

A STUDY ON DEPRESSION AMONG FOOTBALLERS.

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Abstract: The present study is an attempt to study the prevalence of depression among footballers. Depression is mental health disorder that is characterized by persistent depressed mood, loss of interest in pleasurable activities resulting in significant impairment of the daily life. The data for the present study was conducted using the 'Beck's depression inventory' and the data was collected online through Google forums. 58 footballers between the age ranges of 18-30 years participated in the study. Results indicate that 24% participants suffered from moderate depression and 38% participants suffered from mild depression.

Keywords: Depression, persistent, pleasurable, impairment.

1. INTRODUCTION

Depression (real depressive issue) is a typical and genuine medicinal sickness that contrarily influences the way one feels, thinks and acts. Depression is mental health disorder that is characterized by persistent depressed mood, loss of interest in pleasurable activities resulting in significant impairment of the daily life. The symptoms of depression as per the diagnostic criteria given in ICD 10 is as follows:

It involves persistent sadness or low mood, loss of interest or pleasure, fatigue or low energy. These symptoms should last most of the time for at least two weeks. Other associated symptoms include disturbed sleep, indecisiveness and poor concentration, poor or increased appetite, suicidal thoughts or acts, low self esteem, hyper-somnia, insomnia, guilt or self blame.

Sorrow causes sentiments of trouble as well as lost enthusiasm for exercises once appreciated. It can prompt an assortment of enthusiastic and physical issues and can diminish a man's capacity to work at work and at home. Wretchedness indications can differ from mellow to extreme and can include:

-Feeling dismal or having a discouraged mind-set -Loss of intrigue or joy in exercises once appreciated

Luckily, it is likewise treatable.

Football is one of the most popular sports in the world with almost 4.1% population of the world playing the sport professionally (Hassabi et. al., 2010). Depression and mental health hazards in football are widespread with more than a fourth of players reporting symptoms.

FIFPro is the worldwide representative organization for 65000 professional footballers. In 2013 FIFpro conducted a pilot study based on professional players in 5 countries. The aim was to explore the occurrences and the impact of mental health problems on footballers. Another study that was based on active and retirees footballers in 11 countries

From 3 continents was also conducted. Both studies reported the prevalence of mental health problems in active and retired footballers. 38% of 607 current players and 35% of 219 former players that participated in the study reported suffering from

symptoms of depression and/or anxiety. It was found to be 43% in Norway, which is quite high. The findings of these studies show that depression is more prevalent in professional footballers than in the general population. In addition to these results FIFpro study also reported sleeping disturbances among 23% and 28% participants respectively, distress among 15% and 18% participants and adverse alcohol use among 9% and 25% participants.

2. RATIONALE:

With a sudden rise in the rate of depression amongst the people all around the world, depression has been declared as one of the most important and severe problem in today's world. Depression is a condition of low state of mind and repugnance for movement that can influence a man's contemplations, conduct, emotions, and feeling of prosperity. A discouraged mind-set is a typical impermanent response to life occasions, for example, loss of a friend or family member. Several researches indicate that depression is more prevalent among footballers than the general population. Recently many professional footballers even committed suicide like Dale Roberts, Robert Enke and Gary Speed. Considering such incidents and high prevalence rate of depression among footballers it is becoming increasingly important to further explore the prevalence, causes, impact of depression among footballers.

3. REVIEW OF LITERATUR

The root cause of depression has been found to be linked to the abnormal levels of various chemicals in the brain and a combination of genetics and brain chemistry form a foundation for developing depression. Serotonin and GABA have been found to play a role in the development of the disorder. Besides psychological reasons that are encompassed in the mind set and mental state also play a role in the development of depression. Players usually tend to be more positive and energetic at the beginning of the season but as the season goes on, they tend to get more negative feelings (Lovell, 2009). The physical demands placed on footballers throughout their careers are high with club seasons often lasting nine to ten months. For top players even the time away from their clubs is spent fulfilling international football obligations (Reilly and Gregson, 2006). In the general population, exercise and sport participation has been lined to positive impact on mental health decreasing depression and improving moods (Barclay et.al. 2014). However, in the football population, the intense level of activity can lead to compromise in mental health. When players are over exposed to high levels of training and matches and are unable to get enough recovery (both physical and mental), it can lead to overtraining and burnout (Nixdorf, 2013). Burnout is a syndrome of physical and emotional exhaustion that results in a reduced sense of athletic accomplishment and sport devaluation (Hill, 2008). This would lead to an increased likelihood of experiencing symptoms related to depression. Balancing physical and emotional stress with proper recovery techniques is important to prevent burnout and depression in player (Frank, 2013). Currently football is played all year, with club competitions and tournaments alternating with international tournaments and matches that are part of marketing strategies. This makes it more important for players to take some time in their days and weeks to switch off and completely detach from the game. This detachment should not only be physical but should also be mental and emotional (Nixdorf, 2013). When this does not occur it can lead to overtraining syndrome and if there is no recovery from this to total burnout.

Professional sport is one of the few industries where someone can be termed as a veteran by the age of 27. By the ages of 35, footballers are referred to as old men and have probably spent a few years being faced with the question of whether it is time to call it quits. Although footballers are exposed to high levels of training, they are still susceptible to the physical decrements that come with aging. While even at 35 they are much fitter than other people their age, they are still required to compete with footballers who are younger and thus the impact of aging can lead them to being slower, taking longer to recover after training and matches, increased susceptibility to injury, when compared to themselves a few years earlier (Ronkainen, 2013). This physical declination can threaten a

player's career, as clubs might seek to sign younger players or result in a player not playing as much as he had previously. This can decrease the self-confidence of players and result in doubts, higher levels of anxiety and can lead to depression. Retiring from elite sport has significant risks to a person's psychological wellbeing making them more vulnerable to experiencing depression, anxiety, identity crisis, and alcohol/substance abuse and decreased self-confidence (Cosh, 2015).

4. METHODOLOGY

PURPOSE:

To study the prevalence of depression among footballers.

SAMPLE:

The sample will comprise of 58 young adults who play football in regular bases and lies in the age group of 18-30 years, which include 50 males and 8 females.

TOOL:

The **Beck Depression Inventory (BDI, BDI-1A, BDI-II)**, created by Aaron T. Beck, in 1996, is a 21-question multiple-choice self-report inventory, one of the most widely used psychometric tests for measuring the severity of depression. Its development marked a shift among mental health professionals, who had until then, viewed depression from a psychodynamic perspective, instead of it being rooted in the patient's own thoughts.

The validity of Beck's Depression Inventory is 0.77 and it has a reliability of 0.92.

5. PROCEDURE

A pilot study has been conducted to study the prevalence of depression among footballers. A sample of 58 young adults between the age range of 18-30 years was taken were taken who also play football on regular bases. The sample includes 50 males and 8 females.

The whole procedure was conducted online on Google forums. The subject was asked to fill the 'Beck's depression inventory', which consists of 21 items within the time period of 15 minutes. The following instructions were given:

"Respond to the following questions and choose the option that best suits you depending on your mood and experience in the past four weeks. There are no right or wrong answers."

The subject could only choose 1 option out of 4 presented to them.

6. RESULT

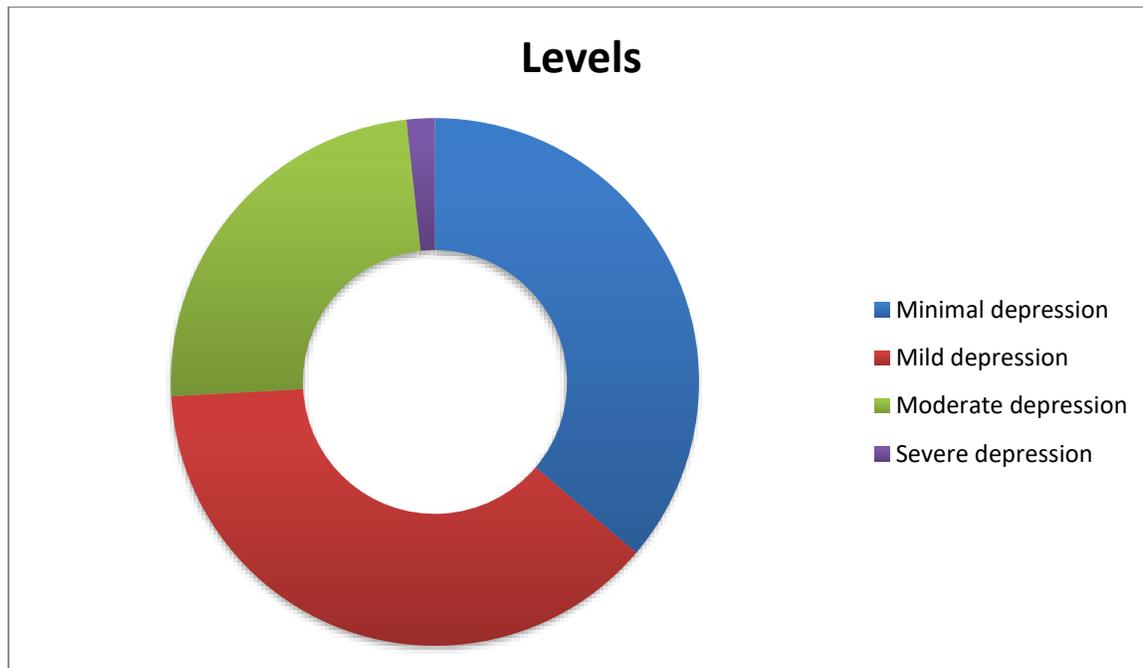
table 1: showing prevalence of depression among participants on the basis of severity

Level of Depression	MINIMAL DEPRESSION	MILD DEPRESSION	MODERATE DEPRESSION	SEVERE DEPRESSION
Total people	21	22	14	1

The above table shows the total of subjects who lies in the sub-category of depression, namely Minimal depression, Mild depression, Moderate depression, severe depression.

Out of 58 in total 21 fall in Minimal depression category, 22 fall in Mild depression category, 14 fall in Moderate depression category and only 1 in severe depression category.

These results reveal that 21 people have the least proportionate of depression among them, 22 of them have slight inclination towards depression, 14 of them suffers from unhealthy amount of depression and 1 of them is very acute to depression.



7. DISCUSSION

The present study on the prevalence of depression amongst footballers is an attempt to understand how much depression goes through a regular footballer. Young adults are easily prone to depression because of the dissimilar reasons in the individual's life.

As the study was conducted on 58 representatives. The findings of the study based on depression were tested through Beck's depression inventory.

The result indicates that despite increase in football craze in the world and awareness about depression, there exist depression victims. The findings of the present study have important theoretical and practical implications. The present research was an attempt to add to the existing literature and expand on the research regarding depression amongst

Footballers. The results are also important for the non-playing football people and other footballers to improve the awareness of these biases among them along the victims.

They can work to counter them. The knowledge of what negative attitudes people hold towards football can help identify ways to ward these prejudice, thereby helping to minimize the stigmatization of depression facing footballers.

The finding of this research will aid both footballers and non-footballers in understanding the processes that play a crucial role in the social perception of depression and depression victims.

8. LIMITATIONS AND FURTHER SUGGESTIONS

The results of this study are only indicative and subject to few limitations. The study used only a small sample of 58 participants. A bigger sample is needed for validation of these findings. Study involved the use of questionnaire survey responses, which have been affected by social desirability.

9. CONCLUSION

Depression is a mental disorder characterized by depressed mood, loss of interest and fatigue resulting in impairment of daily functioning. World health organization in April 2017 launched a global campaign on depression with the aim that more and more people suffering from depression should seek and get help. On the basis of the present study we can conclude that a lot of footballers suffer from depression.

22% participants suffer from minimal depression, 21% from moderate depression and 1% from severe depression. However, more researches should be carried out exploring the causation of depression among football and its impact.

10. REFERENCE

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Further studies may use more indirect measure that might give more accurate results. Further studies may also explore the conditions in which these prejudiced depression victims attitude develops.