

Depression Among Last Year College Students

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Received June 18, 2017

Accepted July 18, 2017

ABSTRACT

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. College depression isn't a clinical diagnosis. Instead, college depression is depression that begins during college. College students face challenges and pressures that can cause them to feel overwhelmed. They might be living on their own and feeling homesick. Money and intimate relationships also can serve as major sources of stress. Dealing with these changes during the adulthood can trigger or unmask depression during college in some young adults. The purpose of this study was to measure the level of depression among last year college students. Two groups of topper students were selected one is of male last year college students and the other is of female last year college students, both groups have 30 topper students. Each group has 15 topper students. Data were collected from the Delhi and National Capital Region College students. In this research paper "Cognitive Self-Statements in Depression: Development of an Automatic Thoughts Questionnaire." by Drs. Steven Hollon and Philip Kendall was used. "t" test was used for analysis. The first group of topper male last year college students has standard deviation 13.068 and topper female last year college students has standard deviation 22.897 hence the value of "t" test is 0.756. It shows that value is insignificant at both the levels, i.e. 0.05 and 0.01. There are total 30 topper students out of which, male students showed that 20% of students were suffering from mild depression, 20% of students were suffering from moderate depression and 60% of students were suffering from severe depression. Female students showed that 40% of students were suffering from mild depression, 6.66% of students were suffering from moderate depression and 53.33% of students were suffering from severe depression. There is no significant difference in the level of depression among male and female last year college students, but female last year college students are more depressed as compared to male last year college students. In the present research study it is found that there is no significant difference among male and female last year college students. Last year male college students are less stressed regarding the making of career because they have less societal pressure as compared to last year female college students. Last year female students have more pressure of making career than male students and to maintain their grades on regular basis and no fun activity with monotonous lifestyle can be a major cause of depression in today's youth. Last year female students have more pressure to cope up with family issues and societal pressure. College is a stressful environment for most students, therefore it's especially important for parents, friends, faculty, and counsellors to get involved if they suspect a student is suffering from depression.

Key words: Depression, Last year, college students, mild, moderate, severe.

INTRODUCTION

Depressive symptoms can negatively impact the lives of college students. Students experiencing depressive symptoms report greater amounts of emotional suffering. This suffering may impact life satisfaction and academic performance (Brown & Schiraldi, 2004). [1] Depression is one of the most frequent psychiatric mood disorders in both developed and low-income countries. Major depression affects approximately 16% of the general population one or more times during their lives (Lee et al 2010, Kessler et al 2005). [2] College students face unique stressors intrinsic to the academic system that differ from their peers who are not in college. These stressors include fear of failure, demands

on time, loneliness, financial pressures, low self-esteem, and poor coping strategies (Hirsch & Ellis, 1996). [3] Depression often has an onset during the adolescent and young adult years and is associated with negative health and social outcomes. [4]

Depression among university students is extremely prevalent and widespread problem across the country [5-7]. University students are a special group of people that are enduring a critical transitory period in which they are going from adolescence to adulthood and can be one of the most stressful times in a person's life. Trying to fit in, maintain good grades, plan for the future, and

be away from home often causes anxiety for a lot of students [8].

As a reaction to this stress, some students get depressed. They find that they cannot get themselves together. They may cry all of the time, skip classes, or isolate themselves without realizing they are depressed. Previous studies reported that depression in university students is noted around the world [9-11] and the prevalence seems to be increasing [12]. The World Health Organization has identified depressive disorders of adolescence as "priority mental health disorder." Globally, its prevalence rate is 15-20% and recurrence rate is 60-70%, whereas in India it is reported as 11.2%. However, studies have reported that 50% of cases remain undiagnosed. The consequences of depression are serious, causing suicide, school dropout, and drug abuse.[13] It is important to study depression among university students because most lifetime mental disorders have their first onset during the typical university age [14], and the mental health of university students has major implications for campus health services and mental health policy making [15,16]. Depression is a common mental health problem among student population. At any given time 25% of student population report symptoms of Depression. (Beck and Young 1978)[17].

OBJECTIVE OF STUDY

To know the difference between the level of depression among male last year college students and female last year college students.

HYPOTHESIS

- There is no difference in the level of depression among male last year college students and female last year college students.

INSTRUMENTS

ASPECT	NAME OF THE TEST	AUTHORS
DEPRESSION LEVEL	"Cognitive Self-Statements in Depression: Development of an Automatic Thoughts Questionnaire."	Drs. Steven Hollon and Philip Kendall

METHOD

This study took place between May and June 2017. Data were collected from the Delhi and National capital Region College students. Two groups were selected one is of male last year college students and the other is of female last year college students, both groups have 30 students. Each group has 15 students.. Male last year college students who participated in this study (N = 30). Female last year students who participated in this study (N = 30). Individuals completing Cognitive Self-Statements in Depression: Development of an Automatic Thoughts Questionnaire they had an age of range 20-25, and consisted of both males and females. "t" test was used for analysis

REVIEW OF LITERATURE

Chen L, Wang L, Qiu XH, Yang XX, Qiao ZX, Yang YJ, et al. (2013) examined that moderate depression is prevalent in Chinese university students. The students who were older, dissatisfied with their major, had a lower family income, poor parental relationships, and a lower level of mother's education were susceptible to depression.[18] Another study conducted by K. Grant, P. Marsh, G. Syniar et al.(2002), examined that no evidence of gender differences in rates of depressed mood in either samples or of depressive syndrome in the non-referred sample.

However, in both samples, gender differences in rates of depressive disorder were found, with male students more likely than female students to be depressed.[19] Another study conducted by N. Bayram and N. Bilgel(2008), Depression, anxiety and stress levels of moderate severity or above were found in 27.1, 47.1 and 27% of our respondents, respectively. Anxiety and stress scores were higher among female students. First- and second-year students had higher depression, anxiety and stress scores than the others. Students who were satisfied with their education had lower depression, anxiety and stress scores than those who were not satisfied.

RESULT

The overall purposes of this study were to compare the levels of depression among male last year college students and female last year college students. The first group of male last year college students has standard deviation 13.068 and female last year college students group has standard deviation 22.897 hence the value of "t" test is 0.756. It shows that value is insignificant at both the levels, i.e. 0.05 and 0.01. There is no significant difference in the level of depression among male last year college students and female last year college students, but female last year students are more depressed as compared to male last year college students.

<i>GROUPS</i>	N	Mean	S.D	"t" value
MALE	30	63.93	13.068	
				0.756
FEMALE	30	61.8	22.897	

This table indicates no significant difference between male last year college students and FEMALE last year college students. Female last year college students are more depressed than male last year college students.

CHARTS

Male Last year college students Depression

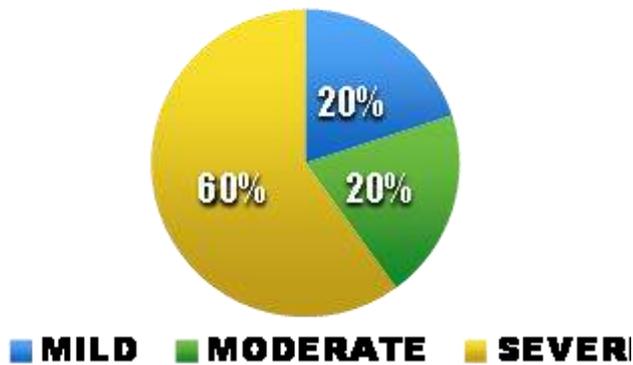


Fig1.1 - It determines depression among male college going students, as mild group indicates 20%, as moderate group indicates 20% and severe group indicates 60%.

Female Last year college students Depression

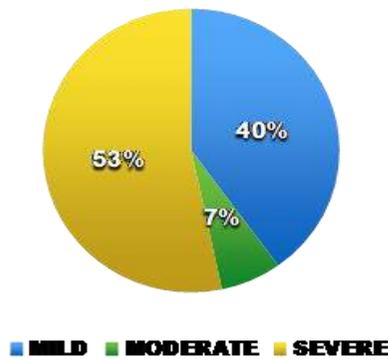


Fig 1.2 - It determines depression among female college going students, as mild group indicates 40%, as moderate group indicates 7% and severe group indicates 53%.

CONCLUSION

In the present research study it is found that there is no significant difference among male and female last year college students. Last year male college students are less stressed regarding the making of career because they have less societal pressure as compared to last year female college students. Last year female students have more pressure of making career than male students and to maintain their grades on regular basis and no fun activity with monotonous lifestyle can be a major cause of depression in today's youth. Last year female students have more pressure to cope up with family issues and societal pressure. College is a stressful environment for most students, therefore it's especially important for parents, friends, faculty, and counsellors to get involved if they suspect a student is suffering from depression.

LIMITATIONS OF THE STUDY

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Delhi (NCR).
- 3) The study was restricted to only college students.
- 4) The study was restricted students only 20-25 years only.

ACKNOWLEDGEMENTS

The author appreciates all those who participated in the study and helped to facilitate the research process.

CONFLICT OF INTEREST

The author declared no conflict of interests.

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