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Association of trait anxiety and depression with the premenstrual syndrome of female athletes

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Abstract

Subjects for the study were 64; of which 32 (thirty-two) subjects were from Individual combat and 32 (thirty-two) subjects were from team combat games. All the subjects were belonging to different sports centers in Punjab. The present investigation's methodology used was a quantitative design connection to link trait anxiety and depression with Premenstrual syndrome (PMS). Psychological Variable Trait Anxiety and Depression with Premenstrual Syndrome (PMS) were selected as the variables for the study. The data were personally collected from all the female athletes. They were asked to fill out a questionnaire related to trait anxiety and depression. Proper instructions regarding filling out the questionnaire were given in advance and the researcher clearly delivered the instructions regarding filling out the questionnaire and detailed the procedure of the questionnaire. The subjects were guided and assisted wherever they faced any difficulty.

The obtained data was analyzed by applying the descriptive and Pearson's product-moment correlation statistical technique at the level of Significance 0.05. Table - 1 indicates the coefficient correlation between the traits of Anxiety and Depression and Premenstrual Syndrome (PMS) of female athletes in Individual Combat Games and Team Combat Games.

However Table exhibited that a significant correlation is found, as the p- p-value is 0.000 which is less than 0.05 and the obtained Coefficient Correlation value is 0.825 and also a significant correlation is found, as the p- p-value is 0.000 which is less than 0.05 and the obtained Coefficient Correlation value is 0.964 at level of significance 0.05.

The above statistical findings clearly conclude a positive correlation (0.825 and 0.964) between the trait anxiety and depression and Premenstrual Syndrome (PMS) in female athletes of Individual Combat Games and Team Comat Game.

Keywords: State anxiety, premenstrual syndrome (PMS), female athletes, individual combat game

Introduction

Games and sports, as a part of human education, have always existed in human society. Before the dawn of civilization and culture, physical exercise was an important aspect of human existence. In primitive societies, the "Necessity for survival" motivated man to keep himself more physically fit and strong enough in comparison with stronger forces for nature. With growing concern for the improvement of Sports performance and heightened recognition of the importance of psychological preparation of athletes the future of the psychological study of sports appears robust. Depression prevalent is problems in college across the country "Depression in adolescence frequently co-occurs with other disorders such as anxiety, eating disorders, or substance abuse. It can also lead to increased risk for suicide." (Weissmanet. Al., 1999) ^[13]. Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and physical well-being (Salmans, 1997) ^[14]. Depressed people may feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable or restless. They may lose 17 interest in activities that once were pleasurable, experience loss of appetite or overeating, or problems concentrating, remembering details or making decisions, and my contemplate or attempt suicide. College is a stressful time and depression is common among study.

Selection of Subject

Subjects for the study were 64, in which 32 (thirty two) subjects were from Individual combat and 32 (thirty two) subjects were from team combat games.

All the subjects were belongs to different sports centers of Punjab. The present investigation’s methodology used was a quantitative design connection to link trait anxiety and depression with Premenstrual syndrome (PMS).

Selection of Variables

Psychological Variable Trait Anxiety and Depression with Premenstrual syndrome (PMS) was selected as the variables for the study.

Data Collection for the Study

The data were personally selected from all the female athletes. They were asked to fill out a questionnaire related to trait anxiety and depression. Proper instructions regarding filling out the questionnaire were given in advance and the researcher clearly delivered the instructions regarding filling the questionnaire and detailed the procedure of the questionnaire. The subjects were guided and assisted wherever they faced any difficulty.

Result, Analysis and Discussion of Finding

The obtained data was analyzed by applying the descriptive and Pearson’s product-moment correlation statistical technique at the level of Significance 0.05.

Table 1: Coefficient of Correlation of State Anxiety with the Premenstrual Syndrome (PMS) of female athletes in Individual Combat Game and Team Combat Game

		Trait Anxiety/ Depression	PMS
Trait Anxiety	Pearson Correlation	1	.825
	Sig. (2-tailed)		.000
	N	64	64
Depression	Pearson Correlation	1	.964
	Sig. (2-tailed)		.000
	N	64	64

Table - 1 indicates the coefficient correlation between the trait Anxiety and Depression and Premenstrual Syndrome (PMS) of female athletes in Individual Combat Games and Team Combat Game. However Table exhibited that a significant correlation is found, as the p- value is 0.000 which is less than 0.05 and the obtained Coefficient Correlation value is 0.825 and also a significant correlation is found, as the p- value is 0.000 which is less than 0.05 and the obtained Coefficient Correlation value is 0.964 at level of significance 0.05 Above statistical findings clearly concludes a positive correlation (0.825 and 0.964) between the trait anxiety and depression and Premenstrual Syndrome (PMS) in female athletes of Individual Combat Game and Team Comat Game.

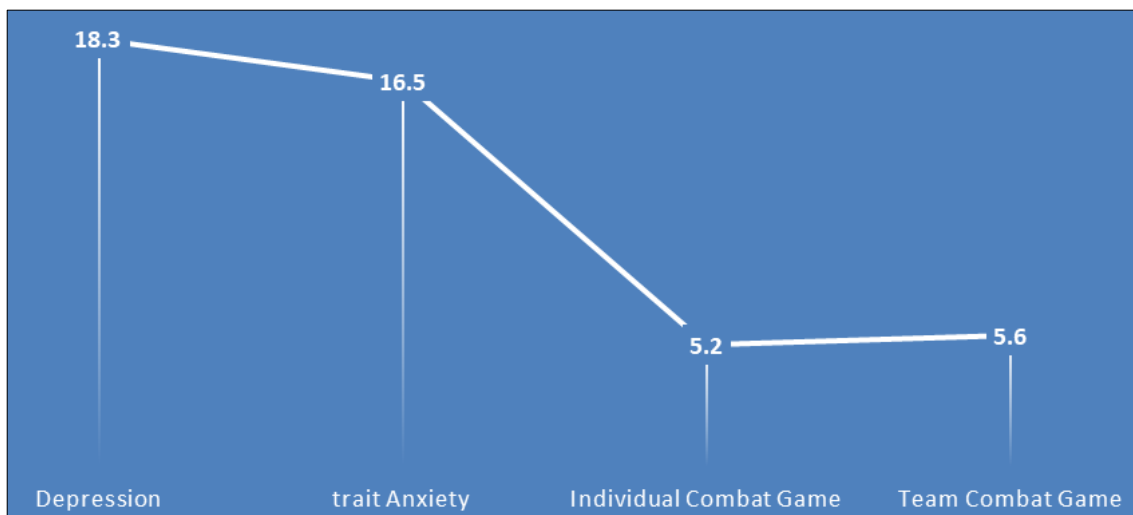


Fig 1: Graphical Representation of Coefficient of Correlation of State Anxiety with the Premenstrual Syndrome (PMS) of female athletes in Individual Combat Game

Discussion of Finding

Subjects for the study were 64, in which 32 (thirty two) subjects were from Individual combat and 32 (thirty two) subjects were from team combat games. All the subjects were belongs to different sports centers of Punjab. The present investigation’s methodology used was a quantitative design connection to link trait anxiety and depression with Premenstrual syndrome (PMS). Psychological Variable Trait Anxiety and Depression with Premenstrual syndrome (PMS) was selected as the variables for the study.

The data were personally selected from all the female athletes. They were asked to fill the questionnaire related to trait anxiety and depression. Proper instruction regarding filling the questionnaire were given in advance and researcher clearly deliver the instruction regarding filling the questionnaire and detailed the procedure of questionnaire. The subjects were guided and assisted wherever they face any difficulty. The obtained data was

analyzed by applying the descriptive and Pearson’s product moment correlation statistical technique at level of Significance 0.05. Results that that a significant correlation is found, as the p- value is 0.000 which is less than 0.05 and the obtained Coefficient Correlation value is 0.825 and also a significant correlation is found, as the p- value is 0.000 which is less than 0.05 and the obtained Coefficient Correlation value is 0.964 at level of significance 0.05 Above statistical findings clearly concludes a positive correlation (0.825 and 0.964) between the trait anxiety and depression and Premenstrual Syndrome (PMS) in female athletes of Individual Combat Game and Team Comat Game. This difference may occur due to the reason that during the past two decades sports psychology has emerged as a legitimate field of scientific inquiry. As with all scientific endeavors, sports psychology shares the same basic goals of science, the observation of events, the description of phenomena, the explanation of the factors that

influences events in systematic manner, the prediction of events or out comes based upon systematic and reliable explanations and ultimately, the control of events or contingencies that result in expected out comes. Sports psychology in many ways is a fortunate scientific field of inquiry. Researchers have afforded ample opportunity to observe, describe, and explain the various psychological factors that influence diverse aspects of sports and physical activity.

High-level performance of a sportsman depends upon his psychological makeup. Different psychic abilities play decisive roles in achieving top level performance in track and field athletics. Therefore superb psychological fitness and training of the individual are important factors, which help in achieving outstanding performance. The reason could be that all the four groups are associated to sports and recreation and these activities remove the life satisfaction. All the four groups are somewhat homogeneous in nature. Thus, it becomes clear that, similarity can be same in the Depression of female players of selected games. Similar research was also carried out by Banu, Al-Fageer and Al-Suwaidi (2009) ^[15], examined the phenomenology of depression and anxiety in medical doctors in 3 government hospitals, 3 primary Health Care Centers and the students (all years) and Staff of Dubai Medical College for Girls (DMCG). Bayram and Bilgel (2008) ^[16] also examined the prevalence of depression, anxiety and stress among a group of Turkish University students. These studies are indicative of a lack of quality research in this area, meaning that experts are unable to speak with certainty about the full impact of menstruation on sport.

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