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DEPRESSION IN THE WRESTLERS WRESTLING TRAINING CENTER, THE INVESTIGATION OF ANXIETY AND STRESS LEVELS

Abstract:

The purpose of this study was the depression anxiety and stress levels of wrestlers. They are staying in wrestling training center in Ankara, İstanbul, Denizli and Muğla. The average age of (18.44-4,76), sport age (5.47-3.93. 207) male wrestler to work as a volunteer.

Wrestling training center of the wrestlers in the depression, anxiety and stress levels to examine Bilgel and Bayram (2010) developed by 42 questions consisting of anxiety, depression and stress situations both dimensional and categorical excluding both the discrimination allowing depression, anxiety and stress (DASS-42) scale was used. Scale likert-type rating (1= never, 2= sometimes and occasionally 3= fairly often 4=always) provide. (DASS) to examine the data obtained from 42 scale package SPSS 16.00 program was used.

SPSS version 16.0 was used analyze the data. Whether there is any difference between the variables to find the One Way ANOVA was used. This difference stems from the group to find out which Tukey HSD test was applied. In addition, to examine the relationship between variables Pearson Correlation test was performed. According to the results of research; Analyzing the stress level of the wrestlers; in terms of education level junior high, high school and college wrestlers also a significant difference between studying is unprecedented. ($p > 0.05$). Considering the anxiety level of the wrestlers; Read on to junior high school wrestlers in terms of educational status with college enrollment among wrestlers and wrestler in high school and college enrollment among wrestlers significant differences were found ($p < 0.001$). Analyzing the depression levels of wrestlers; Read on to junior high school wrestlers in terms of educational status with high school and college enrollment of seeing wrestlers wrestlers in the middle of reading a significant difference between the wrestlers were observed ($p < 0.001$). According to the Pearson Correlation test results; with the age of the wrestlers have a significant relationship between anxiety and depression levels ($P < 0.05$). Wrestler of the stress level and sport have a significant relationship between age ($P < 0.05$). We also found a significant correlation with anxiety and depression ($p < 0.001$). Likewise with the age of the wrestlers and sports age of anxiety levels ($P < 0.05$); between stress and depression ($p < 0.001$), depression, age and fitness level of age ($P < 0.05$); a significant relationship between levels of stress and anxiety were observed ($p < 0.001$).

As a result; Wrestling training centers located wrestlers depression, anxiety (anxiety) levels were significantly differences, stress level any change in not being reported in the variable age was associated with age and no longer by the wrestlers depression and anxiety negatively affected were seen. This change related with age. Wrestlers effected negative depression and anxiety levels. We can talk that wrestlers seen depression and anxiety levels the average age increases. The reason for this

wrestlers stay wrestling training centers and wrestlers are training intense. Wrestlers increase responsibility age related with competitions periods. This related demonstrated career and future anxiety, economic factors.

Keywords:

Wrestling, Wrestling training centers, depression, anxiety, stress