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## A comparative study of depression among Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University and Shivaji University

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### Abstract

The present study was to compare of depression among the male and female Kabaddi Players of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad and Shivaji University Kolhapur, Maharashtra state. A group of total 120 players (30 male players and 30 female players of both universities) were randomly selected from Krida Mahotsav competition during the year 2012-13 to 2014-15. Prof. L. N. Dubey's mental depression test was used to collect the data. Data were analyzed by independent 't' test using by SPSS. By analyzing the proposed hypothesis at the 0.01 demonstrated no significant difference between male and female Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad and Shivaji University Kolhapur in depression.

**Keywords:** Depression, kabaddi, players, university

### Introduction

Depression is a significant contributor to the global burden of disease and affects people in all communities across the world. Depression is a common mental disorder that is characterized by loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy and poor concentration, insomnia or hypersomnia and occasionally suicidal thoughts<sup>[1]</sup>. Depression often occurs as a result of adverse life events, such as: the loss of a significant person, object, relationship or health. However, it can also occur due to no apparent cause. These problems can become chronic or recurrent and lead to substantial impairment in an individual's ability to take care of their everyday responsibilities<sup>[2]</sup>.

Depression is the most common illness affecting many different aspects of mankind such as genetic, biochemical, environmental or psychological sources<sup>[3, 4]</sup>. In the most general terms, depression is a disorder of the brain and ability of body to biologically create and balance a normal range of thoughts, emotions, and energy<sup>[5]</sup>. It might be a consequence of a mixture of factors, such as a chemical discrepancy in the brain, a genealogy of depressive disorder, family history of depression, personal and social problems, stressful situations or traumatic events such as assault or the death of a love one<sup>[6, 7, 8, 9]</sup>. Depression symptoms result in low mobility which caused to creative significant social problems. University students could be in danger of depressive disorder as a result of the stress and pressure which they deal with depression<sup>[10, 11]</sup>. Mostly in the university players occasionally feel sad or anxious but these emotions usually pass quality within a couple of days. Where untreated depression lost for a long time, interferes with every day activities and is much more than just being felt blue. It is not only in mind but also experienced throughout the body.

The purpose of present study was to find out the differences among the Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur who participated in Krida Mahotsav Competitions during year 2012-13 to 2014-15 as regards the level of depression.

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**Statement of problem**

To find out the level of depression among the male Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur To find out the level of depression among the female Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur.

**Research Methodology**

**Sample**

For the present study 60 Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and 60 Kabaddi players of Shivaji University Kolhapur (30 male and 30 female players of each university) of Maharashtra state, age between 18 to 28 years were randomly selected for the study. These male and female players were participated in the Krida Mahotsav Competition during the year 2012-13 at Rashtra Sant Tukdoji Maharaj Nagpur University Nagpur, in 2013-14 at Maharashtra University of Health Science Nashik and in year 2014-15 organized by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Maharashtra state.

**Variables**

- a. Independent Variable : Sex (i.e. Male and Female)
- b. Dependent Variable : Level of Depression

**Procedure**

The test is carried out in accordance with specific instructions given by the authors of the test. Although the test carried with them printed instructions, much emphasis was placed on oral explanations of these instructions, since the students are not ordinarily familiar with psychological tests of this nature. A good deal of time was spent before the actual administration of the test explaining how it was to be answered. They were allowed to start answering the test until they complete understand the process. The students were asked to fill in the personal data in the response sheet before writing the responses for the tests.

**Measuring Tools**

**Table 1:** Interpretation of raw scores of depression

Sr. No.	Male	Categories of Mental Depression	Female
01	45 & above	Very High	43 & above
02	38 – 44	High	36 – 42
03	31 – 37	Moderate	29 – 35
04	24 – 30	Low	22 – 28
05	23 & less	Very Low	21 & less

To measure depression, the standardized depression test was used which was made by Prof. L. N. Dubey’s, 1993 [12]. As revealed by the survey questionnaire measure of depression is an appropriate scale to measure depression. This questionnaire in depression related research often used by researcher abroad and it confirmed the validity and credibility 50 to assess aspects of depression. Here ‘t’ test was used to measure the depression of male and female Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur.

**Data Analysis**

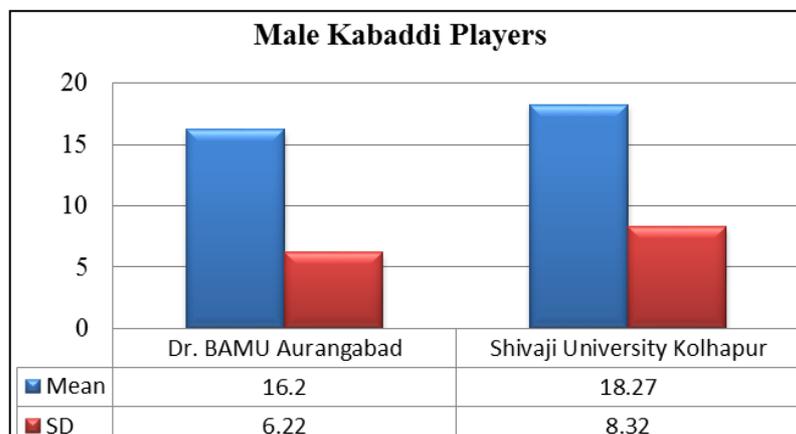
For statistical analysis, the Statistics SPSS was employed. In this study ‘t’ test used to evaluate the distinction between male and female Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur the level of statistical significance was 1% (0.01).

**Results**

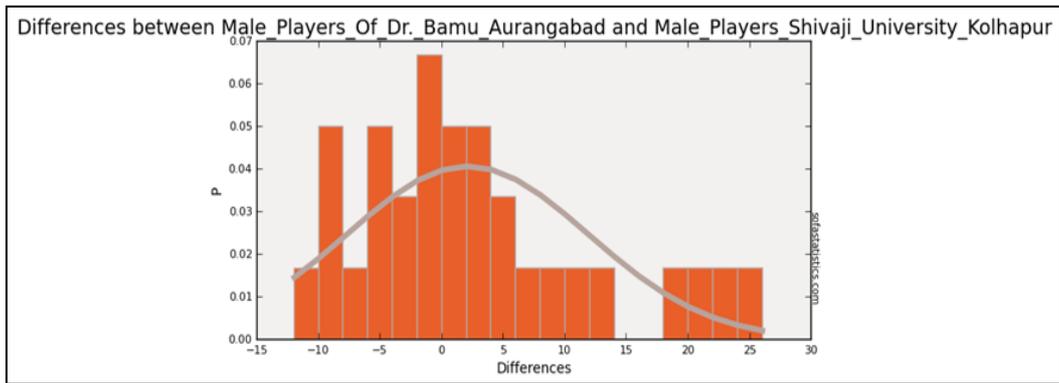
**Table 2:** Shows the mean and standard deviation differences among male kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur

Male Kabaddi Players	N	Mean	S.D.	DF	‘t’ value
Dr. Babasaheb Ambedkar Marathwada University Aurangabad	30	16.20	6.22	29	1.154
Shivaji University Kolhapur	30	18.27	8.32		

\*Insignificant at 0.01 level of significance



**Fig 1:** Bar diagram of differences among male Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolh



**Fig 2:** Standard Deviation measures the spread of values.

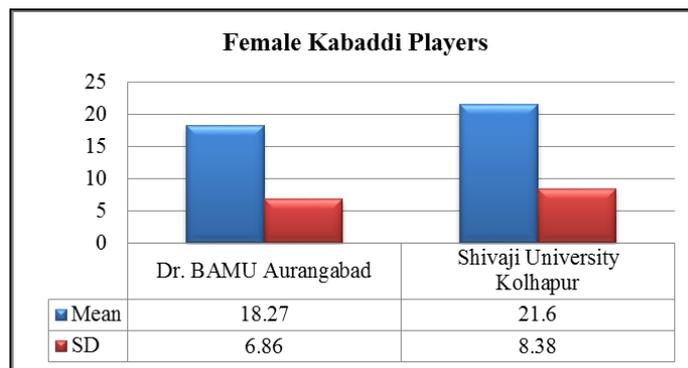
According to the information as the above table and figures shows the result of comparison of depression among male Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur. The depression in male kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad was 16.20 with 6.22 standard deviation and Shivaji University Kolhapur

was 18.27 with 8.32 standard deviation. According to the result there is no significant difference among the men Kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur which is calculated by ‘t’ value ( $t=1.154$ ,  $df= 29$ ) with respect dependent variable depression at 0.01 level.

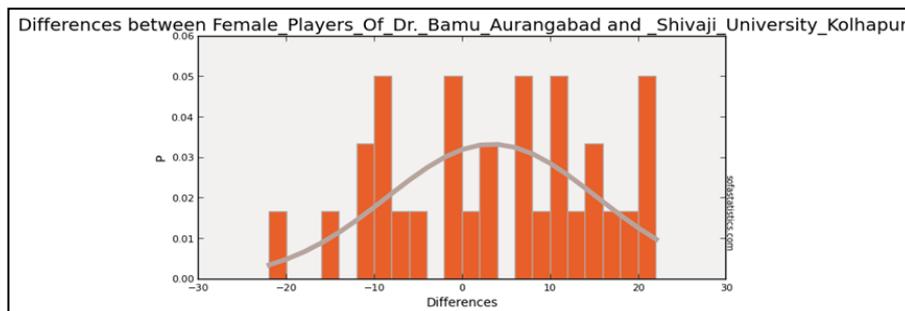
**Table 3:** Shows the mean and standard deviation differences among female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur.

Female Kabaddi Players	N	Mean	S.D.	DF	‘t’ value
Dr. Babasaheb Ambedkar Marathwada University Aurangabad	30	18.27	6.86	29	1.526
Shivaji University Kolhapur	30	21.60	8.38	29	

\*Insignificant at 0.01 level of significance



**Fig 3:** Bar diagram of differences among female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur.



**Fig 4:** Standard Deviation measures the spread of values.

According to the information as the above table and figures shows the result of comparison of depression among female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur demonstrate insignificant difference between them. The depression in female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad was 18.27 with 6.86 standard deviation and Shivaji University Kolhapur

was 21.60 with 8.38 standard deviation. The result revealed that there is no significant difference among the female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur which is calculated by ‘t’ value ( $t=1.526$ ,  $df= 29$ ) with respect dependent variable depression at 0.01 level.

## Discussions

Based on the findings of the present research there is no significant difference among the male kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur and female players of both universities also. Studying depression among male kabaddi players of both universities shows depression score is more among the male and female kabaddi players of Shivaji University Kolhapur as compared to the male and female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad. The present research shows the male kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad was 16.20 with 6.22 standard deviation and Shivaji University Kolhapur was 18.27 with 8.32 standard deviation. The difference of mean was 2.07 with 2.1 standard deviation of male athletes.

The female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad was 18.27 with 8.86 standard deviation and Shivaji University Kolhapur was 21.60 with 8.38 standard deviation. The difference of mean was 3.33 with 1.52 standard deviation of female kabaddi players. It means male and female kabaddi players of Shivaji University Kolhapur are higher score than the male and female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad on mental depression but this difference is not significant.

The results of this research also agree with the findings of the research conducted by Leila Ghaedi *et al.*, (2014) [13] studied comparison of the degree of depression between athletic and non-athletic undergraduate students. The result of this research shows there is no significant difference in the rate of depression among the male and female athletic students. Heydaritabar H. (1995) in which he studied depression among the male students of universities engaged in individual and team sports. Heydaritabar H. noticed that there is a difference between two groups in terms of depression but this difference is not significant. Vijay Prakash (2014) made a comparative study of depression between sports persons and non-sports persons. He was noticed that there is no significance difference among I.T.A.G. and B.Sc. students.

The above results indicate the rate of depression was similar in both groups, it means there was no significant difference. There we can say that present findings are supported by Leila Ghaedi *et al.*, 2014 [13], Heydaritabar H., 1995 [14], and Vijay Prakash, 2014 [15].

## Conclusions

An overall conclusion from this research showed that there was no significant difference among the male and female kabaddi players of Dr. Babasaheb Ambedkar Marathwada University Aurangabad and Shivaji University Kolhapur.

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