

# Zung Self-Rating Depression Scale of University Girls : A Comparative Study



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## Abstract

The purpose of the research work was to compare self rating depression of the university girls. Who participated in sports activity of the university. The total number of 60 subjects was selected from the different professional courses of Guru Ghasidas University Bilaspur. Subjects were divided in to two groups of education and physical education. The age of the subjects ranged from 20 to 25 years, were university girls. Standardizes questionnaire were used for measuring self rating depression i.e. Zung Self-Rating Depression Scale. The statistical technique t-test was used and the level of significance was set at 0.05 level for testing the hypothesis. The result revealed that there was significant different between Education and Physical education university girls in self rating depression.

**Keywords :** Zung Questionnaires, Self –Rating Depression.

## Introduction

Sport Psychology is the scientific study of people and their behaviors in sport. The role of a sport psychologist is to recognize how participation in sports exercises and physical activities enhances a person's development. The modern development in the life style, the increases standard of living, development in socio economic status, increased in everyday demands, increase in the cost of living, adaptation of new fashion, like of luxurious life and comfort. Self depression is a state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur. The person worries about events, their occurrences and consequences, in general are the sources of self depression. Studying depression between university girls is important because of its continuity from the early to later stages of life. Depression in the early stage of life can predict not only depression (Harrington et al., 1990; Kovacs et al., 1984) but also other types of mental disorders (Kashani et al., 1987) in the future. Depression in adolescence has also been reported to be linked to future adjustment problems such as problems in marriage, employment status, involvement with drugs, delinquent behavior, being arrested, being convicted of a crime, being in a car accident, and being a school dropout (Carlson and Strober, 1978; Chiles et.al.). Instruments developed thus far to measure symptoms of depression usually consist of multiple items covering different domains of depressive symptomatology.

## Methods

For this research work 60 university girls were selected from the Guru Ghasidas University Bilaspur Chhattisgarh. The Education University girls did not participated in any types of physical activity, and the physical education university girls was participate in university level tournaments. The subjects were divided in to two groups' education and physical education having 30 subjects in each group. Self-rating depression scales constructed by Zung in self-rating depression scale 20 items were used to measure self rating depression.

## Result

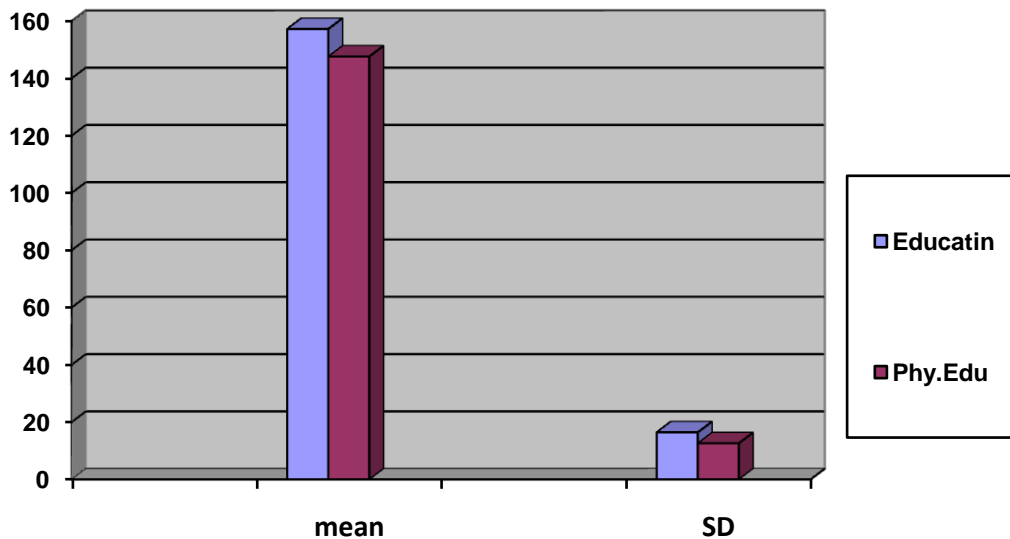
In order to compare the self rating depression test apply on Guru Ghasidas university girls. Independent t-test was used. Table -1 shows the mean score of self rating depression scale between education and physical education girls.

**Table -1**  
**Descriptive Statistics and t test of Zung self rating depression between Education and Physical education girls**

Group	N	MEAN	SD	SEM	MD	T
Education	30	158.2	4.6	2.065	10.6	3.913
PhysicalEducation	30	147.6	12.6	1.754		

Table -1 shows that a significant difference was found in the Zung self rating depression scale of girls between education and physical education. The mean values obtained were 158.2 and 147.6 for

education and physical education university girls. The calculated t -value of 3.913 is found to be significant as it more than the tabulated t- value of 1.984 at 0.05 level of significant.



**Conclusion and Discussion of Finding**

On the basis of the result it was found in the study that there is a significant different in education and physical education girls of guru ghasidas university in zung self rating depressions scale. Physical activity provides a unique opportunity for self-expression, social interaction, and personal challenge. It can help students develop self-confidence and a positive self-image by giving them a sense of accomplishment while they are learning motor skills. Yet achieving these benefits can be extremely difficult. If students feel self-conscious, afraid of failure or unable to contribute to group success, they will be reluctant to engage in challenging activities and more, to participate in the all is very common practice of ridiculing their peers. Physical education will be a place where everyone can find enjoyment and empowerment, regardless of ability level

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