



## Analysis of Mental Depression among Cricket Players: A Comparative Study

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### Abstract

The study was designed to investigate the level of depression among the university level cricket players of Kerala and Tamilnadu. A group of sample 120 players, 60 men players of each state with age group of eighteen to twenty two years were selected from south zone inter university cricket competition 2013-2014 conducted by Pondicherry central university, Puducherry through random sampling technique. Data was collected from only men cricket players using a standardized mental depression test of Prof. L. N. Dubey 1993) for assess the rate of depression. SPSS software was used for statistical analysis. Data were analysed by independent 't' test by analysing the suggested hypotheses at the  $P \leq 0.05$  indicated significance difference between men cricket players of both state.

**Keywords:** Mental depression, Cricket Players, Inter-University Competition.

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### Introduction

As we live in a society, this is filled with psychological issues. Mental health and physical health are equally important. When it comes to the case of a sports person it becomes more relevant as far as a sports person is concerned he/she has to lead the team, with proper planning and coordination for the success of a team. Hence the psychological condition of each team members is very much crucial. Being they are the part of the competitions stress and strain are the possibility for depression getting very high. This is common for all sports events either to be an individual or team events. When it comes to the matter of cricket the psychological state of each player decide the result of the performance of the whole team. Mental depression is one of the common mental diseases among sports person. It is supporting to note that most of these players are not aware of the reasons, symptoms and remedial measures for such diseases. But at the same time we have to know that a good amount of scientific studies have been done in the area. Further to this there has recently been a rising interest in literature demonstrating how sports can develop symptoms of mental illness and increase general health, with strong focus on mental depression.

A good sportsperson is a person who demonstrates substantial vigor and well-being, as well as less depression, anxiety, and fatigue than nonathletic counterparts. A well-trained sportsperson, however, may

also have a bold personality, fully goal oriented, and perfectionist, it is not improbable to suppose that when challenged with poor performance or achievement, such a sportsperson may be required to drive him or her harder to succeed. Such circumstances naturally lead to the phenomenon of overtraining, which can show itself in the form of depression (JC Puffer and JM McShane, 1992). There are a number of other organic reasons of depression, however, these be excluded by careful assessment and suitable diagnostic testing. Although the examination and evaluation of the athlete who presents with depression can be somewhat complex, a analytical framework has been outlined here to support the clinician in the assessment of an athlete who presents with such complaints (Farmer E et al, 1988). The present paper tries to do a comparative study of mental depression of university level cricket players of Kerala and Tamilnadu.

### Methodology

#### Subjects

The selected subjects from different Universities of Kerala and Tamilnadu during the South Zone Inter University Cricket Tournament (Men), held at Pondicherry Central University on December 2013. The subjects were between the age group of 18-24. The sample size of the present study was 120 samples (60 subjects from each state) were drawn by using snowball sampling technique.

#### Collection of data

The data for the study was collected from men cricket players. Mental Depression test (Prof. L. N. Dubey, 1993) was used to measure Mental Depression.

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**Measuring Instruments**

To measure mental depression, the mental depression test was used which was made by Prof. L. N. Dubey (1993). As revealed by the survey questionnaire measure of depression is a suitable scale to measure depression. This questionnaire in depression related research often used by different researchers, and it confirmed the validity and credibility, 50 to assess

aspects of depression.

**Statistical Methods**

The collected data in this study were analysed by SPSS software. Descriptive statistic and independent ‘t’ test was used to compare the level of Mental Depression between the mean cricket players of Kerala and Tamilnadu. The level of significant was set as 0.05 levels ( $P \leq 0.05$ )

**Result and Discussion**

**Table I.** Mean, standard deviation and ‘t’ value of depression among the men Cricket Players of Kerala and Tamilnadu

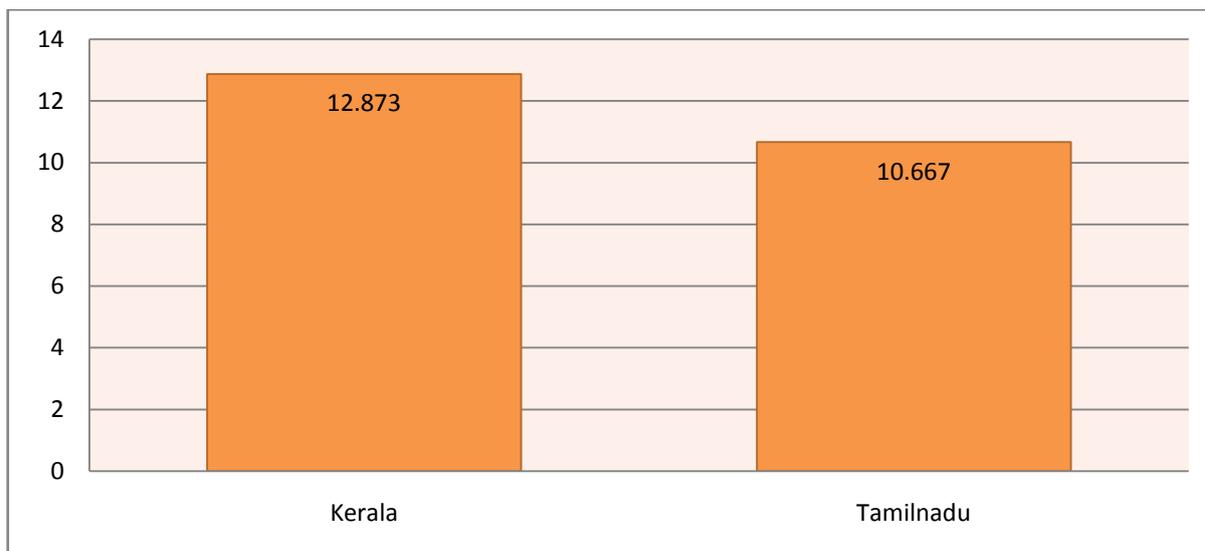
Group	N	Mean+S.D	df	‘t’ value
Kerala	60	12.873 ± 8.196	59	1.35*
Tamilnadu	60	10.667 ± 5.221	59	

\* $P \leq 0.05$

From table I, it is observed that in the Men Cricket players of Kerala state mean with standard deviation is  $12.873 \pm 8.196$  and Men cricket players of Tamilnadu state mean with standard deviation is  $10.667 \pm 5.221$ . The tabulated value is 1.35. The result obtained on the basic area of mental depression reveals that there was a significant difference between the Men Cricket players

of Kerala and Tamilnadu state at 0.05 levels. The mental depression score of men cricket players of Kerala state higher than the men cricket players of Tamilnadu state. It means the score of mental depression of men cricket players of both states are different. The finding of the previous study regarding this variable is in agreement with the findings of Jadhav (2014).

**Figure I.** Mean difference of Mental Depression between the Kerala and Tamilnadu Men Cricket Players



**Conclusion**

On the basis of above result, it is concluded that there was a significant difference between the levels of mental depression among the University level men cricket players of Kerala and Tamilnadu state. It was observed that the training program of the players of both state included mental imaginary training and other psychological trainings.

**References**

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