



## COMPARISON OF DEPRESSION AMONG UNIVERSITY LEVEL PHYSICAL EDUCATION STUDENTS

## KEYWORDS

Depression, Socio-psychology

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**ABSTRACT** *Objective-*The purpose of the study was to compare the level of depression among university level physical education students.

*Methods-* For this purpose, 80 subjects were selected (40 each from L.P.U and H.N.B.G.U, B.P.Ed students) with age range between 18 to 29 years. Data were collected from respondents by using Depression inventory of Goldberg. To find out the significance difference "t" test was used. The level of significance was kept at 0.05.

*Result-* The critical analysis of the data brings into light that L.P.U students were found higher in depression as compared to HNBSU as the calculated t-value we found was 3.531 which is greater than the tabulated value 1.99 at 0.05 level of significance.

*Conclusion-* We conclude that the students of LPU had higher level of depression when compared with HNBSU students.

**INTRODUCTION**

**Depression-** Everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a person has a depressive disorder, it interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. Depression is a common but serious illness, and most experience that it needs treatment to get better. Many people with a depressive illness never seek treatment. But the vast majority, even those with the most severe depression, can get better with treatment. Intensive research into the illness has resulted in the development of medications, psychotherapies, and other methods to treat people with this disabling disorder. Depression is the psychiatric disability of our time. During the past decade there has been a sharp rise in depression around the world. According to a recent report from the World Health Organization the leading global cause of disability in 1990 was unipolar major depression. In the United States more people are hospitalized for depression than for any other psychiatric condition (Murray, C. & Lopez, A. n. d.) The Depression in Context Project of the Ackerman Institute was set up to develop multidimensional approach to depression taking into account the biological, psychological, interpersonal, social and gender aspects. The impetus for the Project came from a number of research studies showing a connection between depression, marriage, and gender that have been largely overlooked. We decided to address this omission by paying particular attention to this connection. It has long been recognized that twice as many women as men suffer from depression. There have been numerous theories advanced in attempting to explain this higher incidence of depression in women including biological differences, lower socio-economic status, developmental and temperamental differences, and stereotypical sex role expectations; but, so far no research is conclusive and these theories remain speculative.

**Statement of the problem**

The statement of the problem is stated as to investigate the "Comparison of depression among university level physical education students"

**Significance of the Study**

The study will highlight the level of depression and the result will further contribute to help the coaches, physical education teachers and doctors to control the depression. The study will also help in selection, manifestation and evaluation process of potential candidates to organize the physical education and sports program successfully. The study is significant for the psychotherapist and doctors to deal with any person suffering from depressive symptoms, and also pin point the strong and weak point of student. Further the study will provide guideline to the future research investigators in sports psychology.

**Limitations of the Study**

The questionnaire in itself has its own limitations. As such any bias opinion that may be given by the subjects in the form of responses that affect the result of the study was considered as limitation of the study.

**METHODOLOGY-** For this purpose to fulfill 80 subjects i.e. 40 either from Lovely Professional University and HNBSU were random ally selected who were pursuing B.P.Ed in their respective institute and of 18-29 years of age. In the present study descriptive research design was used in order to compare the level of depression and for the interpretation of data descriptive statistical technique was used, and to further find out whether a significant difference occur or not t-test was used, the level of significance was kept at 0.05 level.

**Selection of tools/scoring****Table-1**

Variables	Test/Questionnaire	Reliability	Validity	Criterion Measures
Depression	Goldberg Depression Questionnaire	.92	.87	Scoring

**Depression:**

Depression was assessed by Goldberg Depression Ques-

tionnaire (GDQ) constructed and standardized by Ivan Goldberg.

Goldberg Depression Questionnaire consists of 18 questions. The inventory can be scored by hand. A score of one is awarded for a response indicative of lack of Self-Confidence. In responding to the Depression Questionnaire examinees blacken the number on the standard test from to the right of each 18 statement that best describe the intensity of their feelings: 1) Not at all. 2) Just a little. 3) Somewhat. 4) Moderately. 5) Quite a lot. 6) Very much. The subject has to read each statement carefully and respond to it by marking a tick on any of the six responses given. Here the individual agrees with the statement and therefore has marked responses agree. High score indicates high level of Depression and low score indicates low level of Depression.

**STATISTICAL PROCEDURE:** In the present study for the interpretation of data descriptive statistical technique was used, and further to examine the difference between the groups t-test was used.

**RESULTS:** To find out the difference among LPU and HN-BGU students were given statistical treatment using the t-test (two-tailed) to find out whether there exist significance difference or not. The level of significance was set at 0.05.

Comparison Table of HNBGU and LPU Students in Relation to Depression

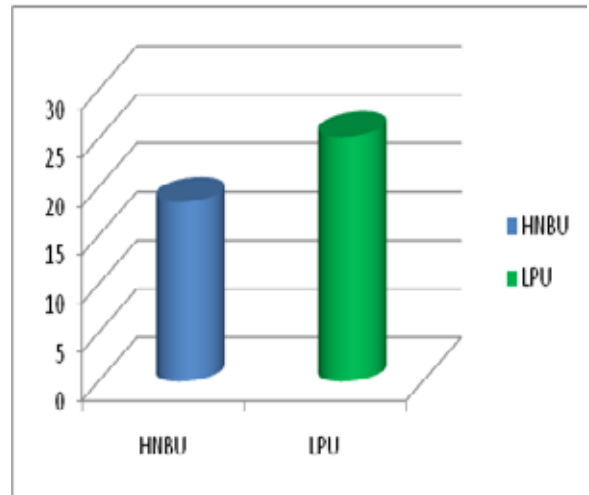
**Table-2**

Sample	Mean	MD	Df	t-ratio
H.N.B.G.U	18.50	6.725	78	3.531*
L.P.U	25.225			

**\*t-value to be Significant at 0.05 levels of significance (1.99)**

By interpreting the above table it is found that the mean score of social adjustment for H.N.B.G.U students was 18.50 and 25.225 for LPU students, while calculated t-value (3.531) is greater than the tabulated, which suggests that there was a significant difference between LPU and HNBGU student's relation to depression.

**Figure-1**



The values shown in figure 1 clearly indicates the depression level of L.P.U students was higher than H.N.B.G.U students.

**Discussion on the findings:-**

Analysis of data comprehensively revealed that there is a significant difference in depression among HNBGU and LPU students.

The students of L.P.U were found highly depressed as compare to H.N.B.G.U students as the t-value we found was 3.531 which is also greater than the tabulated value at 0.05 levels of significance (1.99).The findings of the study was positively relate to the findings of Safree and yasin et al. (June 2011), where significant difference was found between low and high achieving students.

**Conclusion**

On the basis of the findings of the study, the following conclusion was drawn:

L.P.U students are found higher in Depression in comparison to H.N.B.G.U students.

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