are also suffering from many physical and psychological disorders, lacunas, problems, etc.*

*The researcher wanted to know the influence of sports participation on the psychological variable depression among the college students who are studying in the same class and also facing the same learning conditions, the major objectives of the study, to measure the depression levels among the college students of Kalaburagi district Karnataka India. The sample divided into two groups control and experimental, the pre and post tests were conducted to know the influence of sports participation on the psychological factor.*

*The sample consisted twenty five male students in control group and twenty five male students in experimental group. Selected by the researcher with sample own interest.*

*The mean, standard deviation and t tests were used to significance difference among the groups and also in pre and post tests. Tables and graphs used to interpretation of the results data of the research study.*



**KEYWORDS :** Sports participation, Depression.

### INTRODUCTION DEPRESSION

Depression is one of the most common psychological problems affecting nearly everyone either personally or through a family member. Depression can interfere with normal functioning and frequently causes problems with work, social and family adjustment. Serious depression can destroy the family life and the life of the depressed person. The term depression is used in many different ways: to describe transient states of low mood experienced by all people at some time in their life through to severe psychiatric disorders. Depression is understood to be a condition that generally comes and goes that is more likely at certain stages of the life cycle and with some types driven by genetic, biological factors and other types being more a response to major life events.

The clinical diagnosis of depression is made on the basis of the existence of a collection of signs and symptoms also called a syndrome. Currently, the most widely used classification systems for depressive disorders are the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and International Classification of Diseases (ICD-10) which has replaced by ICD-9. The DSM-IV system underpins much clinical

practice and is both a dimensional and categorical are the sub typing of DSM-IV system. It allows a continuum of severity but also includes three major depression subtypes:

1. Mild, moderate or severe major depression without psychotic symptoms.
2. Severe major depression with psychotic symptoms and

3. Melancholia. The ICD-10 system forms the basis of much research and international comparisons. It subdivides depression along a severity continuum into: a. Mild. b. Moderate and c. Severe with or without psychotic features. Depressive symptoms can be measured in the community and in research populations by a number of self-report inventories and checklists. Depression is nearly twice as common in women as in men. Many women (particularly in this cohort of older adults) may have experienced postpartum or "empty nest" depression that was not recognized or treated. Because of the stigma associated with mental illness in this cohort, the depression may have been labeled as having a "nervous breakdown" or "bed sick" after some traumatic life experience. As a result, there may be no record of depression in the medical or psychiatric history [Rogerio, 2007].

### COMMON BEHAVIORAL CHALLENGES:

The depressed persons may easily become so apathetic, lethargic and uncaring about personal hygiene, eating, activity etc., that the patients require an increased amount of staff time to execute their daily chores [Stice, 2001]. Many depressed elderly are mistaken for persons with dementia because of their concentration is so impaired that it seems their memory has failed. The person may become psychotic, hearing voices or believing things that aren't real leading staff to think them as schizophrenic [Migliore, 1994]. Agitated depression with increased irritability, brooding, pacing, and worry can create many problems for the staff and other residents. The person may become either verbally or physically threatening.

Stress and Loss Associated with Ageing: Physical illness or disability decreased sensory capacities, changes in social status and responsibilities to others. It decreased self esteem due to role loss or change, loss of friends and family, relocation, loss of financial resources, social isolation and diminished capacity to adapt to change. 1.3.2 Biological Depression: Comes "out of nowhere", tends to be more severe than the "reactive" type and person more likely to have other episodes earlier in life

Physical Illness: Physical illness can directly cause the symptoms of depression, physical illness can cause a reaction of depression by causing chronic pain, or fear of pain, disability, loss of function, loss of self esteem, increased dependence, fear of death, depressed elderly may present with physical complaints and medications can cause the symptoms of depression. The environment in which physical illnesses are treated may contribute to isolation, sensory deprivation and enforced dependency

### SIGNIFICANCE OF THE STUDY

The present research study tried to know the positive influence of the sports participation and physical activities on the psychological factors among the college students, the depression levels measure among the sample group to find out the importance of sports participation in the present society.

#### The objectives of the study

- ◆ To give the basic information about the research study to the sample and make them ready to involve in the study.
- ◆ To measure the depression levels among the sports participated and non participated groups.
- ◆ To compare and analyze the significance difference of depression levels among the groups.
- ◆ To observe the positive influence of the sports participation on the psychological factors among the sample.

#### The research Hypothesis

- ❖ There would be a significant influence of sports participation on the depression levels among the sample groups.

- ❖ There would be significance difference in depression levels among sports participated and non participated groups.

### Sample of the study

The research study consisted of twenty five sports participation group and twenty five non sport participation group selected from the government degree colleges of Kalaburagi district as sample of the study.

### Testing tool

#### Beck Depression Inventory BDI –

The Beck Depression Inventory (BDI-II) was created by Dr. Aaron T. Beck. The original version of BDI was introduced by Beck and Beck in 1961 and revised in 1978 as Research Methodology 87 BDI-IA. The second edition of BDI-II was published in 1996. Both original and revised versions were found to be highly correlated. The BDI-II (Beck et al, 1996) is the most widely accepted measure of depressive distress. BDI-II is widely used as an assessment tool by healthcare professionals and researchers in a variety of settings. The Beck Depression Inventory II is a 21- item multiple –choice self-report inventory test which assesses the existence and degree of depression in adolescents and adults as per DSM –IV, 1994. Each item is a list of four statements arranged in increasing severity about a particular symptom of depression. There are seven options to indicate either an increase or decrease of appetite and sleep. BDI-II consists of items relating to depressive symptoms such as sadness, crying, hopelessness and pessimism, guilt, self dislike, self blame, agitation, suicidal thoughts, insomnia, fatigue, loss of interest in activities, worthlessness, weight loss, and lack of interest in sex. There is a four–point scale for each item ranging from 0-3. Numerical values of 0, 1, 2 and 3 are assigned to each statement to indicate the degree of severity. The highest possible score from the instrument is 63. **A total score of 13 is considered minimal depression, 14-19 score mild depression, 20-28 moderate depression, and 29-63 severe depression.**

### Statistical techniques

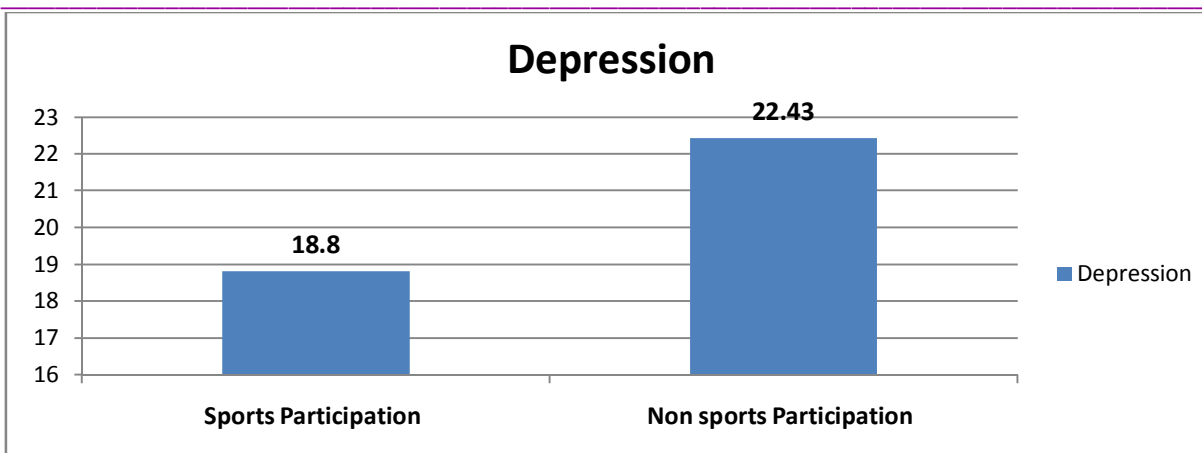
The researcher used the mean, standard deviation and t test for statistical calculation of the study,

### DATA ANALYSIS & INTERPRETATION

The table No 1 showing the mean, standard deviation and t value of Depression levels among degree colleges students in two group's sports participation and Non participation.

Sample	N	Mean	Standard Deviation	T Value
Sports Participated	25	18.80	1.938	4.880**
Non Participated	25	22.43	3.775	

Significant at 0.01 levels



The table and graphs are showing that the sports participation group has the mild level of depression the mean score is 18.80 and standard deviation is 1.938, the Non sports participation group has the mean score is 22.43, the standard deviation is 3.775, the statistically calculated t value is 4.880\*\* significant at 0.01 levels.

The sports participation group has the mild levels of depression and the non sports participation group has the moderate depression among them. Its showing the significance difference among the two groups.

## CONCLUSION

The present study showing the importance of sports participation among the students in their depression levels. The study also showing the influence of sports activities on the psychological factor.

- ❖ There is positive influence of sports participation on the psychological factors among degree college students.
- ❖ There is significance difference in depression levels among sports participated and non participated groups.

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