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Comparison of sports participation and depression among student of different district of Uttar Pradesh

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Abstract

Background: Depression has been identified as a leading cause of disability, and studies suggest that people who have experienced at a young age are more likely to have throughout their lives. This study aims to assess the and determinants of in Uttar Pradesh state of India.

Objective: Comparison of sports participation and depression among Student of different district of Uttar Pradesh study.

Results: Participation in sports was found to be positively associated with psychological well-being and connected with fewer mental health problems. Sports participation was associated with higher self-esteem and a lower risk of anxiety, depression, and social-behavioral inhibition in adolescents.

Conclusions: Participation in sports is beneficial to the depression of children, adolescents, and adults. Team sports and sports clubs are especially advantageous for depression due to social and psychological support. Creating opportunities for sports participation can lead to the promotion of depression. More likely to have moderate to severe depression.

Keywords: Sports participation, depression

Introduction

It is a time of socially instigated reliance delivered by postponement of work openings, expanded instructions, the innovative procedures of mechanization and cybernation, the conundrum of military administration and casting a ballot, and the rights to wed and possess property. So in the present examination specialist has chosen to learn about psychological wellness, self-destructive propensity and enthusiastic knowledge of the higher auxiliary school understudies.

Objectives of the study

1. To find out the role of social support group of the individual in promoting or preventing Depression.
2. To examine remedies followed by young generation to cure this problem and effectiveness of those methods on them.

Hypotheses

1. There is no significant interaction effect between gender and category of sports participation sports youth with regards to health.
2. There is no significant interaction effect between area of residence and category of sports participation sports youth with regards to health.
3. There is no significant interaction effect between gender, area of residence and category of sports participation sports youth with regards to health.

Sampling design

Sample of the present research was selected randomly from the various areas of Azamgarh, Mau and Balia city of Uttar Pradesh early adulthood ate. Early adulthood those who have completed their graduation were included as Sports participation Sports youth in this research. The age range of the sample was 18 to 25 years. Total sample was 600 which were further categorized into three groups of 200 each i.e. adulthood late adulthoodence, Early adulthood.

Variables

Independent Variable

- Gender
- Area of Residence
- Category

Dependent Variable

- Depression

Result Interpretation

THE mean, median, mode and S.D. for the sample are given in Table. The early adulthood seems to be slightly positively skewed.

Table 1: Showing Mean, Median, Mode and S.D. for Eueysss (N=600)

Mean	Median	Mode	S.D.
77.64	76.75	79.57	12.91

Table 2: Showing Skewness, Kurtosis and S.E. for EUEYSS (N=960)

Indices	Value	S.E.	P
Skewness	0.068	0.115	NS
Kurtosis	0.253	0.158	NS

Table 3(a): Showing Mean Balliaores on Mental health with regards to Gender

Gender (A)	N	Mean Balliaore	F	Significant
Male(A1)	400	65.04	6.24	.05
Female(A2)	400	62.68		
		Grand Mean=63.86		

Table 3(b): Showing Result of LSD test on Mental health in relation to Gender

Pairs	Mean Difference	Significant
A1 VsA2	2.36	0.01

Table 4: Showing Mean Ballia on Mental Health as held by Groups Gender, Area of Residences and Category (AxBxC)

Category (C)		Gender (A)				F	Significant
		A1(Male)		A2(Female)			
		Area of Residence(B)					
		B1 (Urban)	B2 (Rural)	B1 (Urban)	B2 (Rural)		
C1(Azamgarh)	Mean	58.50	65.88	66.92	67.14	1.27	NS
C2 (MAU)	Mean	62.98	66.86	66.34	60.42		
C3 (BALLIA)	Mean	65.56	63.50	65.00	57.04		
C4	Mean	66.52	70.50	65.04	53.52		
		Grand Mean=63.86					

Higher orders Interaction AXBXC (Mental Health suicidal Tendency and depression):

Table No. 4 and Figure No-A:7 indicate that there is no significant difference between Higher order interaction AXBXC (F=1.27). Table no.4 indicate the mean Ballia ore of the group of female urban Azamgarh category of sports participation youth (M=58.50), male urban MAU category of sports participation youth (M=62.98), male urban of Ballia category of sports participation youth (M=65.56), male urban of category of sports participation youth (M=66.52), male rural of Azamgarh category of sports participation un-employed youth (M=65.88), male rural of MAU category of sports participation un-employed youth (M=66.86), male rural of Ballia category of sports participation un-employed youth (M=63.50), male rural of ST category of sports participation un-employed youth (M=70.50), female urban of Azamgarh category of sports participation un-employed youth (M=66.92), mean Ballia of female urban of MAU category of sports participation (M=66.34),female urban of ballia category of sports participation youth (M=65.00), female urban of various category of sports participation (M=65.04), female rural of Azamgarh category of sports participation youth (M=67.14), female rural of MAU category of sports participation un-employed youth (M=60.4), female rural of ballia category of youth (M=57.04), female rural of ST category of sports participation youth is (M=53.52) on Mental health. Table no.4: also shows that the group of male rural of sports Category has higher level of Mental health than non sports person.

Conclusions

1. Significant interaction effect is existed between Gender and Category on stress. Sports participation male category youth have found to be more stress than reaming

groups of sports participation youth.

2. Significant interaction effect is existed between Area of residence and Category on stress. Sports participation-Rural AZAMGARH category youth have found to be more stress than reaming groups of sports participation youth.
3. Significant interaction effect is not existed among Gender, Area of residence and Category on stress.
4. Significant different is existed between male and female sports participation non sports participation youth on Depression. Male sports participation. Youth have more Depression than Adolescence sports participation non sports participation youth.
5. Significant difference is existed between urban and rural sports participation non sports participation youth on Depression. Urban sports participation non sports participation youth have more depression than Rural sports participation non sports participation youth.
6. Significant difference is not existed among Category of sports participation youth on Depression.

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