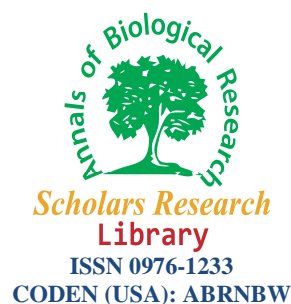




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Annals of Biological Research, 2012, 3 (9):4326-4329
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Depression compared with veterans and disabled veterans and selected disabled non-athlete volleyball players

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ABSTRACT

The present Study was motivated by the necessity of mental health. it Describes and compares the rates of depression and general-purpose volleyball players with veterans and disabled veterans and disabled non-athletes is 2011. Research methods in this study is is a descriptive method. Sample was randomly selected among the cities of Amol, Mahmoodabad, Noor and Fereidoon'kenar and total number of 70 includes in this study that have been selected and implemented accordingly. The survey gauges, Aaron Beck depression questionnaire (BDI) and the 21 aspects of depression in six separate domains which can be studied and measured. Operations related to statistical data analysis software (SPSS) was applied to extract results. Findings concluded from the research comparing depression scores in both groups, showed that there are significant differences. In this case, the rates of depression than veterans and disabled veterans and disabled volleyball players were untrained. Although there are various ways to deal with depression, but it seems there is a "physical therapy" for reasons of cost, without the side effects appropriate part of the solution is logical and easy-Wasl in the prevention, control and treatment is considered. Results from this study as well as other similar conduct further research on regular and continuous Individual and team sports activities stressed the beneficial effects of exercise for Improving mental health and disabled veterans on the verification and authentication.

Key words: Depression, volleyball players and veterans and disabled veterans and disabled non-athletes

INTRODUCTION

Depression is a disorder in which mental and emotional attitude, mood and behavior become noticeably agitated and feeling of inadequacy, disappointment, suspicion, sadness and other related syndrome occurs.

Depression is not limited to a particular time and place and manner rather it may be occur at any point of time and Place for every person and it can threat both gender of male and female. Statistics and news all focused on enhancing mental health problems, especially depression; to the extend that the two past decades have been named a new era of anxiety and depression, according to recent statistics, the World Organization (WHO), half a billion people who suffer from mental disorders. Of which about a hundred and fifty million people are suffering from nervous disorders and depression.

The statistics about suicide, depression that is one of the major complications showed high mortality figure, in which the third leading cause of accidents and death among people 15 to 24 years in America had formed the adverse consequences of depression.

On the other hand internal statistics implies the prevalence of depression among the most common mental disorders (1). Today, different ways are applied to treat this disease. The main treatment methods for depression includes: Drug therapy, shock therapy, psychotherapy, cognitive therapy and the latest techniques, exercise therapy. One of the ways in which therapy was most effective between scientists and scholars is controversial (2).

Hippocrates (the famous Greek philosopher and scientist) first documented evidence of the disease to this point and said: "Mental disorder caused by imbalance idiosyncratic products (phlegm, blood, bile, soda) would occur, so the three general categories: Melancholia, Mania and dementia were classified (3 and 4).

To Beck and his colleagues in the Department of Public Health, University of Helsinki, Finland in 1995, a study entitled "Impact of physical activity on depression and anxiety in elite athletes and national" had been done And pointed to the conclusion that exercises and physical activities in the analysis of longitudinal, transverse and fractionation would be effective (5).

Pollock (2001) studied the effect of exercise in treating depression as possible and, Research conducted over the past two decades shows proper exercises could have a beneficial effect on depression. But he combined physical therapy and psychotherapy that can cause a desirable effect in reducing rates of depression than elderly patients (6 and 7).

Vaysmn and Asbnsn (2005), with a research paper entitled "Cognitive variables of depression in adults with mental disabilities" pointed to the conclusion that Mentally handicapped adults in rehabilitation programs took advantage of lower motor capabilities Of cognitive stability and were less depressed (8).

Kamran Moghadam carried a study in 2007, in which entitled "Comparison of depression between the boys of team sports and individual students with students of Islamic Azad University of untrained boys. The results of the study showed that rates of depression in male non-athlete students are significantly more than male student athletes. The results of this study, significantly differs from students in individual and team athletes in which have shown rates of depression (9).

Accordingly, the rates of depression in this study is trying to compare volleyball players with veterans and disabled veterans and disabled non-athlete population. The results of this research will help to clarify the most effective program of spending to prevent waste And it is also believed that exercise is a preventive factor for depression, The authorities to build, equip and develop the appropriate spaces, sports and more determined to push the veterans and the disabled.

MATERIALS AND METHODS

Population and sample

Research methods in this study fitting the subject is a descriptive and comparative method. All veterans and disabled population in this research study in selected cities were in the years 2010 to 2011. Sample survey randomly selected 70 patients who were 35 and 35 veterans and disabled veterans and disabled volleyball players who are non-athletes.

Variables

A - Dependent variable:

Depression score is the dependent variable in this study.

Who received a score between 63-10 (2) were depressed due to depression (BDI).

B - Independent variables:

In this study, Independent variables are depression volleyball players with veterans and disabled veterans and non-athletes who are disabled.

Measuring instruments and methods of data collection

in order to collect necessary information from the Beck Depression Inventory (BDI) has been used in this study.

As revealed by the survey questionnaire measure of depression is an appropriate scale to measure depression. This questionnaire in depression-related research often used by researchers and abroad, and it confirmed the validity and credibility, 21 to assess aspects of depression (10).

To collect information by visiting the center of coordination and cooperation with the elected city council and Welfare of the Disabled relevant After completion of the questionnaires were collected.

Statistical methods

the collected data in this study were analyzed by SPSS software. Through the calculation of descriptive statistics on topics such as classification, the average, the frequency, the standard deviation and cumulative frequency have been made. Especially independent groups T- test with error level 0/05 = 95% confidence level is used.

RESULTS AND RESEARCH FINDINGS

Table 1 - Comparison of depression, with veterans and disabled veterans and disabled non-athlete volleyball players

Depression status	Score	Veterans and disabled athletes volleyball		Disabled veterans and non-athletes	
		Total	Percent	Total	Percent
Natural Depression	0-10	23	65/71	3	8/57
Mild depression	11-16	7	20	7	20
Close to moderate depression	17-20	3	8/57	14	40
Moderate depression	21-31	2	5/72	9	25/72
Severe depression	31-40	0	0	2	5/71
Acute and chronic depression	41-63	0	0	0	0
-	-	$\sum N = 35$	$\sum P = 100$	$\sum N = 35$	$\sum P = 100$

Table 2 - Comparison of depression, with veterans and disabled veterans and disabled non-athlete volleyball players

sig	t	Standard deviation SD	\bar{X} Average	Total N	Data Lists
*0/00	18/88	2/77	4/54	35	Veterans and disabled athletes volleyball
		8/28	18/59	35	Disabled veterans and non-athletes

According to the results in Table 2, compared with the depressed veterans and disabled veterans and disabled non athlete volleyball players level $P < 0/05$ exists.

CONCLUSION

The results of this study with regard to research suggests there is "The veterans and disabled veterans and disabled volleyball players depression than non-athletes," Overall, compared to averages obtained from the rates of depression in both groups, significant differences are observed Since the table t (t critical = 96/1), with error = 5% and 95% confidence level, t less than the statistical calculations (t observed = 18/18) is , So assuming the (H1) is accepted and the null (H0) is rejected in this study. Depression, veterans and disabled veterans and disabled volleyball players and non-athletes is significantly less.

Also according to the results that the lower rates of depression than veterans and disabled veterans and disabled volleyball players and non-athletes, in all cases, 21 the Beck Depression Inventory (BDI) has shown. It seems that one of its probable reasons would be engagement in regular and continuous exercises.

in this regard, Yousefi did this survey in Tehran University students, on male athletes and non athletes in 2008 . the student-athlete who scores 9/9 and the non-athlete students than 6/13 is (11).

While this study, depression scores of disabled veterans and non-athletes 59/18 vs. 54/4 for the veterans and disabled volleyball players had this significant difference in the interpretation of the results of two studies. Also, the overall conclusions of the research Mrynany in 2009, rates of depression in both groups were female student athletes and non athletes, Sabzevar University, Was shown that approximately 61% (of 13) of 21 of the Beck Depression Inventory (BDI) were statistically significant differences between the groups (12 and 13).

According to the statistics and data from internal research And other countries where rates of depression in modern complex societies With the growing trend to describe, Remedy and treatment necessary to address this problem among all generations of people, especially disabled veterans That they require more attention than before, making it obligatory. Although a variety of ways exist to deal with this disorder, but it seems "Physical therapy" for reasons of

Level $P > 0/05$ exists •

cost, without side effects and effectiveness of its proper and logical solution Wasl easy to prevent, control and treatment of depression is considered. Results from this study as well as in other similar studies Conduct further regular and continuous exercise that emphasizes individual and team and the beneficial effects of exercise in improving mental health can be verified and authenticated.

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