

A Comparative Study of Depression between Cricketers and Non Cricketers of South Kashmir

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Abstract

The present research explores the relations of Depression between Cricketers and Non Cricketers of South Kashmir. The purpose of this study was to compare Cricketers and Non Cricketer son their levels of Depression. The present study is the descriptive survey method. Total numbers of 56 students were selected as the samples for the study purposively from the 8 Secondary Schools of South Kashmir, in which 28 were Cricketers and 28 were Non Cricketers. For the collection of data the researcher administered the Zung Depression Scale. Data of Depression of Cricketers and Non Cricketers was compared by using t-test. Results shows, that the mean and standard deviation scores of Cricketers and Non Cricketer son Depression are $16.75(\pm 1.653)$ & $18.11(\pm 2.020)$ respectively. The calculated 't' of Depression of Cricketers and Non Cricketers is 2.143 which is statistically significant at 0.05 level of significance. The result showed that there is significant difference between the Depression of Cricketers and Non Cricketers. In the Depression, we observe that Cricketers got good results as compared to Non Cricketers. Researcher observed that the means scores of Depression showed that Non Cricketers have high degree of Depression than Cricketers. Finally researcher concluded that Non Cricketers were more depressed as compare to Cricketers and their level of Depression is not similar.

Keywords: Depression, Cricketers, Non Cricketers.

Introduction

Social adjustment is the process whereby an organism, organ, or individual entity enters into a relationship of harmony or equilibrium with its environment and the condition of having attained such a relationship. The antithesis maladjustment denotes the absence of such a process and /or the inability to attain such a condition (Gould and knob, 1964, P.4). Sperling (2000) and Signorella (2003) found differences in adjustment between athletes and non-athletes. Sperling found athletes to be more extroverted and ascendant. Signorella found that differences in amount of athletic participation were moderately related to scores on the Cow ell Social Adjustment Index (2000). If satisfied in opposite ways, neurotic or delinquent behavior may be the result. Studies reveal that socially well-adjusted persons tend to be more successful in athletics, physical fitness, and physical education activities than are persons who are less well-adjusted socially. On the basis of this, the present researcher wants to measure the Depression levels between Cricketers and Non Cricketers of Secondary Schools of South Kashmir. Thus the purpose of the present study was to compare Cricketers and Non Cricketer son their levels of Depression.

Materials and Methods

For the present study Descriptive method was used. A total number 56 students studying in the 8 Secondary Schools of South Kashmir, were selected purposively as the samples of the study, in which 28 were Cricketers and 28 were Non

Cricketers. For the collection of data the researcher administered the Zung Depression Scale developed by Zung, W.W in 2006. There were a total 20 questions in the Zung Depression Scale. For each question there were four responses. After data collection, data of Depression of Cricketers and Non Cricketers was compared by using t-test and the result was analyzed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Results

Table No.1.1

Descriptive Statistics of Cricketers and Non Cricketers on Depression score.

Group	N	Mean	Standard Deviation	St. Error Mean
Cricketers	28	16.75	1.653	0.112
Non Cricketers	28	18.11	2.020	0.205

Table No. 1.2

Independent sample 't' test of Depression between Cricketers and Non Cricketers

t	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.143	.037	0.8000	0.387

Summary and Conclusion

The researcher analyzed the collected data as per the objectives set for the research study. After implementing the appropriate statistical tools to analyze the data, it was shown that there is significant difference between the Cricketers and Non Cricketers in Depression.

This finding is supported by Mir Hamid Salehian et al. (2011) Comparison of Depression between University Male Athletes and Non-athletes. Concluded that there is significant difference between athletes and non-athlete students in depression. Again in (2012) Mir Hamid Salehian et al. made the Comparison of Depression between University Female Athletes and Non-athletes. Concluded that there is significant difference between female athlete and non-athlete students in depression. Ali Mostafai (2012) Purpose of this study was to compare general health and happiness in women who corporate in exercise activities with who no corporate. Results showed that exercises practice lead decrease to anxiety, depression and could improve bodily signs. Also, positive emotion and satisfy of life in corporate people were higher than no corporate. Thus from the studies we can say that physical activity plays a very vital role in decreasing the depression level.

In the present study we found that the mean scores of Depression shows that Non Cricketers have high degree of Depression than Cricketers. Results shown that Non Cricketers were more depressed as compare to Cricketers. It was observed from the finding that there were significant differences between Cricketers and Non Cricketers in Depression. On the basis of the result obtained in this study the investigator concludes the scores of Depression of Non Cricketers showed that they were more depressed as compare to Cricketers and their level of Depression is not similar.

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