Anxiety and Depression as Predictor Agents of Low Group Integration Task in Mexican College Athletes

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ABSTRACT:

PURPOSE: To identify the relationship between depression and anxiety indicators and Group Integration Task (GI-T) in college athletes. METHODS: 224 college athletes from 11 sports teams (134 men and 90 women with an age range between 19 and 24 years old) of a high-performance program were evaluated with a psychometrical battery which includes the Goldberg's anxiety and depression scale (two subscales with 9 questions each, that results in "With/Without anxiety" and "With/Without depression") and; the Group Environment Questionnaire (GEQ) which evaluates the cohesion in sports teams in four group and individual factors; Group Integration Task (GI-T) is the only one analyzed, the results were summarized in Quartiles, a higher Quartile represents worst scores. A multinomial logistic regression was used to associate the Goldberg's and GI-T scores. RESULTS: Statistically significant associations were found between with depression and the presence of third (p=0.01) and fourth (p=0.01) Quartile. On the other hand, anxiety punctuations were associated with fourth Quartiles scores in the same way that depression did (p=0.03). CONCLUSIONS: Those athletes that scored with probable depression or anxiety are associated with higher Quartile punctuations in GI-T factor. Evaluating anxiety and depression in athletes of sport teams could be a way to identify probable cohesiveness problems between their members. Similar studies are suggested to corroborate this result.

INTRODUCTION

Anxiety and depression are emotional problems with important repercussions on people, those ailments can affect directly on the social environment as well as their ability to integrate into group tasks.

People who are constantly aware of their emotions without the proper skills to manage them are liable to develop a rumination process out of the person's control. (González, Ros, Jiménez and Gárces , 2014) Thereby, some ailments as anxiety and depression can take place and, like Cecchini, González and Contreras (2004) said, this situation could take apart the athlete from their team and affect his sport performance.

According to Masconi (2007), anxiety is a negative emotional state that includes feelings of nervousness, concern and apprehension. On the other hand, depression produces symptoms of inhibition, sensation of emptiness and a general lack of interest, problems with communication and social contact, psychomotor slowdown and feelings of incapacity.

Montero (p 153) group aspects in connection with sport performance, the most significant aspects are group cohesion, attention, motivation and stress management. Those variables relate directly with a proper integration of the athletes to group goals.

This work intends to predict a low grade of integration to the group task, focus the attention to anxiety and depression symptoms in college athletes.

METHODS

Subject: 224 college athletes from 11 sports teams of a high-performance program were evaluated, 134 men and 90 women with an age range between 19 and 24 years old.

Instruments: A group of trained psychologists applied a psychometrical battery which included the Goldberg's anxiety and depression scale, the Group Environment Questionnaire (GEQ) and the Group Integration Task (GI-T).

The Goldberd's test uses two subscales, with 9 questions each, to evaluate the results and classify them in the next categories: "With/Without anxiety" and "With/Without depression". The GEQ evaluates the cohesion of sport teams using four groups and individual factors.

The results were summarized in quartiles where higher results represent worst scores.

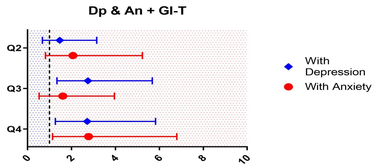
Statistical analysis:

Also a multinomial logistic regression was used to correlate the Goldberg's and GI-T results.

RESULTS

According to the results, we found that there are significant associations between depression and the presence of the third (p=0.01) and fourth (p=0.01) Quartile (graph 1). In contrast, there is an association between anxiety punctuations with fourth Quartiles scores just as depression (p=0.03).

GI-T	Goldberg Test	
	With Depression (◆)	With Anxiety (●)
Q2	1.47 (0.68 – 3.15)	2.07 (0.82 – 5.23)
Q3	2.75* (1.34 – 5.68)	1.61 (0.53 – 3.96)
Q4	2.72* (1.27 – 5.83)	2.78* (1.14 – 6.80)



Graph 1:

Data expressed in odds ratio (95%CI)

Dp= Depression *An=Anxiety* *GI-T= Group interaction Task*

Q2= Quartile 2 *Q3=Quartile 3* *Q4=Quartile 4*

Significant association p<0.05

CONCLUSIONS

The athletes who got significant depression or anxiety scores are associated with higher punctuations in GI-T factor. Thus we can infer that evaluating depression and anxiety in athletes of sport teams could help us to find possible cohesive problems between those members.

Those results are important because they can be helpful to create techniques or programs for the team and the athlete to intervene when they face a complicate situation related to cohesion.

Moreover, these information can be used to prevent cohesive complications promoting the athlete's mental health and paying especially attention to the symptoms of depression and anxiety.

Similar studies are suggested to corroborate this result.

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