A Study of Stress, Anxiety and Depression of Different Games University Players

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Abstract

It is recognized that the majority of people as well as players are showing symptoms associated with stress, anxiety, and depression at some point. For many of us, the pace of modern life and rapid technological changes and others social causes and constantly to feel unable to cope up with the demands that are put upon us. These demands come for many different sources like home, relationships, economy, job, health, self-esteem, surrounding environment etc., leading to stress, anxiety and depression. The purpose of the study was to check stress, anxiety and depression of different games university level players during inter university tournament. The study shows that out of 150 players of Athletics, Archery, Basketball and Volleyball 82(54.66%) normal level, 36(24.00%) mild level, 19(12.67%) moderate level, and 13(8.67%) severe level of stress found. 119(79.34%) normal level, 10(6.67%) mild level, 13(8.67%) moderate level, and 08(5.34%) severe level of anxiety found. 122(81.3%) normal level, 22(14.6%) mild level, 06(4.0%) moderate level, and 00(00%) severe level depression found. The finding of the study in relation to stress showed that there is no significant difference among all four Games, in relation to anxiety showed that there is significant difference among Athletics, Archery, Basketball and Volleyball players and in relation to depression showed that there is no significant difference among all four games players.

Key Words: Stress, Anxiety, Depression.

Introduction

It is recognized that the majority of people as well as players are showing symptoms associated with stress, anxiety, and depression at some point. For many of us, the pace of modern life and rapid technological changes and others social causes and constantly to feel unable to cope up with the demands that are put upon us. These demands come for many different sources like home, relationships, economy, job, health, self-esteem, surrounding environment etc., leading to stress, anxiety and depression.[1]

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[1] Lehar, P.M. and Woolfolk, R.L.(1982): Self-Report Assessment of Anxiety. Somatic, Cognitive and Behavioural Modalities, Behavioural Assessment, 4,888-891.

An overuse of these words of anxiety, depression and stress to the point that they are misconstrued by people and are left unattended. A well-adjusted individual can breakdown if encountered with a torturous or stressful situation, but for some time people, everyday problem could be disturbing. Challenges such as workplace pressure, public speaking, highly demanding schedule of work can lead to a sense of worry even fear.[2]

Stress is a physical mental or emotional factor that causes bodily or mental tension. Stress is feeling of strain and pressure.[3] Stress can be external and related to environment but may also be caused by internal perception that cause and individual to experience anxiety. Anxiety is group of mental disorder characterized by significant feeling of anxiety and fear. These feeing may cause physical symptom such as fast heart rate and shakiness. Anxiety characterized by an excessiveness and persistent sense of apprehension with physical symptom as sweating palpitation and feeling of stress.[4]

Depression is a common illness that negatively affects how you feel the way you think and how you act. Depression cause feeling of sadness and loss of interest in activities once enjoyed. It can lead to variety of emotional and physical problems and can decrease a person ability to function at work. Anxiety and depression often occur together and there exists a close relationship between their symptoms. Depression is the most common and pervasive worldwide.[5]

Both anxiety and depression are result of stressful situations. For many people, stress is so commonplace, now–a- days, that it has become a way of life. There is considerable evidence demonstrating that stressful life events are closely associated with depression. Every one faces a different mix of adjusive demands in life; any of us may break down if the going gets tough. Such situation can lead to stress. Forty-three percent of all adults suffer adverse health effects from stress. Stress is linked to the six leading cause of the death.[6]

Methodology:

The sample for the study consist of 30 Athletics, 30 Archery, 48 Basketball, and 48 Volleyball players, participants of East Zone and all India Inter University tournament held at Moodbidri College, Manglore University, Mangalore, KIIT University Bhubaneswar, and SRM University Chennai. Anxiety, Depression and Stress Scale questionnaire administer in all groups. The data collected during East Zone and All India inter university tournament 20018-19. The instrument use for the collecting data

[2] Bystritsky et al. (1996): Four dimensional Anxiety and Depression Scale in practitioner's guide to Empirical Based Measures of by Antony, M.M., Orsillo, S.M. and Roemer, L.(2001): Kluwer Academic/ Plenum Publishers, New York.

[3] Fina Johns et.al (2001): Stress myth theory and Stress Pearson education (2001) P.4.

[4] Bryant, R. A Havey, A.G. Dang, S.T. and Sackville, T. (1998): Assessing Acute Stress Disorder: Psychometric Properties of a Structured Clinical Interview: Psychological Assessment,10, 215-220.

[5] Worley, H. (2006): Myriad Obstacles-Particularly Stigma- Block Better Treatment in Developing Countries, Population References Bureau.

[6] Physical symptom of stress and Anxiety: (*www.symptom-of-stress.com*) *Retrieve on 09-05-2019.*

was Anxiety, Depression and Stress Scale questionnaire. Anxiety, Depression and Stress Scale questionnaire consists of forty eight items, in which nineteen items were anxiety subscale, fifteen were depression subscale and fourteen were stress subscale, keyed yes and no. For each item for yes one score and no zero was given. Scoring of scale was done according to the instruction for the scoring as mentioned in the test manual. Anxiety, Depression and Stress Scale questionnaire prepared by Dr. Pallavi Bhatnagar (2005) for measuring Anxiety, Depression and Stress of individual.

Purpose

The purpose of the study was to check stress, anxiety and depression of different games university level players during inter university tournament. As stress, anxiety, and depression are most important characteristic for any player related to performance in sports. As a player or a coach it is required to have less intensity level of these characteristics

Hypothesis

It was hypotheses that there would be significant difference of different games players in stress, anxiety and depression and its level.

Result and discussion

For this study the purposive sampling was adopted. The data was analyzed by applying descriptive statistic that is, mean, SD, analysis of variance. The level of significance was set at 0.05. After collecting the data through the questionnaire Anxiety, Depression and Stress Scale questionnaire, "Scoring Key" used for scoring.

Table 1

Name	Mean	Std. Deviation	F	P-Value
Stress	3.821	3.162	0.482	0.689
Anxiety	3.257	2.713	3.321	0.031
Depression	2.137	2.358	1.486	0.263
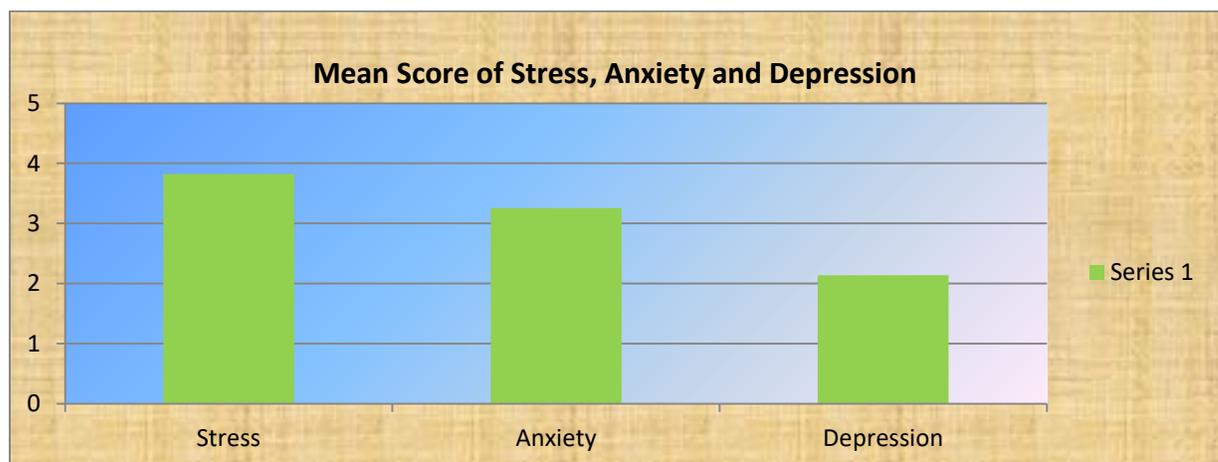
The study shows that out of 150 players of Athletics, Archery, Basketball and Volleyball 82(54.66%) normal level, 36(24.00%) mild level, 19(12.67%) moderate level, and 13(8.67%) severe level of stress found. 119(79.34%) normal level, 10(6.66%) mild level, 13(8.67%) moderate level, and 08(5.33%) severe level of anxiety found. 122(81.3%) normal level, 22(14.7%) mild level, 06(4.0%) moderate level, and 00(00%) severe level depression found. Similar study conducted by mental health USA.[7]

The finding of the study in relation to stress showed that there is no significant difference among all four Games because P value of ANOVA 0.689 is more than 0.05. The finding of the study in relation to anxiety showed that there is significant difference among Athletics, Archery, Basketball and Volleyball players because P value of ANOVA 0.0031 is less than 0.05 and finding of the study in relation to depression showed that there is no significant difference among all four games players because P value of ANOVA 0.263 is more than 0.05. Mean value of stress and anxiety are above 3.00 (3.821 & 3.257) and mean value of depression is 2.00 (2.137), so it can say that stress and anxiety are higher in all four games players in comparison of depression.

This study may pay attention of coaches and trainer about the level of stress, anxiety and depression of players during the training, coaching or other situation like tournament, and necessary required changes might be done.

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[7] www.stress mental health America.com: 18-11-2013 retrived15-05-19.