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# The compare of depression between athlete and non-athlete employed people

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## Abstract

The Objective of this study was compare depression in athletic and non athletic employed people. is used casual comparative method with 40 athletic and 40 non athletic employed people. We used Convenience sampling and used questionnaire of beck depression on them and analysis the data with MANOVA .The result indicate that there is significant different between athletic and non athletic employed people in depression .

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*Keywords:* Depression, athlete and non-athlete.

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## 1. Introduction

Depression is a mental impairment which is accompanied by disappointment, uncomfortableness, being sad and reduced self-confidence. Nowadays, depression is one of the most common mental impairments in all the societies, which affects the life of millions of people all over the world. This disease is a dangerous and painful disease that could erase the life of the affected person and their families. Due to its very high prevalence, sometimes this disease is called “mental cold”. Many of the people experience depression in some periods of their lives. Feruid (1917) states that Deprivation of love in sensitive and specific periods of life, is a reason of depression in the next period. Elliot and James (1992) in a study entitled “depression and unreasonable beliefs” showed that there is a meaningful relationship between humility feeling, depression and unreasonable beliefs. The depressed people are given up to their sufferings. Their loneliness will be intensified gradually and in consequence the extent of depression is enhanced. Delay in treating this disease could lead to very bad effects such as tendency to suicide or committing suicide. Fortunately, depression is one of the mental impairments that could very likely be treated. Psychologists use different methods to treat depression. Among these methods, sports activities have been the focus of researchers as an appropriate treating method, inexpensive and without side effects. Several researches have been carried out regarding the effect of sports and physical activities in reducing depression.

Ameri (1382) concluded that among athlete and non-athlete students, there is a meaningful difference between the potential for striking the depression. Hassanpour and Naderi (1386) concluded that aerobic activities play an

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important role in reducing depression and educational progress of the students. Daan et al (2002) showed that one could use sports activities in efficient treatment of minimal mental impairment in the adults from 25 to 45 years old. The results showed that different amounts of training could be used in treating the depression. Derivi showed that traits such as bravery, forgivingness, discipline and better moral are usually the result of contribution in sport activities.

## Methodology

The present study is of the casual-comparison type

### *Sampling*

80 employed people (40 athletes and 40 non-athletes) were selected as samples. After that, the Beck depression questionnaire was filled by them. The obtained data via t method were analyzed using SPSS software.

### *Instrument*

Beck Depression Questionnaire: This questionnaire was originally introduced by Beck et al (1961). BDI comprises 21 signs whose intensities on a scale is a rank from zero to three. Beck Depression Inquiry (BDI): this questionnaire for the first time in 1961 was introduced by Beck and coworkers. In 1971, it was revised and in 1978 published. BDI comprises 21 signs and intensity of these signs is shown on ranked scale from 0 to 3. In a research, internal reliability of BDI was obtained from 73% to 92% with mean of 86% (Beck, Steer & Garbin, 2000). Simultaneous validity by clinical calibrations for psychiatry patients represents average to high correlation coefficients (72%, 96% and 55%) (Beck et al, 1988). Beck and coworkers (1998) obtained simultaneous validity equal to 79% and reported its stability using method of retesting equal to 67%. In Iran, this questionnaire for the first time was used by Vahebzadeh (1973) and Parto (1975) for measurement of depression. In a study on students of Ahvaz Shahid Chamran University, Rajabi and coworkers (2001) calculated correlation coefficient between BDI and D sub-scale of MMPI Questionnaire 60%.

## Results and discussion

According to the obtained results, because the meaningful level for F value ( $\text{sig}=0.229$ ) is higher than 0.05, so the assumption of equality of variances is confirmed. Among the average scores of the athlete and non-athlete groups, there exists a meaningful difference.

The results showed that the sport activities cause the Endorphin level of blood plasma to increase. In a research, the women who have not had the experience of sport activities, participated in a training program with an increasing pressure voluntarily. After two months of training, the endorphin level of their blood increased from 57% in the first week to 145%. Today, experts believe that the depression is induced by the damage in transition of brain monoamines. It was also found that these chemicals are significantly reduced in depressed patients. It seems that by balancing the monoamines re-adsorption, training could lead to reduction of depression level (Morgan 1998).

From cognitive point of view, it can be stated that athletic environments probably due to factors of liveliness, intimacy, warmth and love, affection and an environment for discharge of pressures and conflicts and on the other side, carrying out monthly athletic activities due to their dynamism and mutual interaction of individual with environment can strengthen one's spirit and produce positive image of oneself and self-confidence. These factors can act as preventive factors against efflorescence of depression producing constituents in negative aspects to deprivation from love and affection, loss feeling, illogical threat and beliefs based on theories of Eliot, James and Freud.

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