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Effects of Group Exercise (Sports Team) on Hospitalized Depressed Patients

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Abstract

The purpose of this study was to investigate the effects of group exercise on depression. The quasi experimental method (pretest, post test) was conducted. 35 hospitalized depressed patients participated in this research. 20 patients had interested in the group exercise were assigned to the experimental group and 15 patients were assigned to the control group. Experimental group played for 60 days. The control group did not played any sport team. Results showed significant differences in pretest- posttest in the experimental group on the Beck Depression Inventory ($p<0.05$, $t=9.74$). The control group showed no significant difference in pretest- posttest ($p<0.05$, $t=.88$). Team exercise decreased depression in the experimental group. According to the result, group exercise (team sports) in hospitalized depressed patients is recommended.

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Keywords: depression, group exercise, hospitalized depressed

1. Introduction

Depression is a common psychiatric disorder that is characterized by depressed mood alongside with feelings of sadness, low self-confidence and lack of interest in any kind of activity. A number of different psychological symptoms such as feeling of mild boredom and quiet away from everyday activities are including symptoms of depression. Depression impairs a person's life functions such as eating, sleeping, and being healthy. Some of the causes of depression are identified and some have no clear cause. Neurotransmitter dysfunction in depressed patients is approved. In addition to serotonin, nor epinephrine and dopamine are disturbed in depressed patients; So sad, crying, loss of interest and inability to enjoy, lethargy and fatigue, restlessness, irritability, and sleep problems in

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depressed patients is created. Psychomotor stimulation and lack of interest in appearance is very common. There is little or no spontaneous speech. Long pauses in speech, using single-syllable words and voice, slow and steady is observed in patients with depression (Allison & Adolf, 2005). Athletic activities for people with depression are recommended. Sports psychology is the study of exercise behavior and using psychological findings to improve the performance and promotion of health. In sport psychology the impact of physical activity in depressed individuals was studied and it is believed that it can reduce some symptoms of depression such as anxiety (Achenbach, 1990). Researches have shown physiological effects of exercise on the body and calm the people. Exercise will bring joy and enhance confidence (Aria & Hisami, 1998). Depressed people are happy with the exercise. Exercise increases one's sense of inner satisfaction and a feeling of being successful. Because depressed people should have enough energy to cope with depressive symptoms, exercise should be conducted to do moderation and not to excess. Depressed patients should take slow steps, and for best results they need to consult with a sports psychologist, because if the exercise is done correctly, it will be helpful for mental health. Significant reduction in grief, enhance self-confidence, a sense of personal achievement and creativity are the benefits of exercise in reducing symptoms of depression (Beck, et al., 1961). Exercise cause nervous system respond better to show in special cases. And so the body can better control in critical situations and stresses have (Eysenck & Eysenck, 1964). In depressed patients, the brain neurotransmitters nor epinephrine and serotonin that are released are low. These deficiencies can be treated with medication, exercise, and psychological losses (Farmer, Locke, et al., 1988). Harris and his colleagues (2006) in a study of depressed patients over 10 years showed an association between physical activity and reduced depression. Schuch and colleagues (2011) in a controlled clinical trial of aerobic exercise as an effective strategy for the treatment of depression concluded that exercise is an effective strategy for the treatment of depression and enhance quality of life of depressed individuals. Hasanpour and Naderi (2007) in a study of depressed girls, showed the significant effects of 8 weeks of aerobic exercises on depression and academic achievement. They showed that aerobic exercises can impact on reducing depression and improving academic performance. Salesi and Jowkar (2012) studied the effect of exercise on postmenopausal women's happy. They found that aerobic exercise has a significant influence on postmenopausal women's happiness. Nathan, et al (2015) conclude Women athletes with higher self-compassion levels generally responded in healthier ways to emotionally difficult hypothetical and recalled situations in sport than their less self-compassionate counterparts. Badminton provided participants with an opportunity to continue and develop a positive athletic identity. Hawkins, Coffee, and Soundy (2014) showed that Badminton as a together exercise provided participants with an opportunity to continue and develop a positive athletic identity. Identity may be used as a factor that can promote recovery, and is considered as a way to encourage and maintain positive long-term adjustment to disability.

The purpose of this study was to examine the effects of team exercise (not individually) on reducing the symptoms of depression. The main issue is to what extent team exercise can reduce the symptoms of depression in hospitalized people So that we can test it on the Beck Depression Symptoms. The research question is whether pre-post test scores on the Beck Depression Inventory depressed patients show a significant difference?

2. Methodology

2.1 Research Design

The quasi-experimental method was conducted to examine the impact of group exercise (sports team) on depression.

2.2 Population and samples

The population and samples were 35 patients hospitalized for depression. They were matched in two groups: experimental and control groups. Pretest-posttest experimental design was used. Subjects were grouped into 4 groups of 5 people. Volleyball and badminton teams were playing for 60 days.

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