

AN ASESMENT OF THE LEVEL OF DEPRESSION AND WORRY OF ACTIVE AND INACTIVE YOUNG ADULT FEMALE

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INTRODUCTION

The new millennium is the age of technological excellence, where the life has become more luxurious with mechanical dependence that results into material gain and economic prosperity, yet in the process we lost our moral and spiritual realms including fitness and health too. Physical fitness has been of great significant in the lives of human beings from time immemorial. In the pre-historic times, Physical fitness was the key element of the survival of human beings. People during those times were confronted with the3 hostile environment and only fit individuals could survive. Hence survival of fitness is the dictum. Even the civilization of Sparta, Athens and Rome in the history of the world have stressed Physical fitness or physical training as an important objective of the educational programme (Nixon John,E.and Jewell Ann E, 1969). Physical fitness is the pre-requisite of the ability to perform any motor tasks in day to day life as well as in sport. It has been considered as one of the most important aspects of human existence. Physical fitness is that state of body in which a person can carry his daily duties and responsibilities efficiently and with the energy left he can enjoy hobbies and other recreational activities and can meet the unusual. In other words Physical fitness can be defined as the state of body in which a person can do work for a longer duration without undue fatigue. Physical fitness not only a state of younger's but is the reality for all ages. Physical fitness is the product of physical exercises and exercise is very much related to health and wellbeing. But development of science and technology discouraging the human beings from doing vigorous activities as a result of which various physical and mental diseases are flourishing at a great speed throughout the world. Keeping this view in mind the present researcher attempted to encourage the people of the nation to participate in physical education or "Fitness program".

Active Young Adult female are those students who regularly used to go for physical activities willingly and took part in various games and sports and also participated in matches and tournaments on the other hand Inactive Young Adult female are those students who never used to take part in any physical activity willingly and regularly.

METHODOLOGY

In the present study Fifty female students (18-25 years) were randomly selected as subject from Panskura Banamali College Panskura, Purba Medinipur. All the subjects were

divided into two groups namely active and inactive group. Active group consisted of Twenty five female students of Physical education Department and Inactive group consisted of Twenty five female students of English Department Psychological parameters selected for the study were Depression and Worry. To measure Depression of active and inactive young adult female, Beck depression Inventory questionnaire was used. The BDI-II published in 1996. It contains 21 questions; each question has a set of at least four possible answer choices, each answer being scored on a scale value of 0 to 3. Higher total score indicates more depressive symptoms. Penn State Worry questionnaire was employed for measuring level of worry with greater scores indicating greater tendency to worry.

RESULTS AND DISCUSSION

For statistical analysis and interpretation of data 't'-test was conducted. The result have been presented in table 1 and 2

Table – 1: Mean SD of Depression and Comparison of t-test Between Pre and Post-test Means of Active and Inactive Young Adult Female.

Group	Mean	SD	MD	t-value
Active Young Women	10.26	7.33	5.16	4.07*
Inactive Young Women	15.42	12.22		

*Significant at 0.01 level of Significance.

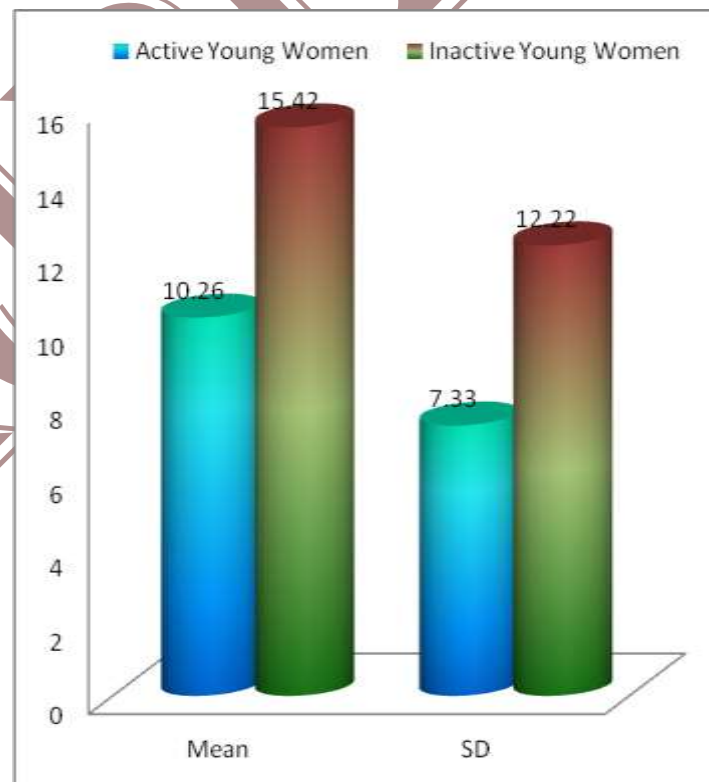


Fig. 1: Graphs Showing Depression between Pre and Post-test Means of Active and Inactive young Women.

Table -1 shows that there were significant differences in Depression of active and inactive young women. The Mean of active and inactive young women were 10.26 and 15.42 respectively. 't' test was applied and t-value (4.07) appeared significant at 0.01 level of confidence. Table-1 was illustrated through graphical representation (Fig. 1) for clear understanding of this study.

Table – 2: Mean SD of Worry and Comparison of t-test Between Pre and Post-test Means of Active and Inactive Young Adult Female.

Group	Mean	SD	MD	t-value
Active Young Women	15.57	4.41	9.87	26.56
Inactive Young Women	25.44	6.35		

*Significant at 0.01 level of Significance.

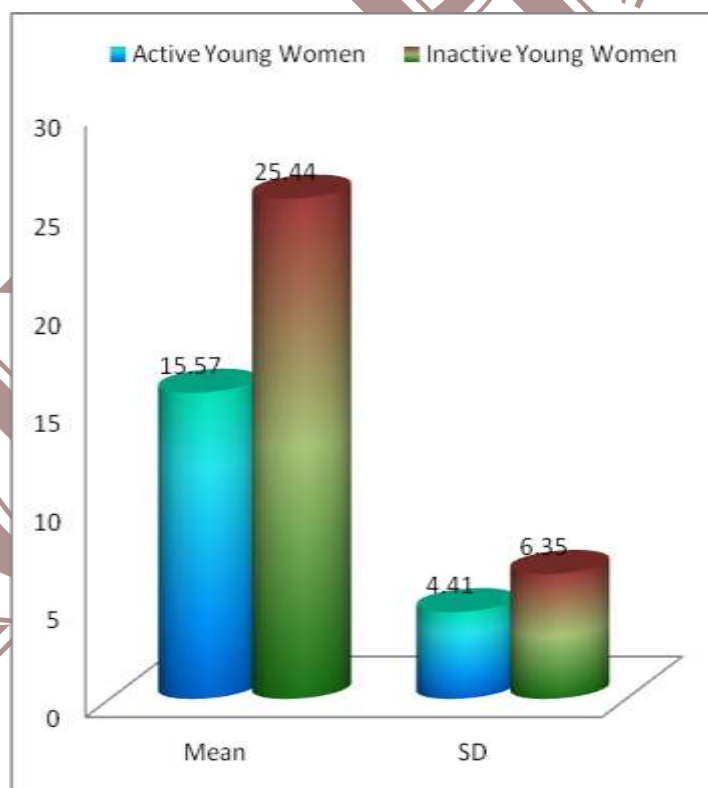


Fig. 2: Graphs Showing Worry between Pre and Post-test Means of Active and Inactive young Women.

Table-2 gives information regarding level of Worry of active and inactive young women. Table shows that there were significant differences in Worry of active and inactive young

women. The Mean of active and inactive young women were 15.57 and 25.44 respectively.’t’ test was applied and t-value (26.56) appeared significant at 0.05 level of confidence. Graphical representation (Fig. 2) also indicates similar trend of this study.

CONCLUSION

Based on the result of the present study and within the limitation, the following conclusions may be drawn.

- Inactive young women are more depressed in comparison to Active boys
- Inactive young women shows higher worry level in comparison to Active boys.

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