

Depression among First Year College Student

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ABSTRACT

Background: 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 first year college students. **Methods:** Two groups of topper students were selected one is of male first year college students and the other is of female first 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. **Results:** The first group of topper male first year college students has standard deviation 12.69 and topper female first year college students has standard deviation 20.24 hence the value of "t" test is 0.158. 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 60% of students were suffering from mild depression, 13% of students were suffering from moderate depression and 27% of students were suffering from severe depression. Female students showed that 33% of students were suffering from mild depression, 20% of students were suffering from moderate depression and 47% of students were suffering from severe depression. There is no significance difference in the level of depression among male and female first year college students, but female first year college students are more depressed as compared to male first year college students. **Conclusion:** In the present research study it is found that there is no significant difference among male and female first year college students. First year male college students are less stressed regarding the making of career because they have less societal pressure as compared to first year female college students. First 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. First year female students have more pressure to cope up with family issues and societal pressure. They're adapting to new schedules and workloads, adjusting to life with roommates, and figuring out how to belong. College is a stressful environment for most students, therefore it's especially important for parents, friends, faculty, and counselors to get involved if they suspect a student is suffering from depression.

Key words: Depression, First 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 problems among student population. At any given time 25% of student population report symptoms of Depression. (Beck and Young 1978)[17].

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.

OBJECTIVE OF STUDY

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

HYPOTHESIS

- There is no difference in the level of depression among male first year college students and female first 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 July 2017. Data were collected from the Delhi and National capital Region College students. Two groups were selected one is of male first year college students and the other is of female first year, both groups have 30 students. Each group has 15 students. Male first year college students who participated in this study (N = 15). Female first year students who participated in this study (N = 15). Individuals completing Cognitive Self-Statements in Depression: Development of an Automatic Thoughts Questionnaire they had an age of range 18-20, and consisted of both males and females. "t" test was used for analysis

RESULT

The overall purposes of this study were to compare the levels of depression among male first year college students and female first year college students.

The group of male first year college students has standard deviation 12.69 and female first year group has standard deviation 20.24 hence the value of “t” test is 0.158. 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 first year college students and female first year college students, but female first year students are more depressed as compared to male first year college students.

| Groups | N | Mean | S.D | “t” value |
|--------|----|-------|-------|-----------|
| MALE | 15 | 53.73 | 12.69 | 0.158 |
| FEMALE | 15 | 62.66 | 20.24 | |

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

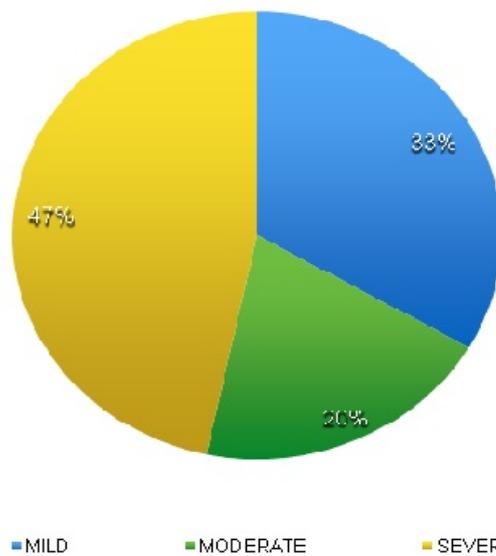
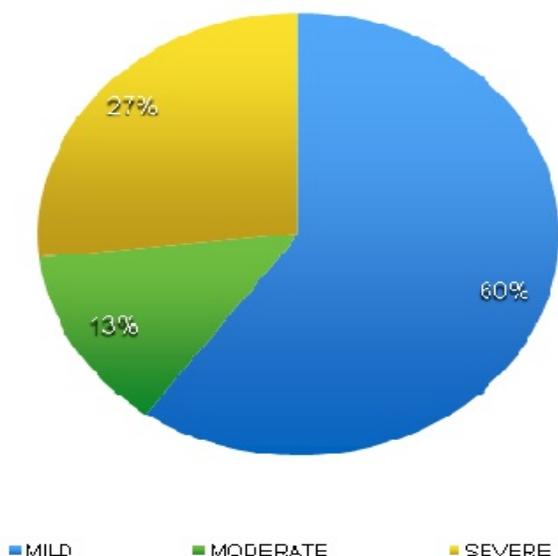
CHARTS

Fig1.1 - It determines depression among male first year college going students, as mild group indicates 60%,

Fig1.2 - It determines depression among female first year college going students, as mild group indicates 33%, as moderate group indicates 20% and severe group indicates 47%.

Male first year college students

Female first year college students



CONCLUSION

In the present research study it is found that there is no significant difference among male and female first year college students. First year male college students are less stressed regarding the making of career because they have less societal pressure as compared to first year female college students. First 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. First year female students have more pressure to cope up with family issues and societal pressure. They're adapting to new schedules and workloads, adjusting to life with roommates, and figuring out how to belong. College is a stressful environment for most students, therefore it's especially important for parents, friends, faculty, and counselors 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 18-20 years only.

CONFLICT OF INTEREST

The author declared no conflict of interests.

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