CHAPTER - IV

Analysis
And
Interpretation
CHAPTER - IV
ANALYSIS AND INTERPRETATION

4.0.0 Introduction

In this chapter are given the results of the study related to the various objectives, assessing the stress and depression of the male and female sports person of the three universities i.e. Maharshi Dayanand University Rohtak, Kurukshetra University Kurukshetra and Ch. Charan Singh Haryana Agriculture University Hisar.

The interpretation of results and their discussions has been included in this chapter.

After getting responses from the male and female University sports person, the data was analyzed statistically. Mean, S.D. and ‘t’ values were calculated.

The results pertaining to all the objectives and hypotheses are as under:

Objective No. 1

To compare the stress between male and female University Sports person.

Hypothesis No. 1

There is no significant difference between the mean stress scores of male and female University Sports person.
Table 4.1

Significance of difference between the mean stress scores of male and female University Sports person

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>200</td>
<td>132.24</td>
<td>21.4</td>
<td>0.18</td>
<td>NS</td>
</tr>
<tr>
<td>Female</td>
<td>200</td>
<td>131.82</td>
<td>23.2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NS= Not Significant at .01 and .05 level

Table 4.1 reveals that the ‘t’ value (0.18) for difference in the mean stress scores of male and female University Sports person is not significant at 0.01 and 0.05 levels. When the results were compared in context of mean scores, it was found that there is little variation between the mean stress scores (M = 131.82) of female sports person and mean stress scores of male sports person (M=132.24). The ‘t’ value calculated is lower than the table value. Therefore, the null hypothesis, “there is no significant difference between the mean stress scores of male and female University Sports person” is retained. It means that the stress is almost similar in male and female University Sports person.
Objective No. 2

To compare the general depression of male and female University Sports person.

Hypothesis No. 2

There is no significant difference between the mean general depression scores of male and female University Sports person.

Table 4.2

Significance of difference between the mean general depression scores of male and female University Sports person

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>200</td>
<td>151.8</td>
<td>30.41</td>
<td>9.74</td>
<td>S</td>
</tr>
<tr>
<td>Female</td>
<td>200</td>
<td>185.6</td>
<td>38.62</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S = Significance at 0.01 level

Table 4.2 above shows that the ‘t’ value (9.74) for difference in the mean general depression scores of male and female University Sports person is significant at 0.01 level. When results were compared in context of mean general depression scores it was found that mean scores of (M=185.6) female sports person is higher than that of male sports person having mean general depression scores 151.8. This shows that the female University
sports person are having more depression as compared to the male sports person. Thus, the null hypothesis, "there is no significant difference between the mean general depression scores of male and female University Sports person," is rejected. The table shows that the female University Sports person are more depressed as compared to male University Sports person.

Objective No. 3

To compare the stress of male and female University Sports person having high SES.

Hypothesis No. 3

There is no significant difference between the mean stress scores of male and female University Sports person having high SES.

Table 4.3

Significance of difference between the mean stress scores of male and female University Sports person having high SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>50</td>
<td>72.26</td>
<td>11.2</td>
<td>12.29</td>
<td>S</td>
</tr>
<tr>
<td>Female</td>
<td>50</td>
<td>99.18</td>
<td>10.8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S= Significance at 0.01 level
Table 4.3 shows that the ‘t’ value (12.29) for difference in the mean stress scores of male and female University Sports person having high SES is significant at 0.01 level. When results were compared in context of mean stress scores it was found that mean scores of (M=99.18) female sports person are higher than that of male sports person having mean stress scores 72.26. This shows that the female sports person are having more stress as compared to the male sports person. Thus, the null hypothesis, “there is no significant difference between the mean stress scores of male and female University Sports person having high SES,” is rejected. The table shows that the female University Sports person belonging to high SES are under more stress as compared to male University Sports person belonging to high SES.

**Objective No. 4**

To compare the stress of male and female University sports person having low SES.

**Hypothesis No. 4**

There is no significant difference between the mean stress scores of male and female University Sports person having low SES.
Table 4.4
Significance of difference between the mean stress scores of male and female University Sports person having low SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>50</td>
<td>144.4</td>
<td>11.2</td>
<td>3.26</td>
<td>S</td>
</tr>
<tr>
<td>Female</td>
<td>50</td>
<td>152.1</td>
<td>12.4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S = Significance at .01 level

Table 4.4 shows that the ‘t’ value (3.26) for difference in the mean general stress scores of male and female University Sports person having low SES is significant at 0.01 level. When results were compared in context of mean stress scores it was found that mean scores of (M=152.1) female sports person are higher than that of male sports person having mean stress scores 144.4. This shows that the female sports person are under more stress as compared to the male sports person. Thus, the null hypothesis, “there is no significant difference between the mean stress scores of male and female University Sports person having low SES,” is rejected. The table shows that the female University Sports person belonging to low SES are under more stress as compared to male University Sports person belonging to low SES.
**Objective No. 5**

To compare the stress of male University sports person having high and low SES.

**Hypothesis No. 5**

There is no significant difference between the mean stress scores of male University Sports person having high and low SES.

**Table 4.5**

Significance of difference between the mean stress scores of male University Sports person having high and low SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>'t' value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>High SES</td>
<td>50</td>
<td>72.26</td>
<td>11.2</td>
<td>32.34</td>
<td>S</td>
</tr>
<tr>
<td>Low SES</td>
<td>50</td>
<td>144.4</td>
<td>11.2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S= Significance at .01 level

Table 4.5 above shows that the ‘t’ value (32.34) for difference in the mean stress scores of male University Sports person is significant at 0.01 level. When results were compared in context of mean stress scores it was found that mean scores of (M=144.4) female sports person having high SES are higher than that of male sports person having low SES with mean stress
scores 72.26. This shows that the male sports person having low SES are under more stress as compared to the male sports person having high SES. Thus, the null hypothesis, “there is no significant difference between the mean stress scores of male University Sports person having high and low SES,” is rejected. The table shows that male University Sports person having low SES are under more stress as compared to male University Sports person having high SES.

Objective No. 6

To compare the stress of female University Sports person having high and low SES.

Hypothesis No. 6

There is no significant difference between the mean stress scores of female University Sports person having high and low SES

Table 4.6

Significance of difference between the mean stress scores of female University Sports person having high and low SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>High SES</td>
<td>50</td>
<td>99.18</td>
<td>10.8</td>
<td>22.81</td>
<td>S</td>
</tr>
<tr>
<td>Low SES</td>
<td>50</td>
<td>152.1</td>
<td>12.4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S= Significance at 0.01 level
Table 4.6 shows that the ‘t’ value (22.81) for difference in the mean stress scores of male University Sports person is significant at 0.01 level. When results were compared in context of mean stress scores it was found that mean scores of (M=152.1) female sports person having low SES are higher than that of female sports person having high SES having mean stress scores 99.18. This shows that the female sports person having low SES are under more stress as compared to the female sports person having high SES. Thus, the null hypothesis, “there is no significant difference between the mean stress scores of female University Sports person having high and low SES,” is rejected. The table shows that the female University Sports person having low SES are under more stress as compared to female University Sports person having high SES.

**Objective No. 7**

To compare the general depression of male and female University Sports person having high SES.

**Hypothesis No. 7**

There is no significant difference between the mean general depression scores of male and female University Sports person having high SES.
Table 4.7

Significance of difference between the mean depression scores of male and female University Sports person belonging to high SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>50</td>
<td>110.8</td>
<td>8.44</td>
<td>1.39</td>
<td>NS</td>
</tr>
<tr>
<td>Female</td>
<td>50</td>
<td>112.4</td>
<td>12.6</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NS= Not Significant at .01 and .05 level

Table 4.7 reveals that the ‘t’ value (1.39) for difference in the mean general depression scores of male and female University Sports person having high SES is not significant at 0.01 and 0.05 levels. When the results were compared in context of mean general depression scores, it was found that there is slight variation between the mean general depression scores of female sports person (M = 112.4) and male sports person having the mean general depression scores 110.8. The ‘t’ value calculated is lower than the table value. It is clear that the female Sports person having high SES are not affected by general depression. Therefore, the null hypothesis, “there is no significant difference between the mean depression scores of male and female University Sports person having high SES” is retained. It shows that the effect of depression is almost similar in male and female sports person having high SES.
Objective No. 8

To compare the general depression of male and female University Sports person having low SES.

Hypothesis No. 8

There is no significant difference between the mean general depression scores of male and female University Sports person having low SES.

Table 4.8

Significance of difference between the mean general depression scores of male and female University Sports person having low SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>50</td>
<td>265.2</td>
<td>8.64</td>
<td>15.90</td>
<td>S</td>
</tr>
<tr>
<td>Female</td>
<td>50</td>
<td>284.6</td>
<td>9.12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S= Significance at 0.01 level

Table 4.8 above shows that the ‘t’ value (15.90) for difference in the mean general depression scores of male and female University Sports person having low SES is significant at 0.01 level. When results were compared in context of mean general depression scores, it was found that mean scores of (M=284.6) female sports person are higher than that of male sports person.
having mean general depression scores 265.2. This shows that the female sports person are under more depression as compared to the male sports person having low SES. Thus, the null hypothesis, "there is no significant difference between the mean general depression scores of male and female University Sports person having low SES," is rejected. The table shows that the female University Sports person are more depressed as compared to male University Sports person having low SES.

**Objective No. 9**

To compare the general depression of male University sports person having high and low SES.

**Hypothesis No. 9**

There is no significant difference between the mean general depression scores of male University Sports person having high and low SES.

**Table 4.9**

Significance of difference between the mean general depression scores of male University Sports person having high and low SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>High SES</td>
<td>50</td>
<td>110.8</td>
<td>8.4</td>
<td>90.82</td>
<td>S</td>
</tr>
<tr>
<td>Low SES</td>
<td>50</td>
<td>265.2</td>
<td>8.64</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S= Significance at 0.01
Table 4.9 shows that the ‘t’ value (90.82) for difference in the mean general depression scores of male University Sports person is significant at 0.01 level. When results were compared in context of mean general depression scores it was found that mean scores of \( \text{M}=265.2 \) male sports person having low SES are higher than that of male sports person having mean general depression scores \( 110.8 \) having high SES. This shows that the sports person having low SES are under more general depression as compared to the male sports person having high SES. Thus, the null hypothesis, “there is no significant difference between the mean general depression scores of male University Sports person having high and low SES,” is rejected. The table shows that male University Sports person having low SES are under more general depression as compared to male University Sports person having high SES.

**Objective No. 10**

To compare the general depression of female University sports person having high and low SES.

**Hypothesis No. 10**

There is no significant difference between the mean general depression scores of female University Sports person having high and low SES.
Table 4.10

Significance of difference between the mean general depression scores of female University Sports person having high and low SES

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>‘t’ value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>High SES</td>
<td>50</td>
<td>112.4</td>
<td>12.6</td>
<td>78.63</td>
<td>S</td>
</tr>
<tr>
<td>Low SES</td>
<td>50</td>
<td>284.6</td>
<td>9.12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

S= Significance at 0.01 level

Table 4.10 above shows that the ‘t’ value (78.63) for difference in the mean general depression scores of female University Sports person is significant at 0.01 level. When results were compared in context of mean general depression scores it was found that mean scores of (M=284.6) female sports person having low SES are higher than that of female sports person having mean general depression scores 112.4 having high SES. This shows that the female sports person having low SES are more depressed as compared to the female sports person having high SES. Thus, the null hypothesis, “there is no significant difference between the mean general depression scores of female University Sports person having high and low SES,” is rejected. The table shows that the female University Sports person having low SES are under more general depression as compared to female University Sports person having high SES.