

# PSYCHOLOGICAL PROBLEM: COMPARISON BETWEEN SWIMMERS AND PLAYERS OF OTHER GAMES

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**Abstract:** The primary objective of the study was to determine the psychological problem and mental Health of the swimmers and players of different sports discipline. The Universe of the study shall be the swimmers and players of different sports discipline of who has been minimum participating in intercollegiate tournament sampling frame divided in biological maturity also, Total 300 swimmers and 300 players from different sports discipline was taken from Kabaddi , Kho-Kho and volleyball with 100 in each group. In assessing the psychological problems the Depression Anxiety Stress Scale (DASS) was used to measure depression, anxiety, and stress. The findings of the study indicate that, Non-Swimmers were found to have got more Psychological problem with respect to Depression compared to their counterparts Swimmers . The result reveals that Insignificant ( No Significant ) difference of Psychological problem with respect to Anxiety was found between Swimmers and Non-Swimmers . The findings of the study indicate that, Non-Swimmers were found to have got more Psychological problem with respect to Stress compared to their counterparts Swimmers.

## INTRODUCTION

Psychological problems are **conditions characterized by abnormal thoughts, feelings, and behaviors**. Although challenging, it is essential for psychologists and mental health professionals to agree on what kinds of inner experiences and behaviors constitute the presence of a psychological disorder (<https://courses.lumenlearning.com/intropsychmaster/chapter/what-are-psychological-disorders/>). Swimming improving mood, increasing self-esteem, lowers the risk of depression, slows dementia and cognitive decline, improves sleep and reduces stress. Swimming has significantly **reduced the symptoms of anxiety.**(<https://www.swimming.org/justswim/swimming-improves-mental-health/>). Sleep is one of the most important things you can do for your overall health and wellness every day. But according to a survey conducted by the American Psychological Association, stress may interfere with sleep. Swimming is a great way to increase your body's capacity for high-quality sleep, which in turn can help you feel less stressed out. When you work hard during the day and expend a lot of energy, naturally you'll probably feel more tired later than if you just sat around all day (<https://www.usms.org/fitness-and-training/articles-and-videos/articles/4-reasons-why-swimming-is-great-for-mental-health>). Regular swimming, even just half an hour at a time, is known to be effective for lowering incidences of depression and anxiety and improve sleep patterns. Swimming **releases endorphins**, the natural feelgood hormones that lead us to experience a greater sense of happiness and wellbeing (<https://www.anxietyuk.org.uk/blog/5-ways-regular-swimming-can-boost-mental-health-guest-blog/>)

## METHODS

The Universe of the study shall be the **swimmers and players of different sports discipline** of who has been minimum participating in intercollegiate tournament sampling frame divided in biological maturity also. The method of sample was purposive –A non-random method of sampling **swimmers and players of different sports discipline** with a specific purpose. Total 300 swimmers and 300 players from different sports discipline was taken from Kabaddi , Kho-Kho and volleyball of with 100 in each group. There was Three parts of questionnaires, including 1) **Depression Anxiety Stress Scale (DASS)**;2) **Depression Anxiety Stress Scale (DASS)** In assessing the psychological problems **the Depression Anxiety Stress Scale (DASS) was** used to measure depression, anxiety, and stress. The DASS is designed to assess aspects of depression, anxiety and stress using a multidimensional approach in adolescents and adults (Lovibond&Lovibond, 1995). It is a 42-item self-report measure. Items fall into three scales; Depression (D), Anxiety (A), and Stress (S) with 14 items per scale. Each item is scored from 0 (“did not apply to me at all”) to 3 (“applied to me very much, or most of the time”) in terms of how much the item applied within the past week. Mean, Standard deviation T-test was used to compare the categorical variables among the groups.

**TABLE – 1**  
**MEAN SCORES , STANDARD DEVIATIONS AND T-RATIOS OF THE PSYCHOLOGICAL PROBLEM WITH RESPECT TO DEPRESSION BETWEEN SWIMMERS AND NON SWIMMERS**

Sr. No.	Psychological Problem	Sample	No.	Means	SDs	T-ratios
1.	Depression	Swimmers	300	16.23	3.23	3.42*
		Non Swimmers	300	18.45	4.01	

Table -1 shows the Mean scores and Standard deviations of Psychological problem with respect to Depression between Swimmers ( SWM) and Non-Swimmers (NSWM). The Mean scores (MS) and Standard deviations (SDs) Psychological problem with respect to Depression between Swimmers ( SWM) and Non-Swimmers has been presented graphically in figure- 1

**Figure- 1 The Mean scores (MS) and Standard deviations (SDs) Psychological problem with respect to Depression between Swimmers (SWM) and Non-Swimmers**

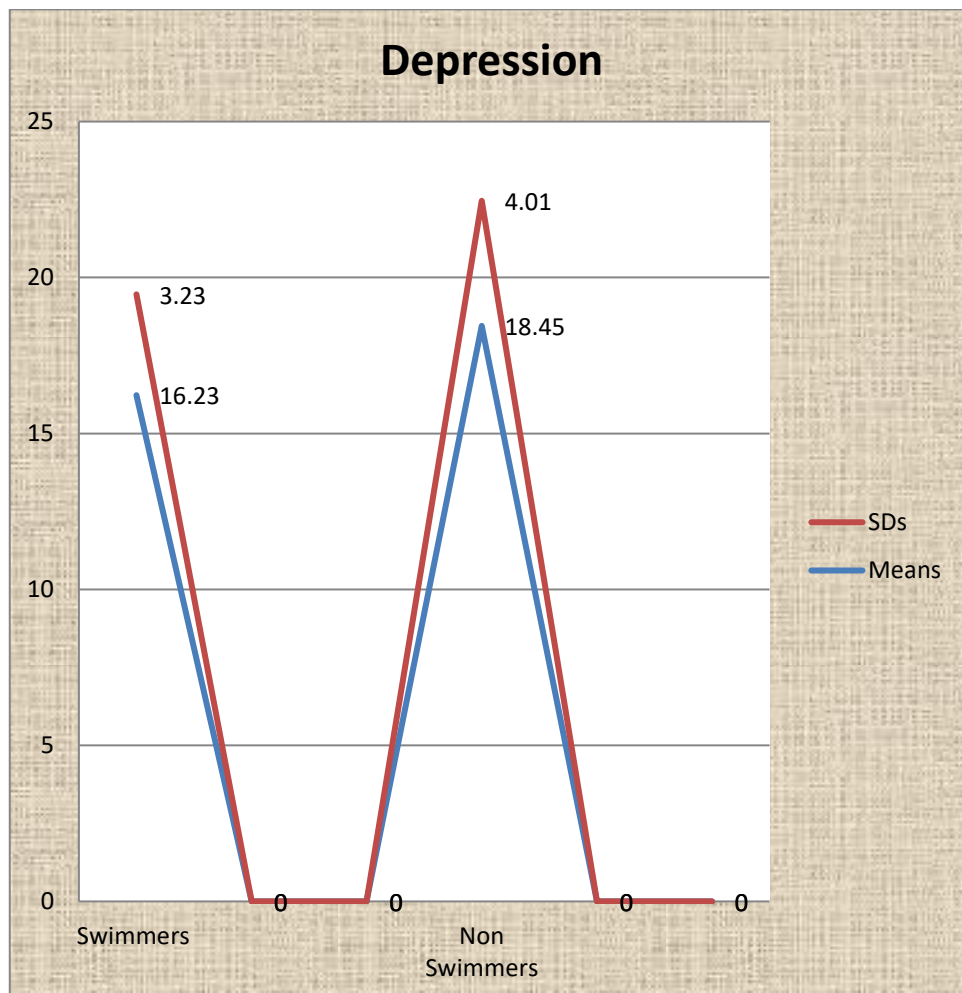


TABLE – 2

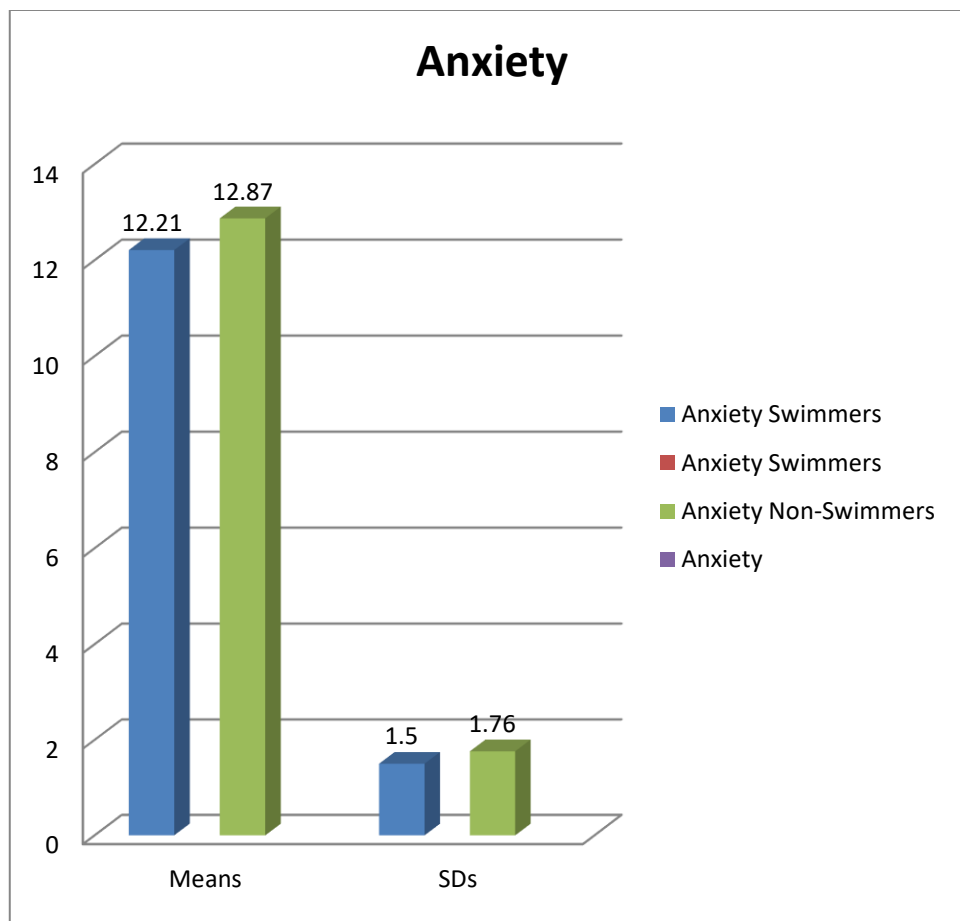
**MEAN SCORES , STANDARD DEVIATIONS AND T-RATIO OF THE PSYCHOLOGICAL PROBLEM WITH RESPECT TO ANXIETY BETWEEN SWIMMERS AND NON-SWIMMERS**

Sr. No.	Psychological Problem	Sample	No.	Means	SDs	T-ratio
1.	Anxiety	Swimmers	300	12.21	1.50	1.67 NS
		Non-Swimmers	300	12.87	1.76	

Table -2 shows the Mean scores and Standard deviations of Psychological problem with respect to Anxiety between Swimmers ( SWM) and Non-Swimmers (NSWM).

The Mean scores (MS) and Standard deviations (SDs) Psychological problem with respect to Anxiety between Swimmers ( SWM) and Non-Swimmers has been presented graphically in figure- 2

**Figure- 2 The Mean scores (MS) and Standard deviations (SDs) Psychological problem with respect to Anxiety between Swimmers ( SWM) and Non-Swimmers**

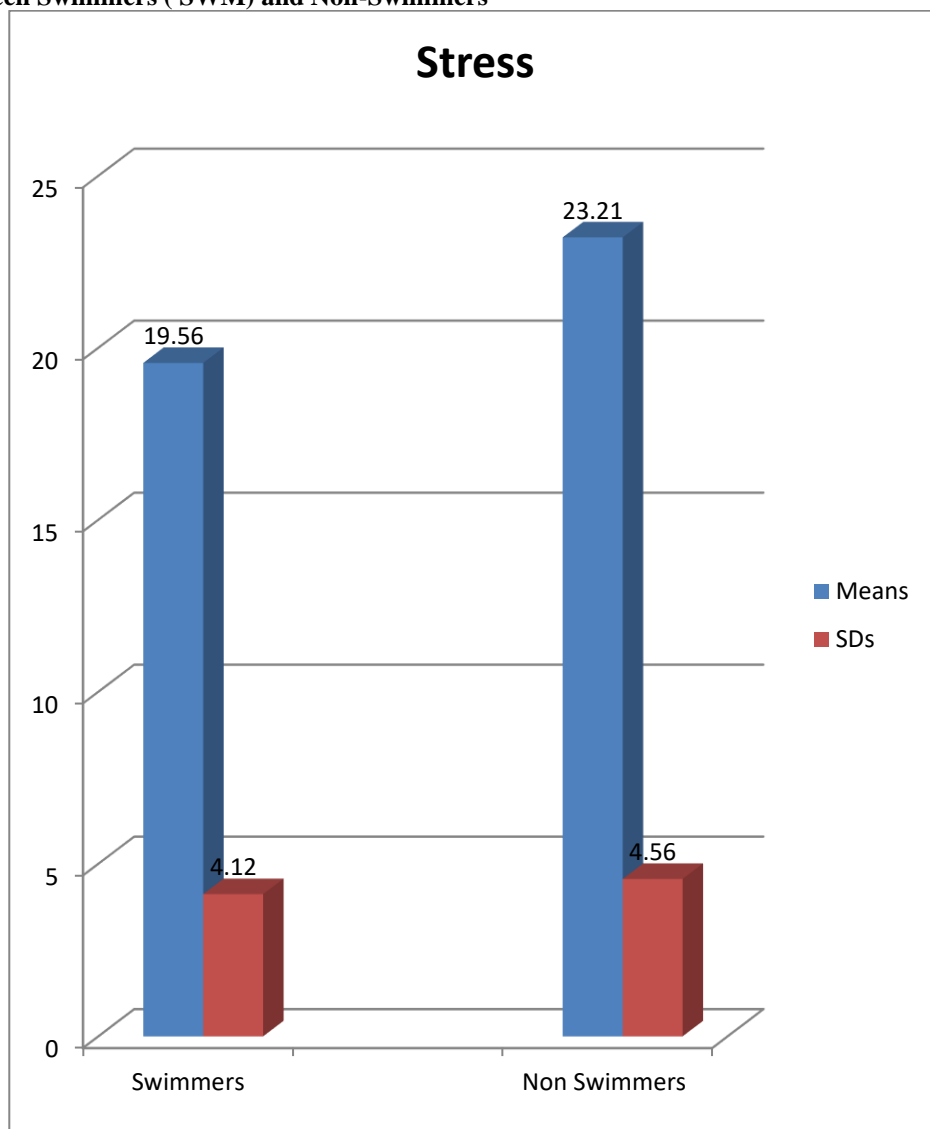


**TABLE – 3**  
**MEAN SCORES AND STANDARD DEVIATIONS AND T-RATIO OF THE PSYCHOLOGICAL PROBLEM WITH RESPECT TO STRESS BETWEEN SWIMMERS AND NON SWIMMERS**

Sr. No.	Psychological Problem	Sample	No.	Means	SDs	T-ratio
1.	Stress	Swimmers	300	19.56	4.12	3.67*
		Non Swimmers	300	23.21	4.56	

Table -3 shows the Mean scores and Standard deviations of Psychological problem with respect to Stress between Swimmers ( SWM) and Non-Swimmers (NSWM). The Mean scores (MS) and Standard deviations (SDs) Psychological problem with respect to Stress between Swimmers ( SWM) and Non-Swimmers has been presented graphically in figure.3

**Figure-3 shows The Mean scores (MS) and Standard deviations (SDs) Psychological problem with respect to Stress between Swimmers ( SWM) and Non-Swimmers**



**DISCUSSION**

Swimming is a fun and effective way to relieve stress, possibly more so than other type of physical exercise. Being in contact with water, by itself, can help to loosen up both body and mind. Better still, being immersed in water while swimming, playing close attention to your technique as you practise the regular rhythm of your swimming strokes can have a very relaxing, almost meditative effect on the mind (<https://www.anxietyuk.org.uk/blog/5-ways-regular-swimming-can-boost-mental-health-guest-blog/>). Regular swimming, even just half an hour at a time, is known to be effective for lowering incidences of depression and anxiety and improve sleep patterns. Swimming releases endorphins, the natural feelgood hormones that lead us to experience a greater sense of happiness and wellbeing (<https://www.anxietyuk.org.uk/blog/5-ways-regular-swimming-can-boost-mental-health-guest-blog/>). The mean scores (MS) of Psychological problem with respect to Depression of Swimmers (SWM) were obtained 16.23 and the mean scores (MS) of Psychological problem with respect to Depression of Non-Swimmers (NSWM) were obtained 18.45 respectively. The Standard Deviations (SDs) of Psychological problem with respect to Depression of Swimmers (SWM) were obtained 3.23 and the Standard Deviations (SDs) of Psychological problem with respect to Depression of Non-Swimmers (NSWM) were obtained 4.01 respectively. The result given in Table 1 reveals that significant difference of Psychological problem with respect to Depression was found ( $t= 3.42, P<.05$ ) between Swimmers (SWM) and Non-Swimmers (NSWM). The findings of the study indicate that, Non-Swimmers (NSWM) were found to have got more Psychological problem with respect to Depression compared to their counterparts Swimmers (SWM). The mean scores (MS) of Psychological problem with respect to Anxiety of Swimmers (SWM) were obtained 12.21 and the mean scores (MS) of Psychological problem with respect to Anxiety of Non-Swimmers (NSWM) were obtained 12.87 respectively. The Standard Deviations (SDs) of Psychological problem with respect to Anxiety of Swimmers (SWM) were 1.50 and the Standard Deviations (SDs) of Psychological problem with respect to Anxiety of Non-Swimmers (NSWM) were obtained 1.76 respectively. The result given in Table-2 reveals that Insignificant (No Significant) difference of Psychological problem with respect to Anxiety was found between Swimmers (SWM) and Non-Swimmers (NSWM).

The mean scores (MS) of Psychological problem with respect to Stress of Swimmers (SWM) were obtained 19.56 and the mean scores (MS) of Psychological problem with respect to Stress of Non-Swimmers (NSWM) were obtained 23.21 respectively. The Standard Deviations (SDs) of Psychological problem with respect to Stress of Swimmers (SWM) were obtained 4.12 and the Standard Deviations (SDs) of Psychological problem with respect to Stress of Non-Swimmers (NSWM) were obtained 4.56 respectively. The result given in Table 3 reveals that significant difference of Psychological problem with respect to Stress was found ( $t= 3.67, P<.05$ ) between Swimmers (SWM) and Non-Swimmers (NSWM). The findings of the study indicate that, Non-Swimmers (NSWM) were found to have got more Psychological problem with respect to Stress compared to their counterparts Swimmers (SWM).

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