An Assessment of Depression, Anxiety and Stress among Individual and Team Game Players

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Abstract – In this study individual and team game players, who used to take part in inter-college matches and tournaments was selected as subjects to assess the depression, anxiety and stress. the investigator selected thirty (30) players [15 from individual game and 15 from team game] of Lakshmibai national institute of physical education, Gwalior (M.P.). The age group of the subjects was ranged from (20-25) years.To measure depression, anxiety and stress among individual and team game players, a questionnaire Depression Anxiety Stress Scale 42 (DASS 42) developed by Lovibond & Lovibond (1995) was used to evaluate the depression, anxiety and stress of the subjects. The data was collected from the college players who used to take part in inter-college matches and tournaments.the present study, reveals that depression in individual game players has mean score (M= 12.66) with standard deviation (SD= 3.67), team game players mean score (M=9.20) with standard deviation (SD= 3,38) whereas mean score of stress in individual game players was (M=16.60) with standard deviation (SD= 4.80), team game players mean score of stress (M=13.33) with standard deviation(5.00). the individual game players mean anxiety score was (M=12.06) with standard deviation (SD=2.89) and in team game players mean anxiety score was (M=11.86) with standard deviation (SD=2.41). From table 1 the P-values of depression P-value (0.012) <0.05, anxiety P-value> 0.839 and stress P-value> 0.079. Depression among the individual and team game players were significant at 0.05 level of significance with the P-value (0.012). The study also shows that the mild severity of depression in individual and team game players. The severity of stress in team game players was normal. The severity of anxiety in individual and team game players was also nearly normal.

Keywords:- Depression, Anxiety, Stress, Individual and Team Game Players

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INTRODUCTION

Adolescence, because of physical, psychological, sexual changes, is considered stressful and also influenced by maturity. The presence of mental illnesses, such as depression, anxiety and stress at this stage of life, is a critical step of a human being's life. The symptoms of these 3 disorders can lead to poor sports performance, lack of communication with family and friends, drug abuse, a sense of abandonment, an ideation of murders and suicide [1]. The result may be suicide due to depression. Every year more than 8 people die from suicide and are the second leading cause of death between the ages of 15 and 29Worldwide. The global prevalence of mental and behavioral disorders is estimated at 10 percent in the adult population, contributing to four of the 10 main causes, one in four families suffering from disability [2].

Stress and sports are closely linked to the tendency to be diagnosed. An increased risk of psychological distress is also determined by a player's environment and social structure.

Individual athletes can be more stressed, not only because they internalize failure, but also because they have a tendency to set themselves intensive personal targets [3].Individual sports, including gymnastics, badminton, and tennis are closely linked to the highest levels of anxiety among elite athletes; they feel enormous stress at the same time in their pursuit of perfection and the consent of a judge to distinguish themselves from the competition [4].Team athletes also engage in perfectionist behaviour, but may not as far as individual sport athletes are concerned.Team sports can be stressful due to competition, team dynamics or coaching problems but sports can be attributed

more internally, such as shame after failure, which is linked with depressing symptoms [5].

Sportsmen are viewed as important mental health indicators for depression, anxiety and stress. If emotional disorders are not detected and targeted, psycho-logical morbidity will unfortunately increase and unwanted effect throughout their professions and lives[6].

The body is threatened with external or internal forces during stressful circumstances that lead to a change in its homeostasis [7]. The adaptive changes that can be behavioral or physical in the body during stress. Physiologically, stress stimulates sympathetic nervous system activation and hypothalamic-pituitary-adrenal axis[8].

Most research has been conducted on adults on depression, anxiety and stress. This study was therefore done to evaluate for sports persons, the prevalence of depression, anxiety and stress.

METHODOLOGY

2.1 Subject

To assess the depression, anxiety and stress among individual and team game players, who used to take part in inter-college matches and tournaments. For this study, the investigator selected thirty (30) players [15 from individual game and 15 from team game] of Lakshmibai national institute of physical education, Gwalior (M.P.). The age group of the subjects was ranged from (20-25) years.

2.2 Tool

To measure depression, anxiety and stress among individual and team game players, a questionnaire Depression Anxiety Stress Scale 42 (DASS 42) developed by Lovibond & Lovibond (1995) was used to evaluate the depression, anxiety and stress of the subjects. The data was collected from the college players who used to take part in inter-college matches and tournaments.

Severity-rating index of Depression Anxiety Stress Scale 42 (DASS 42) developed by Lovibond & Lovibond (1995)

	Depression	Anxiety	Stress
Normal	0 – 9	0 – 7	0 – 14
Mild	10 – 13	8 – 9	15 – 18
Moderate	14 – 20	10 – 14	19 – 25
Severe	21 – 27	15 – 19	26 – 33
Extremely Severe	28+	20+	34 +

2.3 Administration of Questionnaire

The respondents will be provided with a questionnaire with the necessary instructions. The appropriate instructions will be given to provide the questionnaire.

2.4 Statistical Techniques

For the present study, the independent t-test was applied to analyse the data. The level of significance was set at 0.05 level of significance.

RESULT

The values of descriptive statistics and t-value of depression, anxiety, and stress among individual and team game playerswere presented in following tables and figure.

Table 1. Descriptive statistics and P-value of depression, anxiety, and stress among individual and team game players

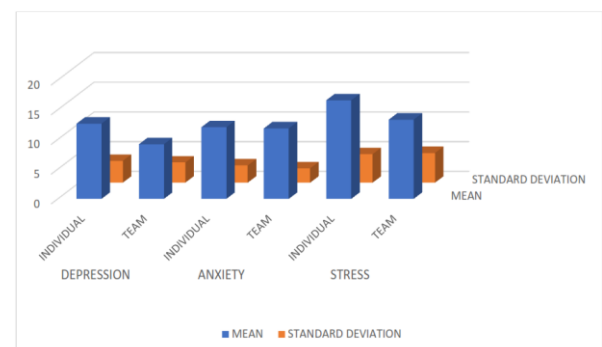|	group	N	Mean	Std. Deviation	t-value	P-value
depression	individual	15	12.66	3.67	2.68	0.012
	team	15	9.20	3.38		
anxiety	individual	15	12.06	2.89	.206	0.839
	team	15	11.86	2.41		
stress	individual	15	16.60	4.80	1.82	0.079
	team	15	13.33	5.00		

Figure 1 means and S.D. of depression, anxiety, and stress among individual and team game players

DISCUSSION & CONCLUSION

Table 1 show the number of participants along with that, it provides the mean, standard deviation and t-value of depression, anxiety, and stress among individual and team game players. Anxiety, depression and stress were uncommon among collegiate athletes. where depression in individual game players has mean score (M= 12.66) with standard deviation (SD= 3.67), team game players mean score (M=9.20) with standard deviation (SD= 3,38) whereas mean score of stress in individual game players was (M=16.60) with standard deviation (SD= 4.80), team game players mean score of stress (M=13.33) with standard

deviation(5.00). the individual game players mean anxiety score was (M=12.06) with standard deviation (SD=2.89) and in team game players mean anxiety score was (M=11.86) with standard deviation (SD=2.41). From table 1 the P-values of depression P-value (0.012) <0.05, anxiety P-value>0.839and stress P-value>0.079.Depression among the individual and team game players were significant at 0.05 level of significance with the P-value (0.012). The study also shows that the mild severity of depression in individual and team game players. The severity of stress in team game players was normal. The severity of anxiety in individual and team game players was also nearly normal.The study Depression, Anxiety, and Stress Symptoms among Football Players in Iceland: The Effects of Injuries, Overtraining and Insecurity by Bjornsdottir, M., M (2018) shows the depression had the lowest mean score (M = 3.87, SD = 5.06) and stress the highest (M = 7.34, SD = 6.45) and anxiety (M=4.23, SD=4.66) [9].Figure 1 also demonstrates the distribution of athletes mean score with standard deviation on DASS-42.

On the basis of findings of current study, we can conclude the following conclusion:

► There was mild severity of depression in individual and team game players and mild severity of stress in individual game players.

► The severity of stress in team game players was normal.

► The severity of anxiety in individual and team game players was moderate.

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