

The Shift of Female Martial Artists Depression Level Resulting from Pre-Menstrual Syndrom Effect

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Abstract: The urgency of this study is to see the stability of achievement as the effect of the exercise. Disorders such as stress that cause depression to be factors that can affect the robustness of achievement. For female athletes, the pre-menstrual phase can often affect mental balance that may affect their achievement. The research method used is descriptive, to find out how big the level of depression that occurs during the pre-menstrual phase in facing big games. The sample of this research was martial artist of silat, wrestling, tarung derajat, judo, kempo, wushu and karate. They were chosen for these martial arts have throws techniques. The instrument used is a depression measurement questionnaire. The results found that, the depression rate of female athletes in Martial Arts who use throws is at a moderate to high level when facing the game. This can be interpreted that, the pre-menstrual syndrome of women's martial arts, which one of the factors is depression is still a factor inhibiting the stability of their achievement. It is therefore suggested to provide sport psychological treatment.

1 INTRODUCTION

The study examined whether the pre-menstrual phase as a moderator of the equilibrium depression of female athletes (female individual sport), especially in the face of big games. Another similar study shows that participation in individual sports can increase great depression over team sports (Andreann Perron-Gélinas, Mara Brendgen, Frank Vitaro, 2017). Other results suggest that children involved in team sports have better mental health than those involved in individual sports (Isabelle Doré, Jennifer L. O'Loughlin, Guy Beauchamp, Marc Martineau, Louise Fournier, 2016). Thus higher levels of depression in martial athletes, should be managed so as not to be an indicator that can inhibit achievement, although done during pre-menstruation.

1.1 Background of the study

Basically martial arts is seen as a form of combat, characterized as a multifunctional sport (Massey, Meyer, and Naylor, 2013), therefore for women martial arts is very important, in addition to the self-defense system (Angleman, Shinzato, Van Hasselt,

and Russo, 2009); also to improve physical fitness (Fong, Fu, and Ng, 2012) and as one of the psychological intervention programs (Bahrami, Movahedi, Marandi, and Abedi, 2012; Hussen, 2010). Currently, more than 14 million people are reported to be suffering from depression, with the majority of these groups is women (Nicole E. Hurt, 2010). This number is significant and needs solution. Basically a well-managed physical activity can reduce symptoms of depression. (Taylor McFadden, Michelle S. Fortier, Eva Guérin, 2017). Psychological preparation of women elite athletes should be carefully planned, especially in combat sports, such as; martial arts, wrestling, fighting degrees, judo, kempo, wushu, karate (Boris Blumenstein, Ronnie Lidor and Gershon Tenenbaum, 2011) The purpose of psychological preparation (mental) is intended to be integrated effectively in the physical, technical, and tactical preparation of the program training for all phases (preparation, competition, and transition). The pre-menstrual phase in girls is a time of critical development associated with deep biological and psychosocial changes, including depression symptoms.

2 METHODS

The method used in this study was descriptive method. The population was martial art athletes of PELATDA PON XIX Jawa Barat 2016 consisting of 5 female pencak silat athletes, 7 female wrestlers, 10 female tarung derajat athletes, 6 female judo athletes, 8 female Kempo athletes, 3 female wushu athletes, and 5 female karate athletes with the total 44 martial artists as the population. All of the were involved as the sample (total sampling) Population selection is also based on menstruation as a process experienced by female athletes, where there is a process of dekuamasi or decay of the inner lining of

the uterus (endometrium) out through the vagina Santoso (2012).

3 RESULTS AND DISCUSSION

The analysis was performed through Statistical Product and Service Solution (SPSS) version 20. The data was obtained from depression symptom questionnaires of PELATDA PON XIX JABAR 2016 Pencak Silat, Wrestling, Tarung Derajat, Judo, Kempo, Wushu and Karate athletes.

Table 1: Athlete data description table.

Depression Indicators	N	Means	Standard Deviation	Variance	Minimum Score	Maximum Score
Pencak Silat	5	33.8	6.46	41.7	28	43
Wrestling	7	38	5.1	26	31	46
Tarung Darajat	10	35.1	5.17	26.8	28	42
Judo	6	32.3	3.93	15.5	28	39
Kempo	8	33.1	2.17	4.7	31	38
Wushu	3	34.7	1.15	1.33	34	36
Karate	5	35.2	10.8	7.1	30	38

Table 2: Tests of normality.

Sports	Kolmogorov-Smirnova		
	Statistic	df	Sig.
Pencak Silat	.211	5	.200
Wrestling	.101	7	.200
Tarung Darajat	.163	10	.200
Judo	.300	6	.200
Kempo	.221	8	.177
Wushu	.231	3	.200
Karate	.259	5	.185

Table 3: Test of homogeneity of variances.

Levene Statistic	df1	df2	Sig.
.592	6	37	544

Table 4 : ANOVA test result on depression

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2133.621	6	365.054	4.472	.000
Within Groups	3374.788	37	73.784		
Total	5404.331	43			

Table 5: Correlation analysis of menstrual phase toward depression.

Variables	Test Result		Testing Criteria	Conclusion
	R Squared	value		
Menstruation on Depression Indicators	0.79	.000	Ho is rejected if Pvalue < =0.05	Menstruation on Depression Indicators

The table shows that from the statistical analysis the menstrual phase effect on depression is Rsquared = 0.79; Pvalue of depression =.000; () = 0.05; the testing criteria is that Ho is rejected if Pvalue < and the conclusion is Pvalue < which means that Ho is rejected. Based on the results of the above analysis concluded there is a relationship between the impact of menstrual phase on depression symptoms of PELATDA PON XIX athletes with strong correlation.

4 CONCLUSIONS

The result showed that there is a significant correlation between the menstrual phase and athletes' depression. It was also found out that the depression level of PELATDA PON XIX Jawa Barat 2016 athletes is categorized as moderate. In relation to the results, the researcher suggests paying special attention to female athletes who have a career in

martial arts, especially those who use dings as a means of obtaining high marks, in order to pay attention to the premenstrual cycle in mental cultivation in the face of big games.

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