Comparison amount of depression, anxiety and obsession between active and inactive men students of University

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Abstract

The purpose of present research is Comparison amount of depression, anxiety and also obsession between active and inactive men students of Islamic Azad University Omidieh Branch (IAUOB). This is a descriptive study that has been done on men students of IAUOB. For evaluation of depression, anxiety and obsession the SCL-90-R (symptom check list-90-Revised) questionnaire by Derogatis and et al (1973) was used. It has 9 dimensions that in this research we just focused on 3 dimensions that mentioned in the title. The statistical population of this research was all men students of University that from them 200 persons (active students= 100 & inactive students = 100) by randomly filled out the psychiatric symptom questionnaire. After their psychiatric symptom evaluation of statistical sample and collect of information the statistical analyze ion of data has been done by computer and SPSS program with the use of independent samples test method and also a≤0.05. The results show that there is significant difference between mean of scores in active and inactive students on variables of anxiety (active=0.42±0.50) (inactive=0.77±0.56) and obsession (active=0.70±0.60) (inactive=0.95±0.72). But there is no significant difference on variable of depression (p-value=0.936).

Key words: depression, anxiety, obsession, active, inactive, men students

1. Introduction

Man’s body and spirit must not be considered as to separated factors, they must be considered both together; the necessary basis for their growth and efflorescence must be available, because that absolute human is one whose existence girths must be grown. Nowadays psychologists know well that the Man’s spirit is directly affected by his physical and body conditions, and reciprocally Man’s body gestures are affected by his psychic and intellectual behaviour. (Norbert et al.,2004) in their research which named considering the relation between physical activities with mental health and life quality among German society concluded that there is positive correlation between stress and physical disabilities with life and health damages of people. Also there is positive relation between high physical activities with good life quality. (Mirchel et al.,2004) considered the effect of exercise in water on depression, pain and disabilities of 261 women, they reported the improvement of depression signs in exercising group. (Benson et al.,2009) conducted the effect of aerobic exercises on sexual and depression of 200 clinical patients, they concluded that aerobic exercises can decrease depression. From the above said, it can be concluded that people who don’t participate in physical activities and have a sedentary life, are in physical and mental risks.
Such people would have physical disorders such as cardiovascular, diabetes, blood pressure, several kind of joint pains, and also would have mental disorders such as depression, stress, disorder in social adequacy, decrease in self steam and self confidence. Depression and anxiety are disorders that between 9 to 26 percent of women and 5 to 12 percent of men have complained them (Robin, 1984) Therefore to attention of positives effects of physical activity and also confirm of saying another researchers we want to know that, is there any difference between active and inactive students of Islamic Azad University Omidiyeh Branch on variable of depression, anxiety and also obsession or no.

2. Methods

This is a descriptive study that has been done on men students of IAUOB. For evaluation of depression, anxiety and obsession the SCL-90-R (symptom check list-90-Revised) questionnaire by Derogatis and et al (1973) was used . The statistical population of this research were all men students of Islamic Azad University Omidiyeh Branch that from them 200 persons (active students= 100 & inactive students = 100) by randomly filled out the psychiatric symptom questionnaire. After the depression, anxiety and obsession evaluation of statistical sample and collect of information the statistical analyze ion of data has been done by computer and SPSS program (version15) with the use of independent samples test method (T-test) and also a≤0.05.

3. Results

1- Comparison between depression scores of active and inactive students show that there is no significant difference (P- VALUE = 0/936) in the significant level of (a ≤ 0.05) between two groups. Although that active students had less depression compare with inactive students. But that was not more important (See Table 1).

Table1: comparison depression of active and inactive groups

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>Number</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Freedom Degree</th>
<th>Amount of t</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>depression</td>
<td>active</td>
<td>100</td>
<td>0.5915</td>
<td>0.64114</td>
<td>198</td>
<td>-1/887</td>
<td>0.936</td>
</tr>
<tr>
<td>depression</td>
<td>inactive</td>
<td>100</td>
<td>0.6746</td>
<td>0.68313</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Also the data of the chart related to the scores of two groups show that active students have less psychiatric symptom, but this difference in not significant. (See graph 1).
2- Comparison between anxiety scores of active and inactive students show that there is significant difference (P-VALUE = 0.021) in the significant level of (a ≤ 0.05) between two groups. (See Table 2).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>Number</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Freedom Degree</th>
<th>Amount of t</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>anxiety</td>
<td>active</td>
<td>100</td>
<td>0.4200</td>
<td>0.50944</td>
<td>198</td>
<td>-0.672</td>
<td>0.021</td>
</tr>
<tr>
<td></td>
<td>inactive</td>
<td>100</td>
<td>0.7767</td>
<td>0.56864</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Also the data of the chart related to the scores of two groups show that active students have less anxiety and better situation than inactive group (See graph2).

Graph2: anxiety scores of two groups

3- Comparison between obsession scores of active and inactive students show that there is significant difference (P-VALUE = 0.001) in the significant level of (a ≤ 0.05) between two groups. (See Table3).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>Number</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Freedom Degree</th>
<th>Amount of t</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>obsession</td>
<td>active</td>
<td>100</td>
<td>0.7080</td>
<td>0.60897</td>
<td>198</td>
<td>-2.569</td>
<td>0.001</td>
</tr>
<tr>
<td></td>
<td>inactive</td>
<td>100</td>
<td>0.9510</td>
<td>0.72384</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Also the data of the chart related to the scores of two groups show that active students have less obsession and also good situation than inactive group (See graph 3).
4. Discussion and Conclusion

Most of previous studies show that physical activities have benefit effects on physical fitness and also mental health of humans. For example (Benson & et al, 2009) in their research with the title of "the effect of aerobic exercise on sexual intercourse of 200 depression patients got that aerobic exercises like (running, walking, cycling) have positive affects on patients. Also the results of another researcher (Assis & Silva, 2006) show that physical activity has positive effect on psychiatric symptom. Therefore to attention the results of this study we can say that the results of this research confirm the saying of past researchers.

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