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## Comparison of depression between the Kho-Kho players of Gujarat & Rajasthan state universities

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### Abstract

The purpose of this study was to compare the rate of depression among the Kho-Kho players of Gujarat & Rajasthan state universities. A group of sample 120 players, 60 men players of each State Universities with age group of 18-28 years were selected from West Zone Inter University Kho-Kho Competition 2013-14 conducted by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Maharashtra State, India through random sampling technique. Data was collected from only Kho-Kho men players using a standardized mental depression test of Prof. L. N. Dubey (1993) for evaluate the rate of depression. SOFA Software was used for statistical analysis. Data were analyzed by independent T test. By analyzing the proposed hypotheses at the  $P \leq 0.01$  demonstrated significant difference between men kho-kho players of both state universities.

**Keywords:** Mental Depression, Kho-Kho, Players, West Zone, Inter-University Competition,

### 1. Introduction

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and physical well-being Brosse L *et al.* [1]. Depression is a syndrome with symptoms, a feeling or a state of depression in the deep gloom of thought, slowdown and recession on speech and movements, worthlessness, smallness, weakness, reluctance, pessimism, slowdown on thoughts and feelings with physiological functions Blackburn I [2]. Depression is a serious medical illness caused by a disorder of the brain, due to genetic, environmental, psychological and biochemical factors Farmer E *et al.* [3]. It might be resulted from a combination of factors, including endogenous causes such as a chemical imbalance in the brain, a family history of depression, personal or social problems, stressful situations, or traumatic events such as assault or the death of a loved one Cogan KD and Conner M *et al.* and National Institute of Mental Health and JC Puffer *et al.* and J Sisk [4, 5, 6, 7, 8]. Depression is caused by a combination of genetic, biological, environmental, and psychological factors Harris H *et al.* [9].

Now a day, much attention should be done to the methods of treating mental disorders. Depression is commonly treated with antidepressants or psychotherapy, but some people may prefer alternative approaches such as exercise. There are a number of theoretical reasons why exercise may improve depression Mead GF *et al.* [10]. Depression, consisted due to many reasons, must be treated to person live physically, spiritually, mentally in a healthy way, and in the period of education and learning, communication begins in a natural environment Lopez A *et al.* [11].

Mostly in university students 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 day-to-day activities and is much more than just being feel blue. It is not just in the mind but is experienced throughout the body.

The purpose of present investigation was to find out the difference between the men players of Gujarat & Rajasthan State Universities who participant in west zone Inter-university Kho-Kho Competition 2013-14 as regards the level of mental depression.

### 2. Methodology

#### 2.1 Subjects

For the purpose of this study, 60 of Gujarat State universities & 60 Samples of Rajasthan State universities kho-kho men players were randomly selected to serve as subjects of the study, at

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who had participated in West Zone Inter-University Kho-Kho Competition 2013-14 held Dr. Babasaheb Ambedkar Marathwada University Aurangabad (Maharashtra). Age of the subjects ranged between 18 to 28 years.

## 2.2 Collection of data

In this study Mental Depression test (Prof. L. N. Dubey, 1993) [12] was used to measure Mental Depression.

## 2.3 Hypothesis

The Hypothesis was that there would be no significant difference between the men players of Gujarat & Rajasthan State universities on the degree of mental depression.

## 2.4 Measuring Instruments

To measure mental depression, the mental depression test was used which was made by Prof. L. N. Dubey (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 different researchers, and it confirmed the validity and credibility, 50 to assess aspects of depression.

## 2.5 Statistical Methods

The collected data in this study were analyzed by SOFA software. Descriptive Statistic (Mean and Standard Deviation) and Independent 't' test was applied to compare the level of Mental Depression between the men players of Gujarat & Rajasthan State Universities. The level of significance was set as 0.01 levels ( $p < 0.01$ ).

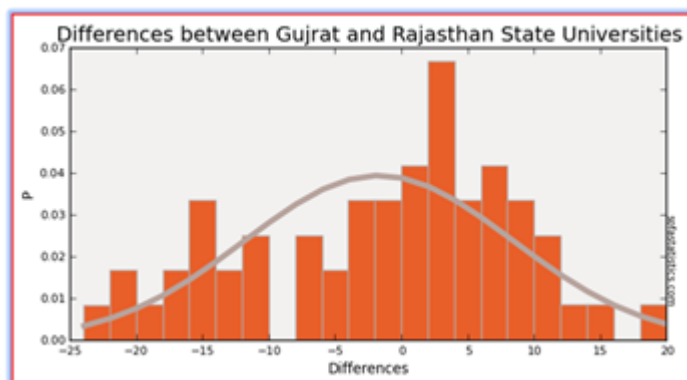
## 3. Result and Discussion

Statistical table and results are below:

**Table 1:** Mean, SD and 't' value of depression among the Men players of Gujarat State universities & Rajasthan State universities.

Group	N	Min	Max	Mean	S.D.	df.	't' value
Gujarat State universities	60	1.0	37.0	13.133	8.396	59	1.35*
Rajasthan State universities	60	3.0	32.0	11.367	5.421	59	

\* $P < 0.01$



**Fig 1:** Differences of Mental Depression Scores between the players of Gujarat State universities & Rajasthan State universities.

Random Sample survey method was used for compare to depression among the Men players of Gujarat & Rajasthan State universities. The result obtained on the basic area of mental depression reveals that there was a significant difference between the men players of Gujarat & Rajasthan

State universities at 0.01 levels ( $p < 0.01$ ). The mental depression score of men players of Gujarat state universities is high than the men players of Rajasthan State universities. It means the score of mental depression of men players of both universities are different.

The men players of Gujarat state universities received higher mean score **13.13** as compared to the men players of Rajasthan State universities **11.36**. There has mean difference is **1.77** and the standard deviation score of men players of Gujarat State universities received **8.39** and the men players of Rajasthan State universities received **5.42**. So we can say that the men players of Gujarat & Rajasthan State universities have different mental depression level. The 't' value of mental depression is **1.35**.

## 4. Conclusion

On the basis of above discussion, it is concluded that there was a significance difference between the levels of depression among the men Players of Gujarat & Rajasthan State universities. On the basis of statistical finding the hypothesis is rejected. It was observed that the training schedule of the players of both Universities included mental imaginary training, mediation & yoga, psychological toughness training would be different from one of other and Special training regarding social atmosphere, economical conditions, family support, nutrition, facility given by university, less competition participation etc. factors effecting on mental depression of players.

## 5. Recommendation

- \* Individual Counseling may be given to all the Players.
- \* More exposure may be given to the mentally depressed players of their social involvement.
- \* A special mental training programme may be designed to reduce the mental depression.
- \* Studies have been presented giving evidence that physical activity and exercise can be also used in the treatment of depression.

## 6. Acknowledgement

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