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A Comparative Study of Depression on Indian Female Athlete among Different Sports Discipline.

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Psychological problems can lead to academic decline and poor performance, poor relationship with peers and family members and overall dissatisfaction with life. Depression stress and anxiety are psychological problems in common among students. Steinberg (1994) mentioned that 50% of university students who consult mental health service complained of difficulties in study, anxiety, tensions and depression. Depression, anxiety and stress were found to be interrelated to each other. The overlapping symptoms of these three psychological problems can lead to all sort of academic problems that can give impact to academic achievement among students. For example it has been found that students performance in school, college and university is influenced by the symptoms of depression (Stark &Brookman 1994), stress (Whalen,2005) and anxiety (Hobfoll,1984)which could lead to difficulties in concentration, lack of motivation and interest, poor attendance and physical health such as headache and fatigability. These conditions will affect students' academic achievements. Bernstein &Hobfall (1984) which could lead to difficulties in concentration, lack of motivation and interest, poor attendance and physical health such as headache and feasibility. These conditions will affect student academic achievement Yasin (2009) indicated that many students suffered from psychological problems, which in turn affected their academic performance. Many studies were conducted to address this issue and it was found that psychological problems, I do have influence on the academic achievement of the students. Williamson,et.al. (2005) reported that stressful life events are significantly elevated in anxious and depressed youth, thus could lead to low performance in academic. Students who are physically and psychologically stable are expected to perform better compared to those who are not physically, mentally and psychologically fit. Psychological stability is indeed an important predictor that could contribute to high achievement. The findings of such research may be used to develop strategies and approaches to help students to excel in their academic life.

Statement of the Problem:
"A Comparative Study of Depression onIndian female athleteamong different sports discipline."

Purpose of the Study:

The main purpose of the study was to determine, A Comparative Study of Depression onfemale athleteamong different sports discipline.

Objective of the Study

To find out the Comparison of Depression on female athletesamong different sports discipline.

Hypothesis:

There would be no significant difference of depression infemaleathletes on different sports discipline.

Limitation of the study

1. Since the both players belonged to different age level, hence the prior experience of the both players may be considered as a limitation to the study.
2. Since the both game players belonged to different training background this may be also considered as the limitation of the study.
3. The availability of the sophisticated instrument which may also be considered as the limitation of the study.

Delimitation of the Study:

1. The study was delimited to female student'svenue of Dr.BabasahebAmbedkarMarathwada University Inter-university tournament.
2. Only 125 female students were selected.
3. The age group of the subjects is ranged between 18-25 years.

Procedure of Methodology :-

The purpose of this study was to examine the psychological problem of female athlete. This chapter will explain the methodological details used to implement the study. Specifically, presented here are the general perspective and context of the study, an overview of the participants, a description of the instruments and procedures used in data collection, and an explanation of data analysis.

Research Design

The design in a research study refers to "the researcher's overall plan for answering the researcher's question or testing the hypothesis". This study involves a comparative survey of five groups of female athletes in a non-experimental, descriptive survey design.

Target population:

The target population in the study was the women athletes of five sports discipline of Kabaddi, Kho-Kho, Basketball, Volleyball and Hockey.

Sampling method and Sample Size:

The method of sample was purposive –A non-random method of sampling design for female athletes with a specific purpose.

Source of Data:

The study depends mainly on primary source of data. The data was collected through respondents in the form of Questionnaires from 125 female players of five sports discipline, investigator contacting female athletes personally and some cases at the venue of Dr.BabasahebAmbedkarMarathwada University Inter-university tournament.

Demographic information:

The data was collected through respondents in the form of different descriptive tests. The demographic information about, age, height, weight etc. was obtained before seeking responses.

Tools of the study

Depression Anxiety Stress Scales (DASS)

For measuring psychological problem Depression Scales (DASS) was used. The DASS is a 42-item self-report instrument designed to measure the three related negative emotional states of depression.

Data processing:

Data processing play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. The collected data was analyzed as a whole and fragments .The data was checked for accuracy and completeness and was coded and putup into the SPSS Descriptive statistics for all studied variables, one way analysis of variance and LSD test, were considered statistically technique throughout the study.

Results of the Study

Table 1

Mean scores, Standard deviation of Psychological problem with respect to Age, weight, Height among Indian female student athlete.

	Age	Weight	Height
Mean	21.64	50.44	155.40
SD	2.08	3.45	6.27

As per table -1 shows that mean scores and the standard deviation of Psychological problem with respect to Age, weight, Height among Indian female student athlete.

The mean scores and standard deviation obtained from table-1, reveals that the mean score Age of female students athlete 21.64, Weight mean scores 50.44 and Height mean scores of 155.40 these five groups of players from different sports discipline.

Figure-1

Shows Mean scores, standard deviation of Psychological problem with respect to Age, weight, Height among Indian female athlete.
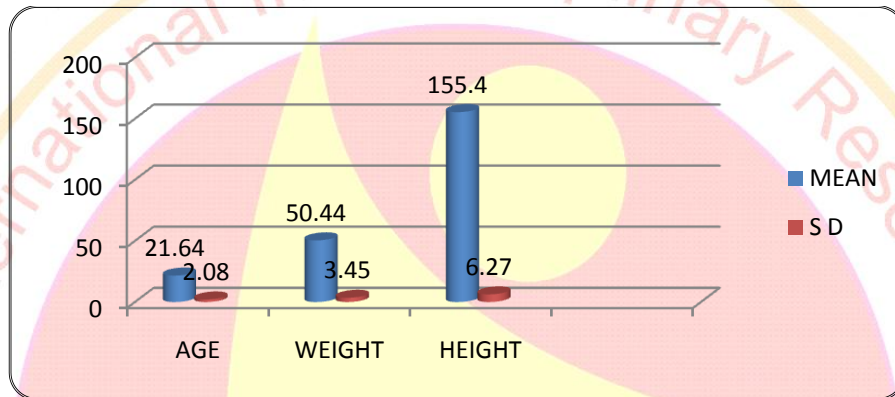

Table -2

Mean Scores, Standard Deviation of Psychological problems with respect to Depression among Indian female students athlete.

Depression	Number of students	Mean	Std. Deviation
Kabaddi	25	9.68	6.04
Kho-Kho	25	8.96	3.97
Volleyball	25	8.0	3.02
Basketball	25	9.16	4.07
Hockey	25	10.80	2.44

As per table-2 shows that mean scores and the standard deviation of Psychological problems with respect Depression among Indian female students athlete.

The mean scores and standard deviation obtained from table-2,reveals that the highest mean score Depression of Hockey players (10.80),and the lowest mean of Volleyball players (8.00) and the mean score of the rest falls between these five groups of players from different sports discipline. Standard deviation Depression which is not higher than 6.04 in case of Kabaddi and not lowers than 2.44 in case of Hockey players.

Figure- 2

Mean Scores, Standard Deviation of Psychological problems with respect to Depression among Indian female students athlete.
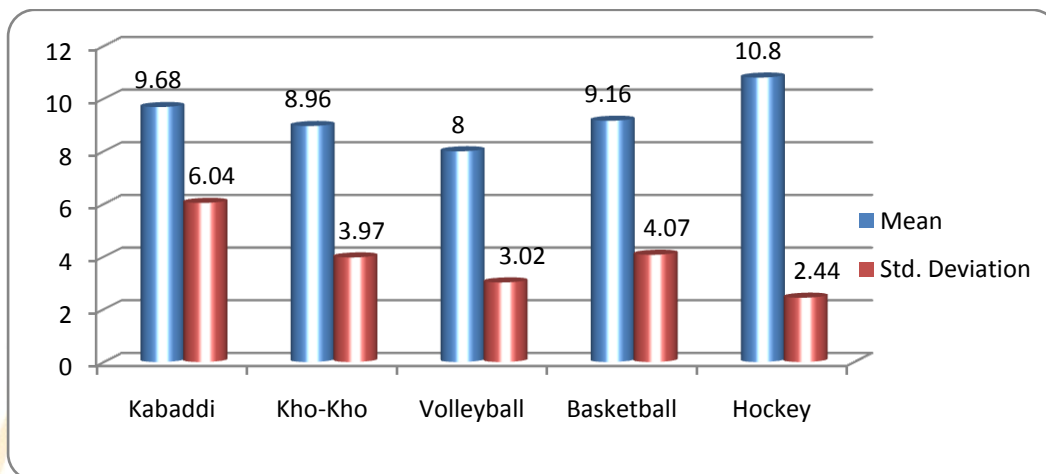

Table No.3

Analysis of Variance of Depression among different sports discipline players.

Source Variance of	Sum of Squares	Df	Mean of Square	F-ratio
Between Groups	105.44	4	26.36	1.566NS
Within Groups	2019.76	120	16.83	

NS Significant at .05 level (f=1.566.P .05)

Table -3 shows that statistically insignificant difference of depression among players of different sports discipline was found.

Dissection and Finding

Psychological problems with respect Depression among Indian female students athlete obtained from table-2,reveals that the highest mean score Depression of Hockey players (10.80),and the lowest mean of Volleyball players (8.00) and the mean score of the rest falls between these five groups of players from different sports discipline. The standard deviation Depression which is not higher than 6.04 in case of Kabaddi and not lowers than 2.44 in case of Hockey players.

Conclusion

There would be no significant difference of depression in Indian female athleteon different sports discipline.

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