

Depression among the students during lockdown

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ABSTRACT

The present study aimed to know the depression among the under graduate and post graduate college students during the lockdown period of covid-19. The sample constituted total 120 students out of which 60 students were from under graduate (30 boys and 30 girls in each group) and 60 from post graduate (30 boys and 30 girls in each group). “Beck Depression Inventory (BDI)” prepared by Dr. Aaron T. Beck (1996) was used. The data was collected, scored and calculated. ‘F’ test was being calculated. The result showed that (1) The girls are more depressed as compared to boy’s students during lockdown. (2) There was no significant difference between the mean score of the depression among the under graduate and post graduate college students during lockdown. (3) There was no significant difference found between interactive effect of the mean score of the depression of gender and type of education.

Keywords: *Depression, students, lockdown*

The whole globe is undergoing a drastic social change, namely the pandemic covid-19. The social distancing during the lockdown period has affected not only humans but animals too. The most important effect of social distancing has made the college students more closer to social media. The youth who have been much favor to attending colleges and universities have found to be more anxiety laden and depressed. Hence the present study has been conducted to know the depression among college and university students.

Today’s youth are the future citizens. For any nation youth is an asset but looking at the present scenario, the same youth are facing at many difficulties either in the field of education, in families, in relationships, unemployment, looking for an appropriate and stable job. The present crisis leads them toward various psychological problems.

Colleges are institutions or organizations which prepare students for the degree, in some cases, colleges prepare students for the degree of a university of which the college is a part. In other cases, college are independent institutions which prepare students to sit as external candidates at other universities or have authority to run courses that lead to the degrees of those universities. In general use, a college is an institution between secondary school and university. Almost every newspaper and medias talk a lot about the youth especially the college youth.

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Depression

The normal ups and downs of life mean that everyone feels sad or has "the blues" from time to time. But if emptiness and despair have taken hold of your life and won't go away, you may have depression. Depression makes it tough to function and enjoy life like you once did.

Just getting through the day can be overwhelming. But no matter how hopeless you feel, you can get better. Understanding the signs, symptoms, causes, and treatment of depression is the first step to overcoming the problem

The World Health Organization has highlighted depression as the second most common and economically costly chronic disease that will affect nonmedical ill people globally over the next decades. Depression is characterized by both cognitive and somatic features. The somatic characteristics of depression have an uncanny similarity to the symptoms of uraemia, such as anorexia, sleep disturbances, fatigue, gastrointestinal disorders, aspects of volume overload, and pain. These similarities make the determination of the role of an association Between depression and mortality potentially problematic.

What is depression?

Sadness or downswings in mood are normal reactions to life struggles, setbacks, and disappointments. Many people use the word, depression, to explain these kinds of feelings, but depression is much more than just sadness. Some people describe depression as, living in a black hole, or having a Feeling of impending doom. However, some depressed people don't feel sad at all—they may feel lifeless, empty, and apathetic, or men in Particular may even feel angry, aggressive, and restless. According to the Diagnostic and Statistical Manual of Mental Disorders (DSMIVTR),depressive symptoms include feeling sad or empty, markedly diminished interest or pleasure in activities, weight gain or loss, insomnia or hyper -somnia, psychomotor agitation, fatigue, feelings of worthlessness, diminished ability to think or concentrate, and recurrent thoughts of death (APA, 2000).

Depression is among the most painful and difficult experience which might affect all human beings at any point of time. The mood disorder of depression robs one's energy, interest, and the will to make things better. She/he can have a profoundly negative view of the self, the world, and the future. It seems as though nothing can change during depression and she/he will never get better. The disorder is a significant cause of personal distress, social disability and economic consequences for patients and families [World Health Organization, 2001].

What is lockdown?

Lockdown has become popular in the present context. It was formerly used for prisoners who have been isolated. In the covid-19 pandemic context it is the state of isolation to access security among the people living in society. It is a co edition for security of citizens of each country.

Objectives

The objectives are,

1. To know the depression among the boys and girls college students during lockdown.
2. To know the depression among the under graduate and post graduate college students during lockdown.

METHODOLOGY

Sample

The sample of the present study was selected various colleges from Ahmedabad City. It constituted total 120 final year students studying in under graduate and post graduate. 60 students were from under graduate (30 boys and 30 girls in each group) and 60 from post graduate (30 boys and 30 girls in each group).

Variable

Independent Variable

Gender: Boy studying in Colleges and university and girl studying in Colleges and university.

Type of Education: under graduate and post graduate college students.

Dependent Variable: Depression Score

Tool

The beck's depression inventory (BDI) (1996), created by Dr. Aaron T. Beck, is a 21-question multiple-choice self-report inventory, one of the most widely used instruments for measuring the severity of depression. High concurrent validity rating is given between the BDI and other depression instruments as the Minnesota Multiphasic personality Inventory and the Hamilton depression Scale is 0.77 correlation rating was calculated when compared with inventory and psychiatric rating. The BDI-II positively correlated with the Hamilton Depression Rating Scale, $r = 0.71$ had a one-week test-retest reliability of $r = 0.93$ and an internal consistency = 0.91.

Hypotheses

1. There will be no significant difference between the mean score of the depression among boy and girl college students during lockdown.
2. There will be no significant difference between the mean score of the depression among the under graduate and post graduate college students during lockdown.
3. There will be no significant difference between interactive effect of the mean score of the depression of gender and type of education.

Procedure

The data was collected by making use of social media. The test was posted and only fully completed test responses was considered. The responses were scored and results were calculated.

RESULT AND DISCUSSION

Table: 1 The Table showing sum of variance mean 'F' value and level of significance of boys & girls & their education level.

Sum of Various	df	M	F	Sing.
SS _A	1	187.77	4.95	0.05
SS _B	1	20.54	0.54	N.S.
SS _{A*B}	1	122.5	3.23	N.S.
SS _{Error}	119	193.01		

A =Gender,

A₁ =Boys,

A₂ = Girls,

B = Type of Education

B₁ = Under graduate

B₂ = Post graduate

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Table: 2 The Table showing the Mean Score of Boys and Girls Students.

	A (Gender)		'F' value	Sign.
	A ₁ (Boys)	A ₂ (Girls)		
M	13.20	14.64	4.95	0.05*
N	60	60		

* 0.05 level table value is 3.86

The above table no.2 shows the mean score of depression of Boys and Girls College students. The mean score of boy's college students is 13.20 and girl's college students is 14.64. The 'F' value is 4.95 which was found to be significant. Therefore, the hypothesis no.1 that, "There is no significant difference between the mean score of the depression among the boys and girls" is rejected. It means girls are more depressed as compared to boy's students.

The probable reason in the present context could be that girls naturally have fearful nature as compared to boys. Their anxiety level might have been more during this lockdown days, secondly entering into the world of work, searching for job, selecting of life partner, parental pressure regarding money and job.

Table: 3 The Table showing the Mean Score of under graduate and post graduate college Students.

	B (Type of Education)		'F' value	Sign.
	B ₁ (Under graduate)	B ₂ (Post graduate)		
M	14.16	13.68	0.54	N.S.
N	60	60		

The above table no.2 shows the mean score of depression of under graduate and post graduate college students. The mean score of under graduate students is 14.16 and post graduate college students is 13.68. The 'F' value is 0.54. which was found to be non-significant. Therefore, the hypothesis no.2 that, "There is no significant difference between the mean score of the depression among the under graduate and post graduate college students" is accepted. The probable reason could be depression no type of education difference is seen in depression.

Table: 4 The Table showing the interactive effect of the Mean Score of Depression of gender and type of education.

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B₁	14.02	14.30	3.23	N.S.
		B₂	12.37	14.98		
N			60	60		

The above table shows the interactive effect of the depression of the under graduate and post graduate students and Gender. The result was found to be Non-Significant from table no.4 shows that 'F' value 3.23 is not significant at 0.05 level. This means that the two-group interaction effect under study differ significantly in relation to depression. The mean score is 14.02 for the boys students of under graduate, the mean score is 12.37 for the boy students of under graduate, the mean score is 14.30 for the girls students of post graduate, and the mean score is 14.98 for the girls students of post graduate. The hypothesis no.3 that, "There

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is no significant difference between interactive effect of the mean score of the depression of the gender and type of education” is accepted.

CONCLUSION

1. The girls are more depressed as compared to boy's students during lockdown.
2. There was no significant difference between the mean score of the depression among the under graduate and post graduate college students during lockdown.
3. There was no significant difference found between interactive effect of the mean score of the depression of gender and type of education.

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Conflict of Interest

The author declared no conflict of interest.

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