

Correlation between Hopelessness and Different Levels of Depression among Adolescents

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ABSTRACT

In this study, the investigator tried to find the correlation of hopelessness with four levels of depression, i.e. normal, mild, moderate and severe depression. Data was collected from a sample of 200 adolescents using two psychological tests and were evaluated as per norms mentioned in the manual; the sample was categorized according to the level of depression. Then correlation between hopelessness and the various levels of depression was calculated using Pearson's product moment correlation which concluded as, there exists a positive correlation between the hopelessness and mild, moderate and severe depression. In other words with the increase in hopelessness, the depression also increases and vice versa.

Keywords: Hopelessness, Adolescents and Depression.

Adolescence generally extends from 13 to 19 years of age and is referred as a stormy period of life. It acts as a bridge between childhood and adulthood. During this stage many sort of developments takes place, like physical, mental, social and emotional. Puberty plays a very vital role in adolescence, which leads to sexual maturity. Erick Erickson in his psychosocial stages marked this stage as fifth stage i.e. Ego Identity versus Role Confusion. There are many sorts of pressures which an adolescent faces it may be peer pressure, social, psychological and even from family. This leads to the problem of depression. And depression is very much common in adolescents. Depression is a state of mind, in which an individual feels sad, worthless and is not able to live in a normal way of life. According to DSM-IV a depressed person loses the interest in the previously liked activities, faces change in sleep patterns which may insomnia or hypersomnia, change in appetite, lack of energy and concentration, self loathing, and even leads to suicidality. Hopelessness is a condition, when there is no hope i.e. a situation beyond optimism. In other words, where there is no possibility of being solved or sorted out. It is negative in nature, losing hope, control and confidence for something in future. This may give rise to anti-social behaviors and even depression.

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Objectives:

1. To study the relationship of hopelessness with normal range of depression.
2. To study the relationship of hopelessness with mild depression.
3. To study the relationship of hopelessness with moderate depression.
4. To study the relationship of hopelessness with severe depression.

Hypotheses:

1. There exist a significant correlation between hopelessness and normal range of depression.
2. There exist a significant correlation between hopelessness and mild depression.
3. There exist a significant correlation between hopelessness and moderate depression.
4. There exist a significant correlation between hopelessness and severe depression.

METHOD

Sample:

A sample of 200 adolescents was selected randomly, studying in eight educational institutions located in Bathinda. Then they were categorized as adolescents with normal, mild, moderate and severe depression.

Level of Depression	No. of Adolescents
Normal range of Depression	39
Mild Depression	56
Moderate Depression	64
Severe Depression	41
Total	200

Research Design:

To study the correlation between hopelessness and different levels of depression among adolescents studying in various educational institutes in Bathinda. The data was collected using two different psychological tests and were evaluated according to the norms mentioned in the manual, the sample was categorized as adolescents with normal, mild, moderate and severe depression: then correlation between hopelessness and different levels of depression was calculated using Pearson's product moment correlation.

Test Tools:

The following tools were used in the present study to collect the data:

- a) Zung Self-Rating Depression Scale (1965).
- b) Beck Hopelessness Scale (1988).

Statistical Techniques:

The tabulated data was analyzed and interpreted by using Pearson Product Moment Correlation.

RESULTS AND DISCUSSION

To test hypothesis number 1:

Table 1:

Variable	Correlation Coefficient	Level of Significance
Hopelessness and normal range of depression.	0.15211	Not Significant

As shown in table 1, the coefficient of correlation between Hopelessness and normal range of depression is 0.15211, which is not significant at any level of significance.

Therefore, the first hypothesis that, “There exist a significant correlation between hopelessness and normal range of depression” is rejected.

To test hypothesis number 2:

Table 2:

Variable	Correlation Coefficient	Level of Significance
Hopelessness and mild depression.	0.254525*	*p<0.05

As shown in table 2, the coefficient of correlation between Hopelessness and mild depression is 0.254525, which is significant at 0.05 level of significance.

Therefore, the first hypothesis that, “There exist a significant correlation between hopelessness and mild depression” is accepted.

To test hypothesis number 3:

Table 3:

Variable	Correlation Coefficient	Level of Significance
Hopelessness and moderate depression.	0.380183**	**p<0.01

As shown in table 3, the coefficient of correlation between Hopelessness and moderate depression is 0.380183, which is significant at 0.01 level of significance.

Therefore, the first hypothesis that, “There exist a significant correlation between hopelessness and moderate depression” is accepted.

To test hypothesis number 4:

Table 4:

Variable	Correlation Coefficient	Level of Significance
Hopelessness and severe depression.	0.705554**	**p<0.01

As shown in table 4, the coefficient of correlation between Hopelessness and severe depression is 1, which is significant at 0.01 level of significance.

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Therefore, the first hypothesis that, “There exist a significant correlation between hopelessness and severe depression” is accepted.

CONCLUSION

1. Hopelessness is positively correlated to depression that is with the increase in hopelessness, depression also increases.
2. This can be concluded that hopelessness is strongly correlated to Mild, moderate and severe depression. Hopelessness leads to depression and vice versa.

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Conflict of Interests

The author declared no conflict of interests.

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