



An Assessment of the Level of Depression and Worry of Active and Inactive Middle Aged Male

KEYWORDS

Depression, Worry, Questionnaire , Active and Inactive Male.

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ABSTRACT *The purpose of the study was to compare the level of Depression and worry of active and inactive middle aged male. Total 58 subjects were taken for the study. They were divided into two groups such as Active and Inactive Groups. Twenty-nine (29) active and Twenty- nine (29) inactive middle aged male (40-50 years) were randomly selected for the study. Beck depression Inventory questionnaire was used to measure Depression. Penn State Worry questionnaire was employed for measuring level of worry. For statistical analysis and interpretation of data 't'-test was conducted. It was observed that there were significant difference in Depression and worry of Active and Inactive Middle Aged Male .Result showed that Active men have lower level of Depression and worry than Inactive Male.*

INTRODUCTION

In reality, man has explored the outer space but he has not dived sufficiently into the spaces within. Application of science and technology has resulted in cognitive development. Our knowledge and understanding of objects and the world have increased tremendously. In the process, however, man ignored his emotional patterning in life. As a result, in spite of plenty of wealth, physical comfort, and knowledge of sources of energy, space and communication skills, man is dissatisfied, disturbed and unhappy. Selfishness, greed, wrath and lust are playing havoc. They have given rise to distrust, insecurity, anxiety, stress and conflict, and have made individuals and society restless and emotionally and socially weaker. Coleman (1970) rightly remarked, "The seventeenth century has been called the Age of Enlightenment; the eighteenth, the Age of Reason; the nineteenth, the Age of Progress; and the twentieth, the Age of Anxiety" Development of science and technology discouraging the human beings from doing vigorous activities as a result of which various physical and mental diseases are flourishing at a great speed throughout the world. A short time (30-45 minutes) of regular yogic practice may give mental relief to the people. Yoga has a sound scientific basis and is an ideal tool for improving the health of our masses. . Pranayamas help us to control our emotions which are linked to breathing. Pranayamas also influence our pranamaya kosha i.e. the vital energy sheath. Slow, deep and rhythmic breathing is ideal for controlling stress and overcoming emotional hang-ups. The practice of pranayams helps us to regulate our emotions and stabilize the mind, which has been compared to a 'drunken monkey bitten by a scorpion'. The findings of the present study will encourage the people of the world to participate in "Yoga program". Active middle aged male are those who regularly used to go for Yoga classes willingly. On the other hand Inactive middle aged male are those who never used to take part in any Yoga classes.

METHODOLOGY

In the present study all the subjects (40-50 years) were divided into two groups' namely active and inactive groups. Active group consisted of twenty-nine (29) male of Midnapore Yoga centre; Medinipur, Paschim Medinipur, and Inactive group consisted of twenty-nine (29) male staff of a CBSE H.S school, Midnapore, Paschim Medinipur. Psychological parameters selected for the study were Depression and Worry. To measure Depression of active and inactive middle aged men, Beck depression Inventory questionnaire was used. The BDI-II published in 1996. It contains 21 questions; each question has a set of at least four pos-

sible answer choices, each answer being scored on a scale value of 0 to 3. Higher total score indicates more depressive symptoms. Penn State Worry questionnaire was employed for measuring level of worry with greater scores indicating greater tendency to worry.

RESULT AND DISCUSSION

For statistical analysis and interpretation of data 't'-test was conducted. The result have been presented in table 1 and 2

Table – 1: Mean, SD of Depression and Comparison of t-test Between Means of Active and Inactive Middle Aged Male.

Group	Mean	SD	MD	t-value
Active men	10.24	5.23	6.41	6.19**
Inactive men	16.66	9.61		

**Significant at 0.01 level.

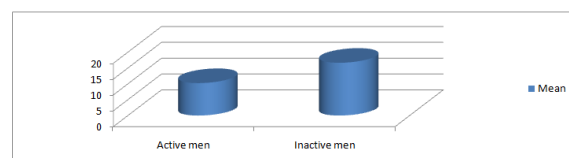


Fig. 1: Graphs Showing Depression between Active and Inactive Middle Aged Male

Table -1 show that there were significant differences in Depression of active and inactive middle aged men. The Mean of Depression of active and inactive middle aged men were 10.24 and 16.66 respectively. 't' test was applied and t-value (6.19) appeared significant at 0.01 level of confidence. Table-1 was illustrated through graphical representation (Fig. 1) for clear understanding of this study.

Table – 2: Mean SD of Worry and Comparison of t-test Between Means of Active and Inactive Middle Aged Male.

Group	Mean	SD	MD	t-value
Active Men	15.57	4.41	9.87	26.56*
Inactive Men	25.44	6.35		

*Significant at 0.05level

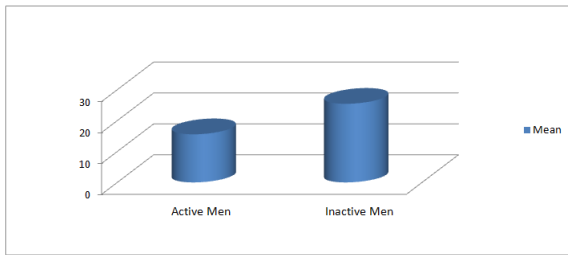


Fig.2: Graphs Showing Means of Worry between Active and Inactive Middle Aged Male

Table-2 gives information regarding Worry of active and inactive middle aged men. Table shows that there were significant differences in Worry of active and inactive middle aged men. The Mean of Worry of active and inactive middle aged

men were 15.57 and 25.44 respectively. 't' test was applied and t-value (26.56) appeared significant at 0.05 level of confidence. Graphical representation (Fig. 2) also indicates similar trend of this study.

CONCLUSION

Based on the result of the present study and within the limitation, the following conclusions may be drawn.

- Active middle aged men show lower level of Depression in comparison to Inactive men.
- Active middle aged men show lower level of Worry in comparison to Inactive men.

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