

COMPARATIVE STUDY OF DEPRESSION AND ANXIETY BETWEEN MEN ATHLETES OF TEAM SPORTS AND INDIVIDUAL SPORTS

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Abstract

The present study compares the anxiety and depression levels between the men athletes of team sports and individual sports who are playing at State level of Madhya Pradesh. The players were selected on the basis of their participation at state level.

The purposive sampling procedure was used to take the samples. 100 subjects were taken (50 Individual sports & 50 Team Sports) who were state level players of Madhya Pradesh. The players were between 18-27 years of age range. Questionnaire of Anxiety and Depression was used to collect the data. The data was analysed by using appropriate statistical techniques. Results of the study revealed that there is a difference in levels of anxiety and depression between men athletes of team sports and individual sports.

Keywords: Team sports Athletes (Men), Individual sports Athletes (Men), Anxiety and Depression.

Introduction

Sports psychology is a branch of psychology that focuses on studying and understanding the psychological factors that influence sports performance, exercise, and physical activity. It involves the application of psychological principles and techniques to enhance athletes' performance, improve their mental well-being, and optimise their overall experience in sports and physical activities. In today's world, sports psychology plays a crucial role in various domains, including professional sports, amateur athletics, fitness training, and physical education. It is very important to consider the positive as well as negative psychological factors, negative factors such as depression and anxiety, these are part and parcel of life but they play an important role in the performance of an athlete and also his well-being.

There are 2 types of sports in today's world: team sports, including any sport where individuals are organized into opposing teams competing to win. Team members act together towards a shared objective. This can be done in several ways such as outscoring the opposing team.

Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere to accomplish their objectives. This type of sport often has training sessions in which athletes train together and have an atmosphere of friendship and relations which often lead to good mental health. On the other hand, there are individual sports. An individual sport is a sport in which participants compete as individuals. A decision made by an individual during the game is responsible for his/her performance. Individual sports are athletic activities or games in which participants compete on their own, without being part of a team. In individual sports, the focus is primarily on the performance and achievements of the individual athlete rather than collective teamwork. This type of sports has lonely training sessions and more pressure of performance which leads to more mental pressure.

In this study, we are going to compare Anxiety levels and Depression levels. Anxiety is a sensation of intense nervousness or worry that most people have experienced at one time or another. No one wants to fail, but at times we try so hard that we do end up "failing". Anxiety is a normal and often temporary emotional response to stress or perceived threats. It is a natural reaction that prepares the body for a "fight-or-flight" response in the face of danger or challenging situations. Depression can be said as a common and serious medical illness that negatively affects how you feel, the way you think, and how you act. Depression is a mental health disorder characterised by persistent feelings of sadness, loss of interest or pleasure in activities, and a range of physical and cognitive symptoms. It is more than just a temporary feeling of sadness or low mood. Studying these two factors will let us know the level among athletes which will help the coaches and players to understand the psychology in relation to training.

Methodology

The main purpose of the study is to investigate the Depression and Anxiety levels between Team Sports Athletes and Individual sports Athletes and Compare it to know if the difference is significant or not. For this study 100 subjects are selected. 50 men athletes of individual sports 50 men athletes of team sports. For this study, the data source was state level men players of Madhya Pradesh of Team sports and individual sports with age range of 18-27 years. The subjects were selected by the purposive sampling method.

Questionnaires used for the collection of data

Anxiety- The psychological questionnaire developed by Rainer Martens (1977) on anxiety will be administered on the subject for the collection of data.
Depression- Beck's Depression Inventory will be used for the collection of data.

Collection of Data

The data pertaining to the study will be collected by administering the related questionnaire on state-level Athletes of Madhya Pradesh. Google form or Hard copy of the test is used to collect the responses of subjects.

Statistical Technique used

The data will be analyzed by using an independent two tailed 't'-test and an interpretation will be drawn. The level of significance will be set at 0.05 to test the hypothesis

Findings and Results

The scores of depression and anxiety level are recorded of team sports athletes and individual sports athletes using questionnaires. Table no. 1 gives the differences in Anxiety levels among athletes and table no. 2 gives the differences in depression levels of athletes

TABLE NO. 1
COMPARISON OF ANXIETY LEVELS BETWEEN INDIVIDUAL SPORTS ATHLETES AND TEAM SPORTS ATHLETES (MEN)

Sports	Mean	S.D	M.D	D.F	SEM	't' ratio
Team	14.92	3.434	2.28	98	0.731	3.12
Individual	17.20	3.794				

Significant at 0.05 level of Significance $t_{(0.05)(98)} = 1.98$

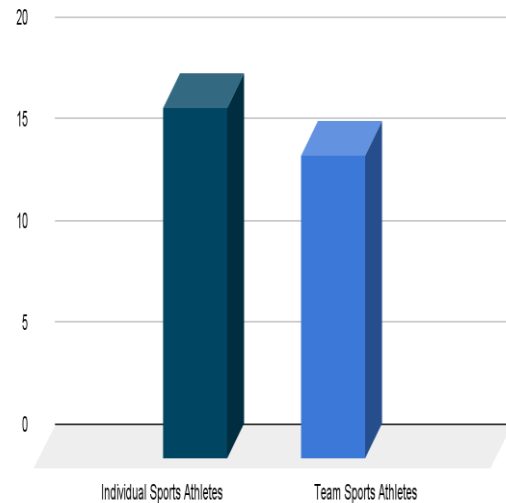


Fig.1- Graphical representation of mean difference of Anxiety levels among men athletes of Team Sports and Individual Sports.

To check the significant difference of anxiety among both the groups the data is analyzed by applying t test. Before applying test, the standard deviation is calculated between team sports athletes and individual sports athletes which are 3.434 and 3.794 respectively. After applying t test it was found that there is a significant difference between Anxiety levels because the calculated 't' (3.12) which is lesser than tabulated 't' (± 1.98) at level of significance, which indicates or shows there is significant difference in anxiety levels.

TABLE NO: 2
COMPARISON OF DEPRESSION LEVEL BETWEEN TEAM SPORTS ATHLETES AND INDIVIDUAL SPORTS ATHLETES

Sports	Mean	S.D	M.D	D.F	SEM	't' ratio
Team	9.4	3.411	3.78	98	0.82	4.62
Individual	13.18	4.598				

Significant at 0.05 level of Significance $t_{(0.05)(98)} = 1.98$

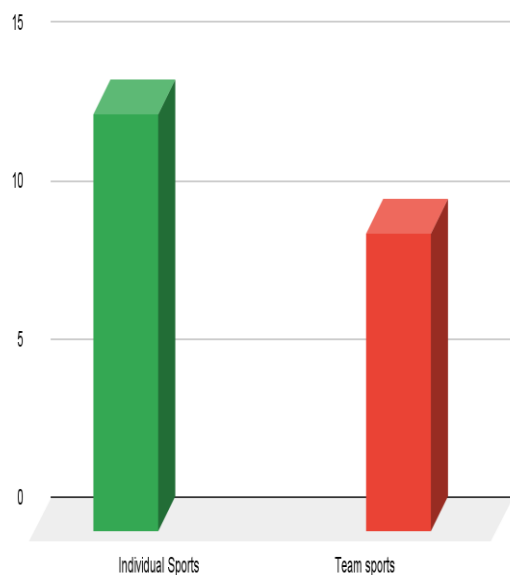


Fig.2- Graphical representation of mean difference of Depression levels among men athletes of Team Sports and Individual Sports.

To check the significant difference in Depression among both groups the data is analyzed by applying 't' test . Before applying the test standard deviation is calculated between team sports athletes and individual sports athletes which are 3.411 and 4.598 respectively. After applying t test it was found that there is significant difference between depression levels because the calculated 't' (4.62) is more than the tabulated 't' (± 1.98) at a level of significance, which indicates or shows there is significant difference.

Discussion

The reason for these differences can be associated with the training and nature of the athletes, as team sports athletes are mostly extroverts and they are with people most of the time including training sessions which can lead to a happy environment in which they live. On the other hand individual sports athletes train alone most of the time as it is the demand of their sports also the results are completely dependent upon themselves which is also a reason of mental pressure during day-to-day life.

Conclusions

With the limitation of the study and from the statistical analysis of the collected data it is concluded that. There was found significant difference in Depression and Anxiety between Men athletes of Team sports and Individual sports of Madhya Pradesh hence researcher presumed hypothesis is accepted because in major cases the value of tabulated 't' exceeds or it is less than than calculated 't'.

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