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A Study on Depression among the Players Participate in Individual and Team Sports Event with Reference to Gender

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Abstract

Present study on depression among the players participates in individual and team sports event with reference to gender. To conduct the study, 100 Team event male sportspersons (Average age 24.77 years), 100 Team event female sportspersons (Average age 24.98 years), 100 Individual event male sportspersons (Average age 24.43 years) and 100 Individual event female sportspersons (Average age 25.12 years) were selected as sample. The criterion for selection of sportspersons was participation in national event as well as securing one of the top three positions. JMPI prepared by Joshi and Malik (1981) [6] was used to assess depression in selected sportsperson. Results reveal that depressive symptoms were significantly higher in sportsperson taking part in Individual and as compared to sportsperson taking part in team events.

Keywords: Elite sportspersons, male, female, depression, team and individual.

Introduction

Elite means selected few who excel in some field or activity. Medal winners in national/international sports meet are also considered as elite sportspersons. Since elite athletes requires certain level of commitment they may experience certain level of stress, that is why the elite athletes are under pressure to succeed and win at all cost (Goodman, Kashdan, Mallard and Schumann, 2014) [3]. When an elite athlete encounter a situation which hinders his/her goal, depression may sets in. Schaal *et al*. (2011) [7] noted that recreational sports are novel way to reduce stress and tension thereby controlling depression but this theory is not applicable at highest level of participation. One reason behind depression in elite athletes may be due to heavy mental investment in the sports along with immense pressure to succeed. According to Appaneal, Levine, Perna, and Roh (2009) [2] depression may be mild or severe. Depressed feeling and mood considered as mild depression while psychiatric disturbance has been considered as major depression and comes under personality disorder. Grohol (2014) [4] in an article included pessimistic vulnerable, negative behaviour, restless etc. in the definition of depression.

The influence of gender has also been observed on depression. Altemus, 2006 [1]; Hankin, *et al*., 1998 [5]; Nolen-Hoeksema, 2001) [8] reported that females are more at risk of getting depressed as compared to males. But whether these findings can be applied to all the allied fields including sports is worth considering especially in case elite sportspersons where both male and female sportspersons get equally psychological training and exposed to same stressors. In view of the above the researcher decided to compare depression in elite male and female sportspersons.

Hypothesis

It was hypothesized that study on depression among the players participates in individual and team sports event with reference to gender.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample:

To conduct the study 100 Team event male sportspersons (Average age 24.77 years), 100 Team event female sportspersons (Average age 24.98 years), 100 Individual event male sportspersons (Average age 24.43 years) and 100 Individual event female sportspersons (Average age 25.12 years) were selected as sample. The criterion for selection of sportspersons was participation in national event as well as securing one of the top three positions. The selection of sample was based on convenience sampling technique.

Tools:

Jodhpur Multiphasic Personality Inventory

Jodhpur Multiphasic Personality Inventory prepared by Joshi and Malik (1981) [6] was used to assess depression among selected subjects. It consists of 283 items. Out of the twelve personality disorders scoring was done for anxiety, obsessive compulsive reaction, conversion reaction, hysteria dissociate,

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phobia, depression, neurotic depression and social introversion respectively. All the coefficients of stability are of sufficiently high level for this inventory. In the present study data on depressive symptoms was evaluated.

Procedure

After obtaining written consent to participate voluntarily in the present study, JMPI prepared by Joshi and Malik (1981) [6] was administered to each subject as per their availability and convenience. Responses for depression dimension of personality disorder were scored off according to author's manual. Anova test was used. Results shown in table no. 1

Result & Discussion

Table 1: Effect of Type of Sport (A) x Gender (B) on Depression, Dimension of Personality Disorder in sportsperson (N=400)

		Gender (B)		Marginal Mean
		Male	Female	
Type of Sports	Team Events	N=100 M=40.50 S.D=14.14	N=100 M=40.50 S.D=14.14	39.96
	Individual Events	N=100 M=40.50 S.D=14.14	N=100 M=40.50 S.D=14.14	42.66
Marginal Mean		41.65	40.97	

Table 2: ANOVA Summary

Source of Variation	SS	df	MS	F
A	731.702	1	731.702	4.65*
B	46.923	1	46.923	0.29 (NS)
AB	15.603	1	15.603	0.09 (NS)
Within treatment	62303.710	396	157.333	

**Significant at .05 Level; NS Not Significant*

The F of 4.65, an indicator of the main effect of type of sport as show in table upon depression in sportsperson was found to be statistically significant at .05 level. It thereby reveals that depressive symptoms were significantly higher in sportspersons taking part in individual events (M=42.66) as compared to sportsperson taking part in team event (M=39.96).

The F of 0.29, an indicator of main effect of gender upon depression in sportsperson was not found to be statistically significant. The results indicate that depression in male (M=41.65) and female (M=40.97) was not significantly be at variance with each other.

The F of 0.09, an indicator of type of sport and gender (AxB) interaction upon depression in sportsperson was not found to be statistically significant.

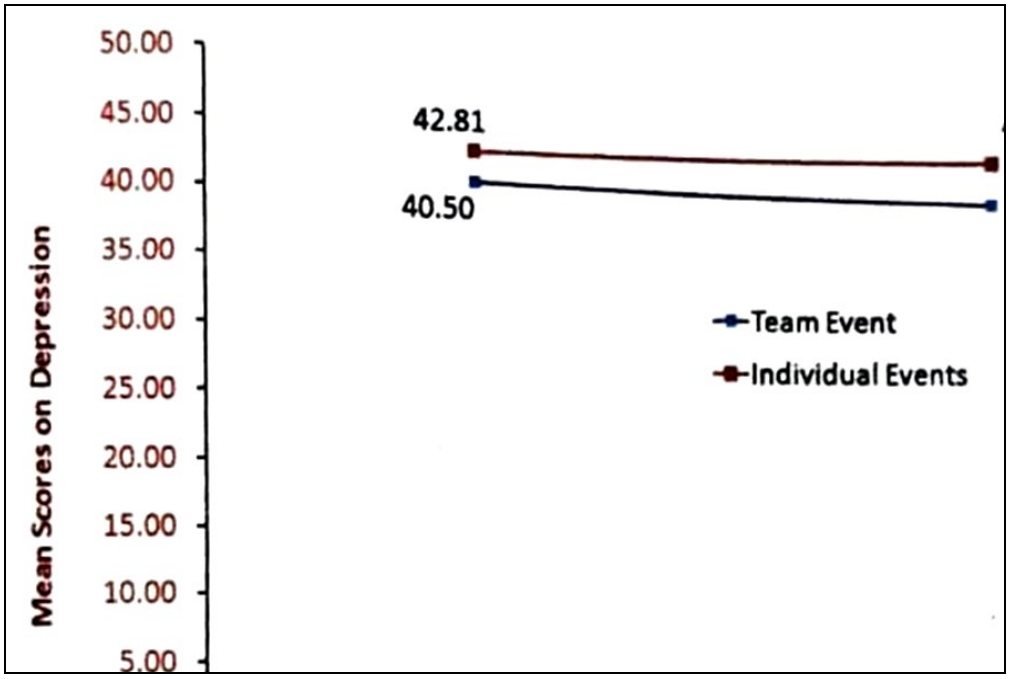

Fig 1: Line Diagram showing Interaction Effect of Type of Sport and Gender on Depression among Sportsperson.

Since interaction effect of type of sport (Team – Individual) and gender upon depression in sportspersons was not found to be statistically significant.

Personality disorder in sportspersons competing in team and individual sport is evaluated in the present study.

The results are consistent with biological basis for response towards stress, coping and self-concept. Nolen-Hoeksema (2001) [8] and Altemus, (2006) [1] also opined that females do not take sppropriate action quikly to relieve distress i.e. females repond to stressors with rumination. Hence due to this rumination females are more at risk as far as depression is concerned as compared to males.

A perusal of entries reported in table 1 indicate statistically significant difference in depression, a dimension of personality disorder, between elite male sportspersons (M=29.64) and elite female sportspersons (M=34.46). The calculated t=2.24reveal that elite female sportspersons were found to be more depressed as compared to male sportspersons at .05 level of significance.

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Conclusion

On the basis of results, it may be concluded that elite female sportspersons are showing more depression as compared to elite male sportspersons. Hence it can be concluded that due to gender difference and social scenario the female athlete having tendency to depressed as failure or adverse condition arouses. It is suggested that earlier identification of the trend it can be solved through proper psychological counselling.

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