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जातीयवाद, दहशतवाद, धर्मवाद आणि राष्ट्रीय एकात्मता
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Comparison of Mental Depression among the players of Dr. B. A. M. U. Aurangabad and Mumbai University in the Aurangabad Krida Mohatsaw 2014

Asmaparvin Sayyad

Md. Attaullah Jhagirdar

Introduction:-

Depression is the most complicated of all our emotions and yet one of the most common psychological problems a person can experience. Someone has called it 'common cold' of the emotions. It is a feeling of gloom or sadness that is usually accompanied by slowing down of the body. It is not just in a mind but it is experienced throughout the body. It is in stomach as much as in the head.

The main symptoms of the depression are general retardation, emotional depression, and poverty of ideas, psychomotor under activity. The level of depression of the players can be determined after studying their social attitude. In the case of depression they will feel alienated from the society and family. In this research tried to find out the level of mental depression among the players of Dr. B. A. M. U. Aurangabad and Mumbai University in Krida Mohatsaw 2014 by studying their social attitude.

Mental depression is classified by the National Institute of Health (NIH) as mood disorder with serious symptoms that affect the patient's quality of life. The purpose of present investigation was to find out the difference between the Dr. B. A. M. U. Aurangabad and Mumbai University in the Krida Mohatsaw 2014 as regards the levels of Mental Depression.

Statement of Problem:-

'Comparison of Mental depression among the Men players of Dr. B. A. M. U. Aurangabad and Mumbai University in Aurangabad Krida Mohatsav 2014'

Objective of the study:-

- 1) To analyse the levels of mental depression among the Men players of Dr. B. A. M. U. Aurangabad and Mumbai University.
- 2) To analyse the level of mental depression among the women players of Dr. B. A. M. U. Aurangabad and Mumbai University.

Hypothesis:-

- 1) There would be significant difference in level of mental depression among the men players of Dr. B. A. M. U. Aurangabad and Mumbai University
- 2) There would be significant difference in level of mental depression among the women players of Dr. B. A. M. U. Aurangabad and Mumbai University.

Methodology:

Random sample survey was used to select samples for the including study. Total 160 samples were selected for study. So sample of each university 40 men and 40 women players.

Variables:-

- 1) Independent variables:- i) sex (Men and Women)
- 2) Dependent variables:- Mental depression score on the mental depression scale

Research Designed:-

The aim of present research was to study the mental depression among men and women players of Dr. B. A. M. U. Aurangabad and Mumbai University. Total 160 samples were selected 80 each university in Aurangabad Krida Mohatsaw 2014.

Here to measure mental depression test was used which was made by Prof. L.N. Dubey's 't' test was used to measure the mental depression among the players of both university players. The main objective of present research was to compare mental depression among the players of Dr.B.A.M.U. Aurangabad and Mumbai University.

Result and Discussion:

Table-1

Sr.no.	Variables	N	Mean	SD	't' value
1.	Dr.B.A.M.U. Aurangabad	40	15.10	5.60	5.32
2.	Mumbai University	40	8.15	3.40	

$P < 0.05$

The result obtained on the basic area of mental depression reveals significant difference of men players of Dr.B.A.M.U. Aurangabad and Mumbai University. The men players of Dr.B.A.M.U. Aurangabad received higher mean score 15.10 as compared to the men players of Mumbai University 8.15. There has mean difference is 6.95 and standard deviation score of men players of Dr.B.A.M.U. Aurangabad received 5.60 and the men players of Mumbai University received 3.40. So we can say that the men player of Mumbai University have a lesser mental depression than the men players of Dr.B.A.M.U. Aurangabad. The 't' value of mental depression is 5.32. There has significant difference between the men players of Dr.B.A.M.U. Aurangabad and Mumbai University. It means first hypothesis is accepted. In simple term it can be concluded that mental depression of men players of Mumbai University is lesser than the men players of Dr.B.A.M.U. Aurangabad.

Table -2

Sr.no.	Variables	N	Mean	SD	't' value
1.	Women players of Dr.B.A.M.U. Aurangabad	40	10.72	7.24	0.74
2.	Women players of Mumbai University	40	9.65	5.35	

$P < 0.05$

The result obtained on the basic area of mental depression reveals significant difference of women players of Dr.B.A.M.U. Aurangabad and Mumbai University. The women players of Dr.B.A.M.U. Aurangabad received higher mean score 10.72 as compared to the Mumbai university 9.65. There has mean difference is 1.07 and the standard deviation score of women players of Dr.B.A.M.U. Aurangabad received 7.24 and the women players of Mumbai University received 5.35. So we can say that the women players of Mumbai University and the women players of Dr.B.A.M.U. Aurangabad has same mental depression level. The 't' value of mental depression is 1.89. There has insignificant difference between the women players of Dr.B.A.M.U. Aurangabad and Mumbai University. It means second hypothesis is rejected.

Conclusion:-

- 1) On studying the players of Dr.B.A.M.U. Aurangabad and Mumbai University was found that the level of depression among the men players of the players of Dr.B.A.M.U. Aurangabad is higher than the men players of Mumbai University.
- 2) On studying the players of Dr.B.A.M.U. Aurangabad and Mumbai University was found that the levels of depression among the women players of Dr.B.A.M.U. Aurangabad and Mumbai University is same.

- 3) It was observed that the training schedule of the players of Mumbai University included mental imaginary training, meditation and yoga, psychological toughness training. Apart from that the women players get special training regarding social atmosphere, economical conditions, family support, nutrition, facility given by university, less competition participation etc. factors effecting on mental depression. So the mental depression level of Mumbai University players is lesser than the players of Dr.B.A.M.U. Aurangabad

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