

An Assessment Of Depression, Anxiety And Stress Among Collegiate Athletes

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ABSTRACT

In this investigation university competitors, who used to participate in between school matches and competitions was chosen as subjects to survey the downturn, tension and stress. the specialist chose thirty (30) players of Lakshmibai public organization of physical training, Gwalior (M.P.). The age gathering of the subjects was run from (20-25) a long time. To quantify despondency, nervousness and worry among university competitors, a poll Depression Anxiety Stress Scale 42 (DASS 42) created by Lovibond and Lovibond (1995) was utilized to assess the downturn, tension and worry of the subjects. The information was gathered from the school players who used to partake in between school matches and competitions. the current examination, uncovers that Anxiety, gloom and stress were unprecedented among university competitors where sorrow has the least mean score (M= 7.60) with standard deviation (SD= 4.13) and nervousness has the most noteworthy mean score (M=9.13) with standard deviation (SD= 5.31) while mean score of pressure was (M=8.66) with standard deviation (SD= 4.67). the examination additionally shows that the seriousness of gloom, and stress were ordinary in university competitors and the seriousness of tension was gentle in university competitors..

KEYWORDS: - depression, anxiety, stress and collegiate athletes

1. INTRODUCTION

Youthfulness, due to physical, mental, sexual changes, is viewed as unpleasant and furthermore impacted by development. The presence of psychological instabilities, for example, gloom, nervousness and worry at this phase of life, is a basic advance of an individual's life. The indications of these 3 issues can prompt helpless games execution, absence of correspondence with loved ones, drug misuse, a feeling of surrender, an ideation of murders and self destruction. 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 29 Worldwide. 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.

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. 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. 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 .

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.

The body is undermined with outside or interior powers during upsetting conditions that lead to an adjustment in its homeostasis .The versatile changes that can be social or physical in the body during pressure. Physiologically, stress animates thoughtful sensory system actuation and hypothalamic-pituitary-adrenal pivot .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.

2. METHODOLOGY

Subject

To evaluate the downturn, nervousness and worry among university competitors, who used to participate in between school matches and competitions. For this examination, the specialist chose thirty (30) players of Lakshmi Bai public organization of physical instruction, Gwalior (M.P.). The age gathering of the subjects was gone from (20-25) a long time.

Tool

To gauge discouragement, tension and worry among university competitors, a survey Depression Anxiety Stress Scale 42 (DASS 42) created by Lovibond and Lovibond (1995) was utilized to assess the downturn, uneasiness and worry of the subjects. The information was gathered from the school players who used to partake in between school matches and competitions. seriousness rating record of Depression Anxiety Stress Scale 42 (DASS 42) created by Lovibond and 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 +

Statistical Techniques

For the present study, the descriptive statistic was applied to analyse the data.

3. RESULT

The values of descriptive statistics of depression, anxiety, and stress among collegiate athlete were presented in following tables and figure.

Table 1. descriptive statistics of depression, anxiety, and stress among collegiate athlete

	N	Mean	Std. Deviation
depression	30	7.6000	4.13083
anxiety	30	9.1333	5.31218
stress	30	8.6667	4.67126

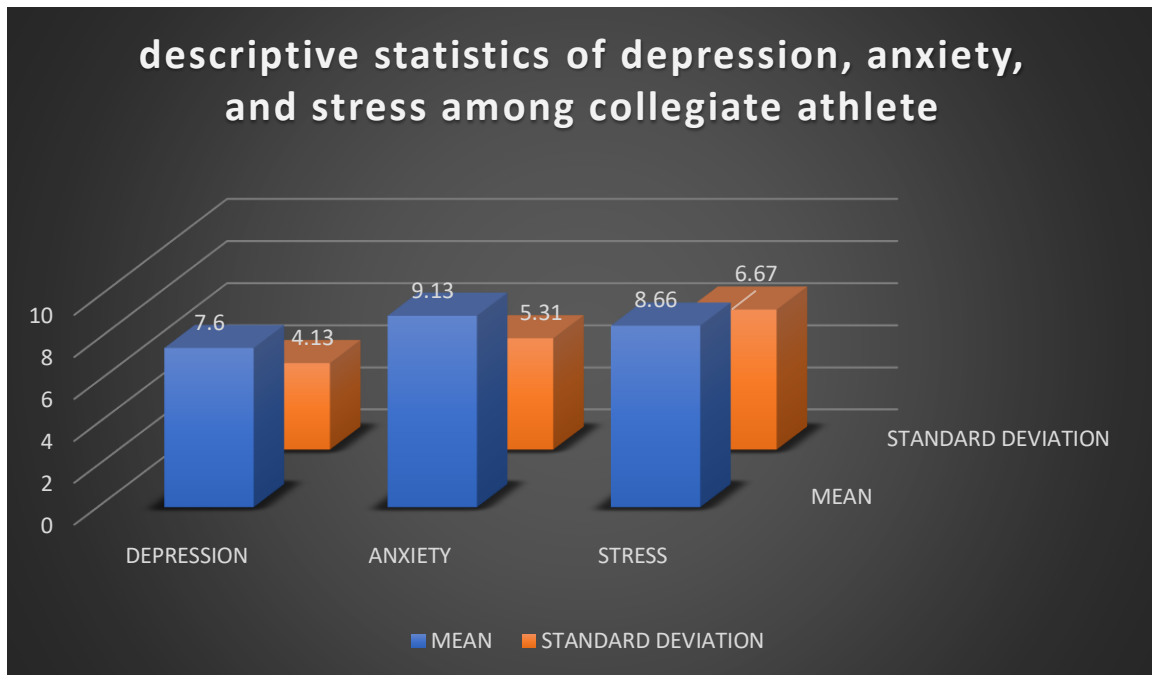


Figure 1 means and S.D. of depression, anxiety, and stress among collegiate athlete

4. DISCUSSION & CONCLUSION

Table 1 show the quantity of members who addressed each question. Alongside that, it gives the mean and standard deviation of despondency, nervousness, and worry among university competitors. Nervousness, wretchedness and stress were extraordinary among university competitors where misery has the most reduced mean score (M= 7.60) with standard deviation (SD= 4.13) and tension has the most noteworthy mean score (M=9.13) with standard deviation (SD= 5.31) while mean score of pressure was (M=8.66) with standard deviation (SD= 4.67). the investigation likewise shows that the seriousness of discouragement, and stress were ordinary in university competitors and the seriousness of nervousness was gentle in university competitors. The examination Depression, Anxiety, and Stress Symptoms among Football Players in Iceland: The Effects of Injuries, Overtraining and Insecurity by Bjornsdottir, M., M (2018) shows the downturn had the least mean score (M = 3.87, SD = 5.06) and stress the most noteworthy (M = 7.34, SD = 6.45) and uneasiness (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:

- The level of depression and stress among collegiate athlete was normal.

- The level of anxiety among collegiate athlete were mild.
- The mean depression has the lowest mean score (M= 7.60), anxiety has the highest mean score (M=9.13), whereas mean score of stress was (M=8.66).

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