

A COMPARATIVE STUDY OF THE LEVEL OF DEPRESSION AMONG THE PLAYING AND NON-PLAYING EDUCATED UNEMPLOYED

DR. PRADEEP B. DUBE, Principal, M. S. M's. College of Physical Education, Khadkeshwar, Aurangabad, Maharashtra, India

DR. SHATRUNJAY M. KOTE, Assistant Professor, M. S. M's. College of Physical Education, Khadkeshwar, Aurangabad, Maharashtra, India; E-Mail: shatrunjaykote@yahoo.co.in

-ABSTRACT-

INTRODUCTION:

Today in the market we witness a lot of depression among the educated unemployed mass, moreover it is related with the young group. The research scholar has tried to analyze the depression level among the playing and non-playing adult educated unemployed, so as to guide the young mass to involve in sports for buffering the depression level. The population is growing by leaps and bounds at the same time the educated mass is also rising abruptly. Everybody is in pursuit to attain jobs not only for bread and butter but for the growing craze of comfort and luxury. The pressure of the parents and the ambition of the youngster are making him unaware of the stress he is sustaining due to the unavailability of the jobs at hand. Hence lot of suicidal cases is witnessed in the society.

PROCEDURE:

The data is collected from two different educated unemployed male groups. The first group named after Group-A is 'educated unemployed sportsman' in search of jobs ranging between the age group of 22 years to 28 years and the second group named Group-B is educated unemployed youth but non-sportsman of the similar age group. In all 78 male subjects were selected out of which 40 were 'educated unemployed sportsmen' and 38 were 'educated unemployed non-sportsmen'. The data is then segregated for knowing respective depression level among the two different educated unemployed groups.

METHODOLOGY:

The Beck Depression Inventory – Second Edition (BDI-II) is a 21 item self-report instrument. Administration of the BDI-II is usually completed in 5 to 10 minutes; the BDI-II is a paper and pencil completed questionnaire and can be self administered or presented orally. The tool consists of 21 items that are self-rated on a 4-point scale ranging from 0 to 3. The total raw scores can range from 0 to 63, and are then converted into descriptive classifications based on cut scores.

CONCLUSION:

It is concluded from the average scores of the questionnaire individually and in totality as follows:

- (1) Average total score of Group - A is found to be 13.25 which show mild mood disturbances due to unemployment among the educated sportsmen.
- (2) Average total score of Group - B is found to be 27.80 which shows moderate depression due to unemployment among the educated non-sportsmen

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INTRODUCTION:

Today in the market we witness a lot of depression among the educated unemployed mass, moreover it is related with the young group. The research scholar has tried to analyze the depression level among the playing and non-playing adult educated unemployed, so as to guide the young mass to involve in sports for buffering the depression level. The population is growing by leaps and bounds at the same time the educated mass is also rising abruptly. Everybody is in pursuit to attain jobs not only for bread and butter but for the growing craze of comfort and luxury. The pressure of the parents and the ambition of the youngster is making him unaware of the stress he is sustaining due to the unavailability of the jobs at hand. Hence lot of suicidal cases is witnessed in the society.

Depression is the neurotic or psychotic disorder marked by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feeling of dejection and hopelessness, and sometimes suicidal tendencies. Probably the most common psychiatric complaint, depression has been described by physicians from at least the time of Hippocrates, who called it melancholia. Its course is extremely variable from person to person; it may be fleeting or permanent, mild or severe. Depression is more common in women than in men. The rates of incidence increase with age in men, while the peak for women is between the ages of 35 and 45. Its causes can be both psychosocial (e.g., the loss of a loved one, unavailability of job etc.) and biochemical (chiefly, reduced quantities of the monoamines Norepinephrine and serotonin). Treatment is usually a combination of psychotherapy and drug therapy. A person who experiences alternating states of depression and extreme elation is said to suffer from Bipolar disorder.

To measure the severity of depression in adults and adolescents aged 13 years and older the Beck Depression Inventory (BDI-II), designed and constructed by Aaron T. Beck, Robert A. Steer, and Gregory K. Brown was designed to act as an indicator of depressive symptoms based on diagnostic criteria in the DSM-IV. Historically, depression was described in psychodynamic terms as “inverted hostility against the self”. By contrast, the BDI was developed in a novel way for its time: by collating patients’ verbatim descriptions of their symptoms and using these to structure a scale which could reflect the intensity or severity of a given symptom.

Three important features impacting depression: (1) Negative feelings towards oneself. (2) Negative feelings arising from repeated failure or inability to do well in various aspects of life personal, professional, or both. (3) Negative feelings due to illness and disease.

Throughout his work, Beck drew attention to the importance of “negative cognitions”; sustained, inaccurate, and often intrusive negative thoughts about the self. In his view, it was the cases that these cognitions caused depression, rather than being generated by depression. Beck developed a triad of negative cognitions about the world, the future, and the self, which play a major role in depression. An example of the triad in action taken from Brown (1995) is the case of a student obtaining poor exam results: (1) The student has negative thoughts about the ‘world’, so he may come to believe he does not enjoy the class. (2) The student has negative thoughts about his

‘future’, because he thinks he may not pass the class. (3) The student has negative thoughts about his ‘self’, as he may feel he does not deserve to be in college.

The development of the BDI reflects that in its structure, with items such as “I have lost all of my interest in other people” to reflect the world. “I feel discouraged about the future” to reflect the future, and “I blame myself for everything bad that happens” to reflect the self. The view of depression as sustained by intrusive negative cognitions has had particular application the cognitive behavioural therapy (CBT), which aims to challenge and neutralize them through techniques such as cognitive restructuring.

PROCEDURE:

The data is collected from two different educated unemployed male groups. The first group named after Group-A is ‘educated unemployed sportsman’ in search of jobs ranging between the age group of 22 years to 28 years and the second group named Group-B is educated unemployed youth but non-sportsman of the similar age group. In all 78 male subjects were selected out of which 40 were ‘educated unemployed sportsmen’ and 38 were ‘educated unemployed non-sportsmen’. The data is then segregated for knowing respective depression level among the two different educated unemployed groups.

Administration of the Test: (A) PRECAUTIONS: (1) Good rapport should be established with the subjects. (2) The subject is not allowed to handle the test materials prior the administration of the test (3) all the questions, queries and doubts of the testee regarding the test should be clarified by the research scholar.

(B) INSTRUCTIONS: The BDI-II was handed over to the subjects. Necessary instructions were given to the subjects regarding the Inventory and asked them to answer as they were feeling from last few days including today i.e., the day they answered the inventory. He/ she was also asked to read the instructions printed on the front page of the test booklet. After getting confirmed that the subjects have understood the instruction, the actual administration of the test was carried out. When he/ she have completed the questionnaire, the inventory sheet was collected from him/ her.

METHODOLOGY:

Description of the test:

The Beck Depression Inventory – Second Edition (BDI-II) is a 21 item self-report instrument. Administration of the BDI-II is usually completed in 5 to 10 minutes; the BDI-II is a paper and pencil completed questionnaire and can be self administered or presented orally. The tool consists of 21 items that are self-rated on a 4-point scale ranging from 0 to 3. The total raw scores can range from 0 to 63, and are then converted into descriptive classifications based on cut scores.

Tools:

(1) Beck Depression Inventory (BDI-II) Designed and constructed by Aaron T. Beck, Robert A. Steer and Gregory K. Brown,

(2) Manual

(3) Pencil and paper.

Scoring:

After the group of the selected subjects has completed the test, the score were added for each of the 21 questions and obtained a total score. The highest score for each of the twenty-one questions is three; the highest possible total for the whole test would be sixty-three if the subjects marked number 3 on all the questions. The lowest score for each question is zero, so the lowest

possible score for the test would be zero if the subject marked zero on each question. The following chart indicated the relationship between total score and level of depression.

Total Score	Level of Depression
1 – 10	These ups and downs are considered normal
11 – 16	Mild mood disturbance
17 – 20	Borderline clinical depression
21 – 30	Moderate depression
31 – 40	Severe depression
Over 41	Extreme depression

A persistent score of 17 or above indicates that one may need professional treatment.

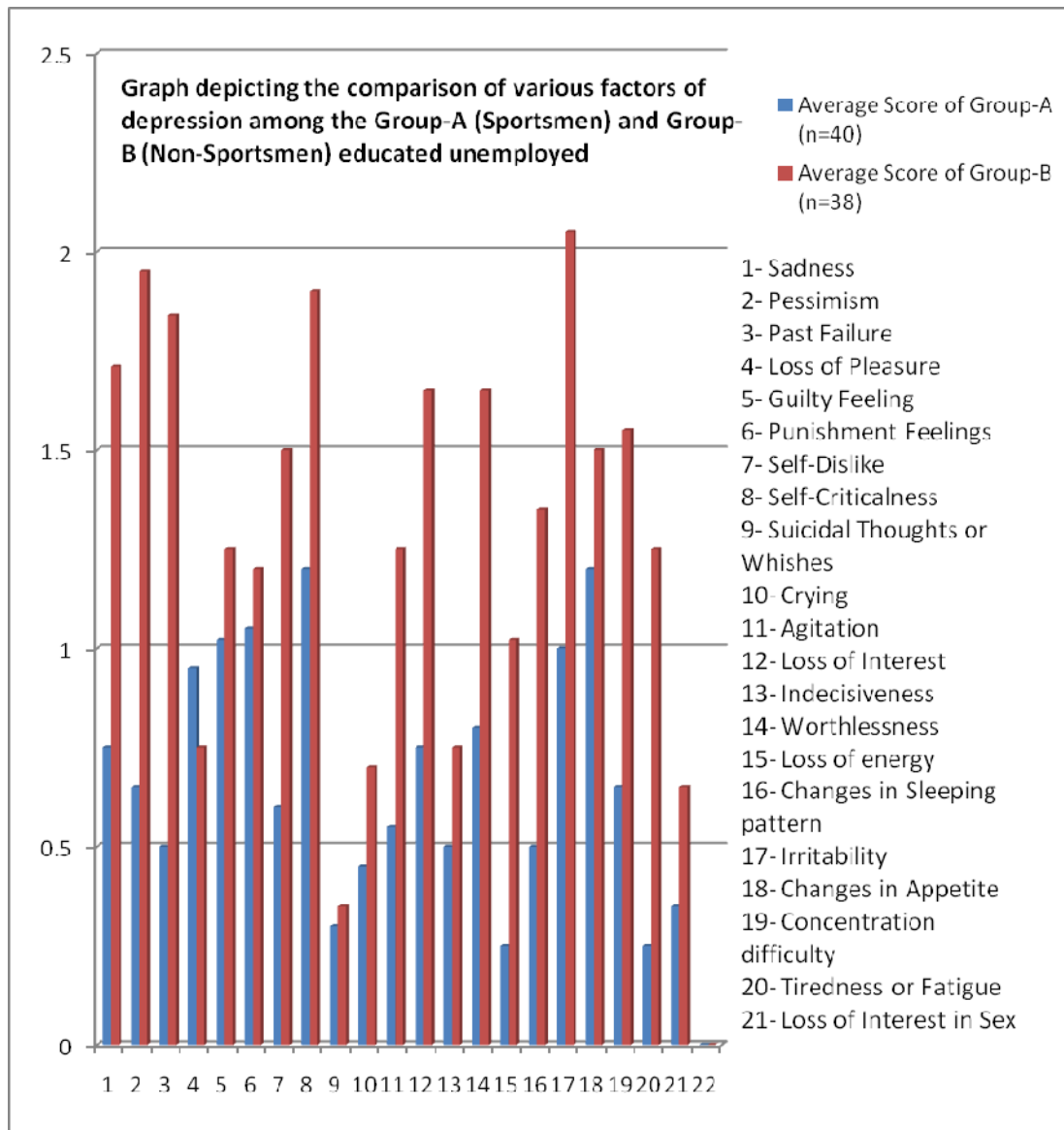
FINDINGS:

Table: exhibiting the depression level among the two different educated unemployed sportsmen – Group-A and educated unemployed non-sportsmen – Group-B

Q. No.	Factor	Average Score of Group-A (n=40)	Comment	Average Score of Group-B (n=38)	Comment
1	Sadness	0.75	They feel sad much of the time.	1.71	They feel sad all the time.
2	Pessimism	0.65	They feel more discouraged about their future than they used to be.	1.95	They feel that they do not expect things to work out for them.
3	Past Failure	0.50	They not feel like a failure.	1.84	As they look back, they see a lot of failures.
4	Loss of Pleasure	0.95	They don't enjoy things as much as they used to.	0.75	They get as much pleasure as they ever did from the things they enjoy.
5	Guilty Feeling	1.02	They don't feel particularly guilty	1.25	They also don't feel particularly guilty
6	Punishment Feelings	1.05	They feel that they may be punished	1.20	They feel that they may be punished.
7	Self-Dislike	0.60	They feel as the same about themselves as ever.	1.50	They have lost confidence in themselves.
8	Self-Criticalness	1.20	They are more critical of themselves than they used to be.	1.90	They criticize themselves for all their faults.
9	Suicidal Thoughts or Whishes	0.30	They don't have any thoughts of killing themselves.	0.35	They don't have any thoughts of killing themselves.
10	Crying	0.45	They don't cry anymore than they used to.	0.70	They cry more than they used to.
11	Agitation	0.55	They are no more restless or wound up than usual.	1.25	They feel more restless or wound up than usual.
12	Loss of Interest	0.75	They have less interested in other people or things than before.	1.65	They have lost most of their interests in other people or things.
13	Indecisiveness	0.50	They make decisions about as well as ever.	0.75	They find it more difficult to make decisions than usual.
14	Worthlessness	0.80	They don't consider themselves as worthwhile and useful as they used to.	1.65	They feel more worthless as compared to other people.
15	Loss of energy	0.25	They have as much energy as ever.	1.02	They have less energy than they used t have.
16	Changes in Sleeping pattern	0.50	They sleep somewhat more than usual.	1.35	They sleep somewhat less than usual.
17	Irritability	1.00	They are more irritable than usual.	2.05	They are much more irritable than usual.

18	Changes in Appetite	1.20	Their appetite is somewhat reduced than usual	1.50	Their appetite is somewhat reduced than usual.
19	Concentration difficulty	0.65	They can concentrate as well as ever.	1.55	They can't concentrate as well as usual.
20	Tiredness or Fatigue	0.25	They are no more tired or fatigued than usual.	1.25	They get more tired or fatigued more easily than usual.
21	Loss of Interest in Sex	0.35	They have not noticed any recent change in their interest in sex.	0.65	They have not noticed any recent change in their interest in sex.
Average Total		13.250	Mild mood disturbances	27.80	Moderate depression

Graph: exhibiting the comparison of various factors of depression among the Group-A (Sportsmen) and Group-B (Non-Sportsmen) educated unemployed



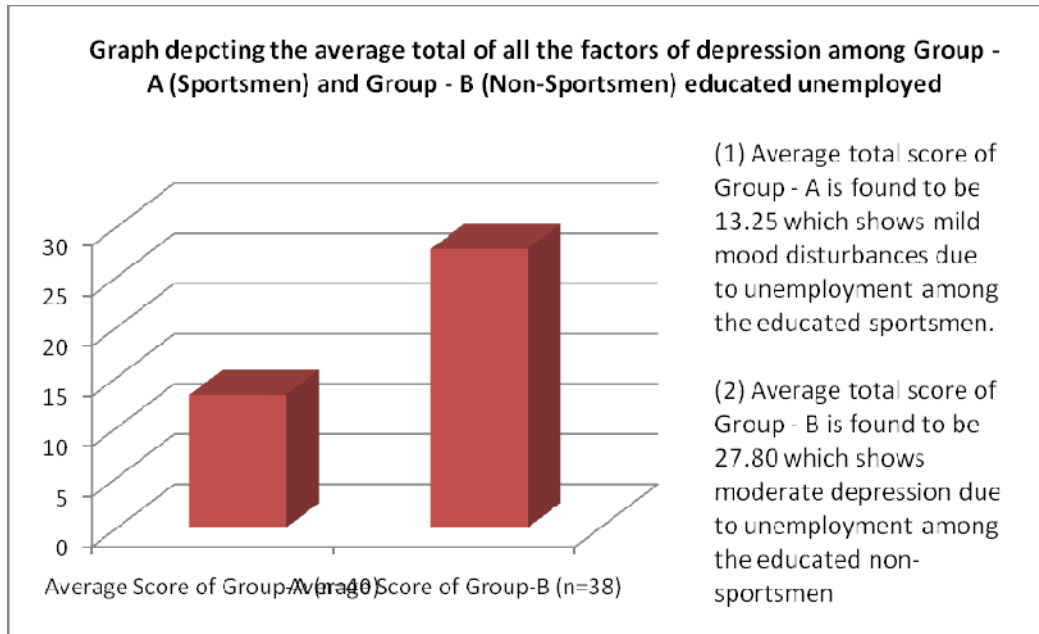
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Graph depicting the average total of all the factors of depression among Group - A (Sportsmen) and Group - B (Non-Sportsmen) educated unemployed



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