

A study on depression among adolescents in West Jaintia Hills district, under Thadlaskein block, Meghalaya

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ABSTRACT

Depression is one of the most common mental illnesses in the entire world. Depression can cause a person to suffer mentally and physically. The study focused on the prevalence of Depression among Adolescents under Thadlaskein Block in West Jaintia Hills, Meghalaya. The aim of the research is to determine the prevalence of depression among adolescence and to identify factor that causes depression among adolescence. This research is a mixed method, for the qualitative the researcher used in-depth interview and for quantitative it provides Beck's Depression Inventory BDI, (1996) questionnaire. The Exploratory method for qualitative in-depth interview was to framed and strengthens the quantitative findings in order to present valid result. A total number of 50 respondents (22 male and 28 female) were participated. In the findings, 3 adolescents are in severe depression. However, the adolescence faced problems like low concentration in studies, worried and others.

Keywords: *Depression, Adolescents, West Jaintia Hills, Thadlaskein*

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite and poor concentration (WHO, 2012). In India, it is said that girls have a high rate of depression as comparing to adolescent boys (Jayanthi & Thirunavukarasu 2015) and the prevalence rates for depression among adolescents in India range from 3% school going adolescents to 11.2% of school drop-outs (Nair, Paul & John, 2004) and are comparable with the Western prevalence rates of 3-8% (Birmaher & Emmanuel, 1996). Mental health issues are very serious concern among adolescents, although, most adolescents are doing good but about one in five report symptoms of mental health issues, depression is being the most common in adolescents (Knopf, Park & Mulye, 2008). However, in Northeast India, according to Keyho, Gujar & Ali, (2019) the studied was done in Kohima District, Nagaland states that adolescence most common day-to-day stress are school-related problems or pressures, problems with peers, family issues, for instance feeling depressed or lonely, getting into trouble because of their behavior. These problems are routine for most adolescents. According to the newspaper, The Shillong Times (May 6, 2020), reports that lack of sleep can affect mental health, causing anhedonia or loss of

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pleasure, anxiety, anger and significantly increasing the risk of depression, says a global study. However, depression on adolescents can be experience feelings of emptiness, anxiety, hopelessness, feeling of guilt, loss of confidence and self-esteem and also it can be changes in sleeping, eating habits or it can be loss of interest in the activities. In many research or studies that have been done, depression can also lead to suicide (WHO, 2020).

Causes of depression on Adolescence

Adolescence is described as a transitional stage from childhood to adulthood, and characterized by major changes in all areas of functioning. The World Health Organization (WHO) defines an adolescent as any person between ages 10 to 19. Adolescence is the transition period in which adolescence marks the stage of emotions uncertainty that makes adolescence attacks to depression. However, during adolescence the individual experiences an upsurge of sexual feelings following the latent sexuality of childhood (Csikszentmihalyi, 2020). According to Mayo Clinic Patient Care & Health Information, teenage depression is serious mental health problem that causes continuing feeling of sadness and loss of interest in activities. The causes of depression it can be of peer pressure, highly expectations on academic and changing in the growth of the body can lead to depression and carry a lot of disappointed for teens or it can be worsening school performance. Some of these symptoms may not always be signs of depression but adolescent changes often are normal especially in times of growth.

According to the criteria of Diagnostic and Statistical Manual of Mental Disorders (DSM V), the individual who are in depression must be experienced five or more symptoms during the same two-week and it can be; depressed mood for children and adolescents can be irritable mood, diminished interest, significant weight change or appetite disturbance, sleep disturbance, and psychomotor agitation or retardation. To Diagnosed an individual for depression the symptoms can cause impairment in social, loss of interest, irritated or other important areas of functioning.

Problem Statement

According to the World Health Organization (WHO), age group of 13 -15 years in India suffer from depression, which affects 86 million people in South-East Asia and informing that India has the highest suicide rate among 10 South-East Asian due to depression. According to the report of NMHP (2015-16), depression among children and adolescents is left unattended and the prevalence rate of 0.8% among 13 -17 years old. Although, depression is a very common mental health problems that people are facing through and there are many articles, or report and studied was done from time to time all over the world, but there are no detailed or records maintained with the Depression among adolescence in West Jaintia Hills, under Thadlaskein Block, Meghalaya. Therefore, the researcher wants to focused and to determine the prevalence of depression among adolescents and to create an awareness among adolescence in order to help them impart knowledge on their mental wellness in order to deal with various activities in their life.

METHODOLOGY

Research Questions

1. What is the prevalence of depression among adolescence in West Jaintia Hill under Thadlaskein Block?
2. What is the factor that causes depression among adolescence?

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Research Objectives

1. To determine the prevalence of depression among adolescence.
2. To identify factor that causes depression among adolescence.

Sample

An exploratory research design is done with 50 samples in Thadlaskein Block, West Jaintia Hills, Meghalaya. Consent form was taken before giving the demographic profile and one standardized questionnaire along with in-depth interview questions.

Instrument

Two steps were used in this study,

1. Beck's Depression Inventory (BDI) Questionnaire ((Beck, et al. 1961).
2. Semi- structured Questionnaire.

Procedure

50 questionnaires along with demographic profile were distributed to students from both Private and Government Schools, by using Stratified random sampling and 10 respondents that were present out purposively using in-depth interview. Pilot study was done on 3 respondents and final changes were made on the interview guide. The data gathering used thematic analysis in order to identifying patterns or themes with qualitative data (Braun & Clarke, 2006). The information was also collected on a variety of demographic variables including initial name, gender, parent's occupation, age, religion and type of school.

RESULTS AND DISCUSSION

In this chapter, it represents the findings of the study under Thadlaskein Block, West Jaintia Hills District Meghalaya. The researcher used standardized questionnaire, Beck's Depression Inventory (BDI) for the data collection (Beck, et al. 1961). A sample of 50 Adolescents ($n=22$ male and $n=28$ female) were participated in the research. The researcher also employed Semi-Structured Questionnaire to collect data from the adolescents. However, in this chapter the following tables explaining more in detail the prevalence of depression among adolescents.

Quantitative Data, Table 1: Age of the Respondents (N=50)

Age	Total all	Male	Percentage (%)	Female	Percentage (%)
13 years	14	6	28.1	8	28.5
14 years	12	4	18.1	8	28.5
15 years	9	7	31.8	2	7.14
16 years	5	1	4.5	4	14.2
17 years	5	2	0.9	3	0.10
18 years	5	2	0.9	3	0.10
Total	50	22		28	

The Table 1 shows the age group of respondents from 13 years to 18 years both male and female. Out of 50 respondents, the age group of 13 years, shows more participated in the study. It is seen that female at the age of 13 and 14 years has the highest number who participate.

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Figure 2: Religion (N=50)

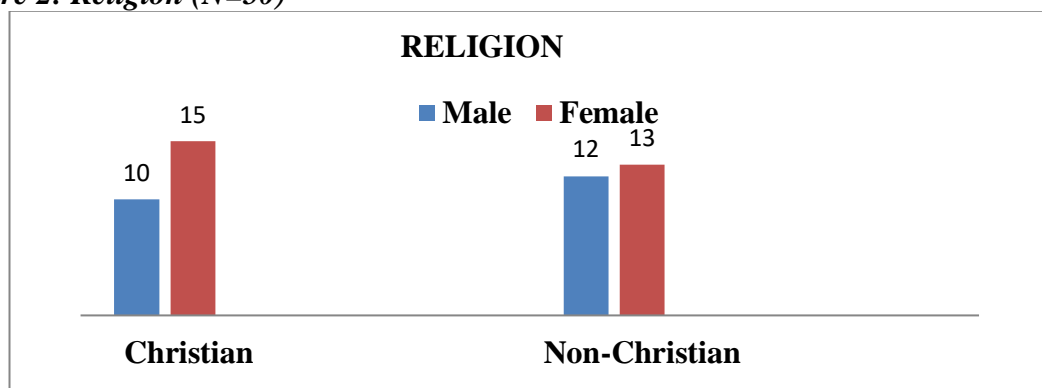


Figure 2, shows that both Christian and Non-Christian adolescents participate in the research, however, there is slightly differences between male and female, and that there is more female in both Christian and Non-Christian.

Figure 3: Types of family (N=50)

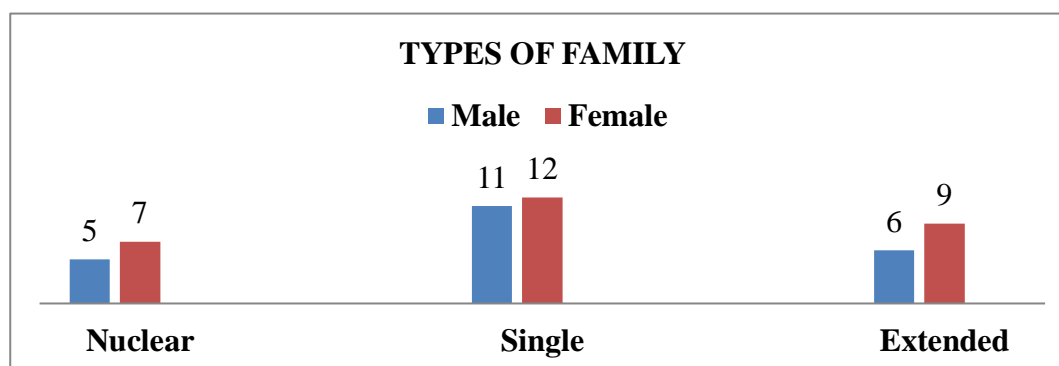


Figure 3 shows that both male and female adolescents are mostly from single headed family, as comparing with the nuclear and extended family.

Table 4: Participants using Beck's Depression Interview, Questionnaire (N=50)

Statement	Total	Statement	Total
Feeling sadness	10	Loss of interest	16
Pessimism	22	Indecisiveness	14
Past failure	19	Worthlessness	21
Loss of pleasure	19	Loss of energy	16
Guilty feeling	15	Change in sleep pattern	38
Punishment feeling	13	Irritated	36
Self –dislike	18	Anorexia	16
Self –criticalness	19	Loss of weight	9
Suicidal thoughts	5	Health problem	15
Crying	8	Loss of libido	9
Agitation	8		

Table 4 shows the scoring of respondents using Beck's Depression Inventory (BDI) and the scoring of the respondents, are highest in the feeling of pessimism, past failure, loss of

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pleasure, self-dislike, self-criticalness, worthlessness, change in sleep pattern, feeling irritated are mostly the feeling of adolescents according to BDI.

Table 5: Prevalence of Depression among Adolescents (N=50)

Gender	Normal	Mild mood disturbances	Moderate	Severe
Male	14	8	3	-
Female	15	2	5	3
Total	29	10	8	3

Table 5 shows that female have severe depression as comparing to male, however, there is slightly a difference between moderate and severe depression. Perhaps, there are more participants who are in Normal.

Table 6: Prevalence of depression among Govt. School (N=35)

Gender	Normal	Mild-mood disturbances	Moderate	Severe
Male	11	6	2	-
Female	13	-	2	1
Total	24	6	4	1

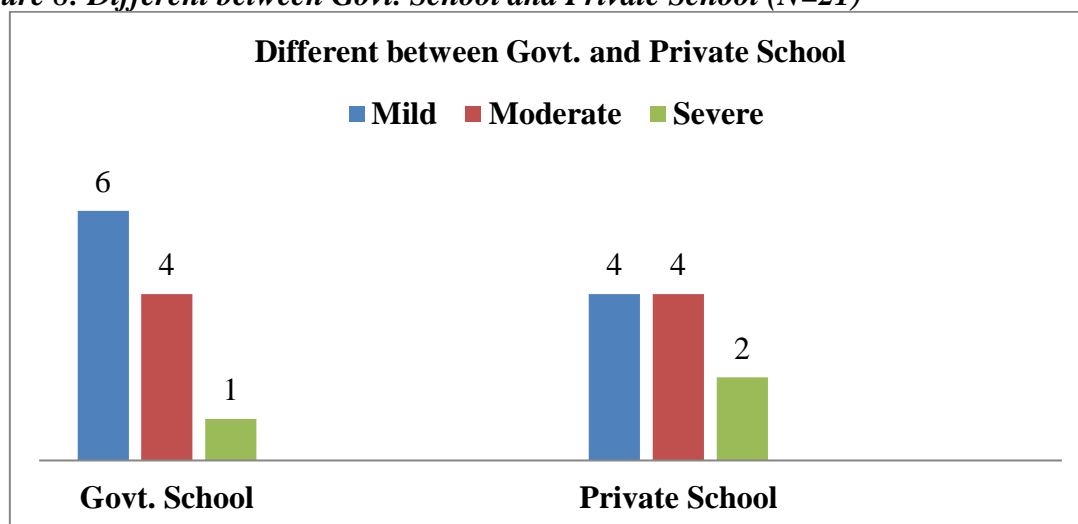
In the Table 6 it shows that mostly the respondents are Normal, and there is a difference between mild-mood disturbances and moderate, however, there is only one respondent in severe depression.

Table 7: Prevalence of depression among Private School (N=15)

Gender	Normal	Mild-mood disturbances	Moderate	Severe
Male	3	2	1	-
Female	2	2	3	2
Total	5	4	4	2

Table 7 shows the prevalence rates of depression among adolescents and two respondents fall under severe depression.

Figure 8: Different between Govt. School and Private School (N=21)

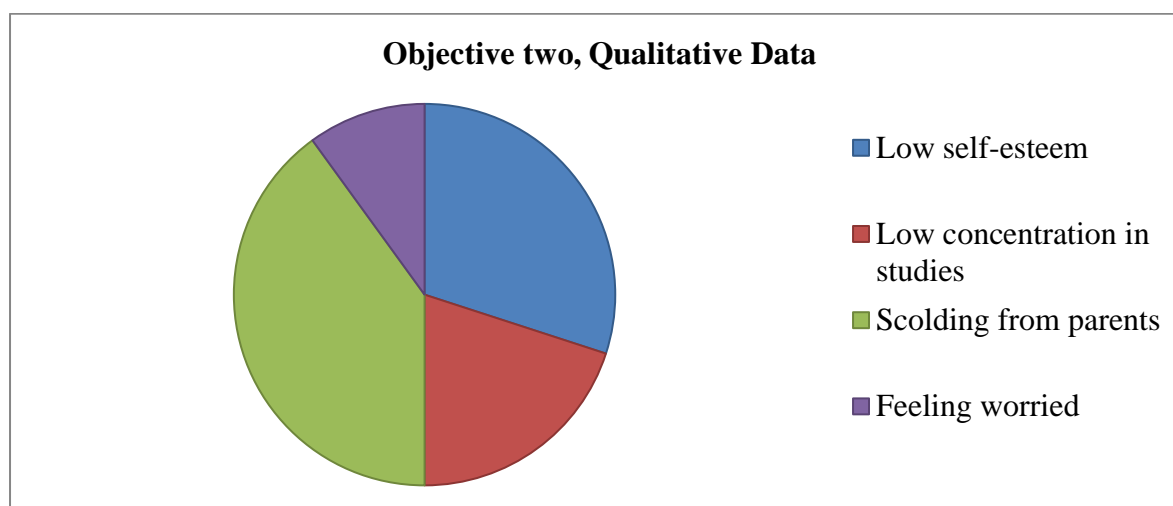


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The Table 8 shows that there is a similar between mild and moderate in both the Schools, however, there is slightly different in the severe depression as comparing to the Schools. Therefore, the tables that show in the above explained the prevalence of depression among adolescence both male and female. It also represents the prevalence of depression of both Government and Private School.

Objective two: Qualitative Data, The Factor that causes depression among adolescence are:

In the Qualitative data, there are ten respondents who have been interviewed and categorized under moderate and severe depression. The factor that causes depression among adolescents is discussed below:



Low self-esteem

Low self-esteem can bring to depression as many adolescents facing this problem, it could be at home, in schools or at any public places. Many adolescents who lack in self-confident may cause them to feel unhappy and it may turn to depression. Some of the respondents had shared that they have low self-esteem and can lead to depression as adolescents facing this problem and the findings also proves that,

“At school my classmates always teasing me because I’m short among them all and they used to tease me which I don’t feel nice and comfortable. They will always tease me and sometimes I don’t feel like going to school”. (Female/ 13 years/ March 2020) Moderate.

Another respondent state that,

“I feel worried of my body and I am not comfortable when my friend tease me because I look fat and they always keep teasing me at school, and I don’t like to talk much with my friends because I feel they will always judge me and I like being alone”. (Female/ 15 years/ March 2020) Moderate.

Another respondent also stated that,

“I’m worried about myself, my life and I hate myself because I am not perfect like my friends and I feel so uncomfortable because I am having lot of pimples and I don’t like showing my face to others”. (Female/ 17 years/ March 2020) Severe.

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However, many adolescents experience different kind of problem that makes them to feel less confident about their figure image, because the growths of their body during adolescence change. Therefore, to bring awareness about image of body is very important in different schools especially in rural areas.

Low concentration in studies

Low concentration in studies can be caused by disorders functions, anxiety, stress or it can be psychological problems. Some of the respondents had shared their problem and the statement,

“I feel worried of my studies because sometimes I could not concentrate in my studies because I don’t have much time to study because I have to look after my siblings as well for their studies and after their studies, I have to prepare food for them, so I don’t have much time for myself. My mother working so hard in order to get our daily needs and I used to help my mother by taking care of my younger siblings”. (Female/ 14 years/ March 2020) Moderate.

Another respondent state that,

“I’m just worried about my studies because sometime I could not study long answer because of my health problem” (Female/ 15 years/ March 2020) Moderate.

Therefore, lacking of concentration, also caused due to some family issues like the problem of financial support. For some individuals it can be psychological and physical conditions, health problem and others.

Scolding from parents

Some of the respondents had shared that scolding from parents lead them to feel sad and useless. As stated by respondent,

“I don’t like being me and I hate myself and I feel that no one love me. Because at home everyone scolded me whatever I do, no one encourage me and I feel useless and hopeless”. (Female/ 18years/March 2020) Severe.

Another respondent state that,

“I feel sad when I get scolding from my parents because my mother will always scold me every time when they had a fight with my father, my father is alcohol addict and every time they fight and I feel worthless and can’t concentrate in studies” (Female/ 16 years/ March 2020) Moderate.

Another respondent,

“I feel sad when my parents scolded me because I can’t give my best regarding my study and I feel worthless and learn nothing”. (Female/ 14 years/ March 2020) Moderate.

Another respondent stated that,

“Every time I get scolding from my parents, they will scold every time and always force to do that I don’t like to do. They will always tell me to study and sometimes I am tired of listening to them. They will keep on shouting and repeating the same words again and again and sometime I lost my interest and I don’t feel like doing anything”. (Female/ 17 years/ March 2020) Severe.

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Therefore, some parents when they are upset, they scream and scold at their kids harshly which make them to feel hurts and it stay longer which makes them to think that their parents did not love them.

Feeling Worried

Some adolescents might worry about their appearance and studies. As stated by one respondent,

“I feel worried and sad when I don’t get good marks in my examination because my Parents are high expectations and I feel hopeless when I couldn’t achieve their dream”. (Female/ 16 years/ March 2020) Moderate.

As therefore, adolescence facing pressures can damages their self-esteem which led them to feel worried and can lead to stress, causing headache, and lack of sleep and makes them to feel worthlessness.

However, in the findings of the causes of depression among adolescence in between the moderate and severe depression, there is a different in the statement that proved by the respondents and the feeling of uncomfortable was stated by moderate depression and the feeling of hopeless and loss interest mostly was stated by the severe depression.

DISCUSSION

In this chapter the results of this research are discussed in terms of similar reports of other literature review with the present study.

Prevalence of depression among adolescents

The present study aims at determine the prevalence of depression among adolescence and to identify factors that causes depression among adolescence. Depression is one of the most common mental illnesses that affect the individuals in the entire world and causes both physically and mentally. Depression in adolescents is associated with risk behavior, resulting in socioeconomic burden on families, civil society, and governments (Knopf, Park et al., 2008). The Diagnostic and Statistical Manual of Mental Disorders, DSM-V defined symptoms for depression i.e. depressed moods, psychomotor agitation or retardation, diminished interest or pleasure, insomnia, loss of energy, diminished ability to concentrate, significant weight loss, feelings of worthlessness or excessive guilt and thoughts of suicide (Sidana et al. 2012 & APA. DSM-V, 2013).

In the present study, a total number of 50 students studied in Government and Private Schools. There are 35 students from Government School and 15 students from Private school. There are 22 male and 28 females all together. The students are from 13 - 18 years of age. The participants used Beck Depression Inventory, BDI (Beck et al, 1961) is a 21-items, and self-report that grade the measures of characteristics in attitudes and symptoms of depression (Beck et al, 1961). The Beck’s Depression Inventory BDI is comprised with 21 items and multiple-choice answers. Each answer being scored on a scale values of 0-3 with maximum score of 63. A score of 0-10 considered as normal, 11-20 as mild/borderline depression, 21-30 as moderate depression and 31-63 as severe depression. In the findings of the study, it shows there is more students fall under the levels of normal. In the Table 4, it shows the total score of all students who marks the statement under the Beck’s Depression Inventory, as it is displayed in the Table 4, most of the students have a feeling of pessimism, past failure, loss of pleasure, self-dislike, self-criticalness, worthlessness, change in sleep

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pattern and feeling irritated among themselves. It also explains that there are five students who marked the statement on “suicidal thoughts”, as display in Table 4 and these participants fall under the severe and moderate depression.

In the study of (Brunstein-Klomek et al, 2007) the purpose of this study is to examine the bullying behaviour, depression and suicidal ideation among adolescents. There were 2341 students participated in the study and using the demographic questionnaire for age, gender and background, the Beck’s Depression Inventory BDI (Beck and Steer, 1993) for depression and the Suicide Ideation Questionnaire, SIQ-JR (Reynolds,1988) for suicide thoughts. The findings show that there are 9% of the sample being the victim regularly and 13% are regularly bullying others. However, in the studied done by Singh et al, 2017 included 542 students studying in government and private schools, the prevalence of major depressive disorder was found to be 7.6 % and that of other depressive disorders was 32.5 %, and 60% children had no depression. On the basis of severity scale 29.7 % had mild depression, 3.7% had moderately severe depression and 1.1 % had severe depression. There were no significant differences in the prevalence of depression between adolescents studying in class 10th and 12th according to Singh et al, 2017. However, the prevalence of depression among adolescence is very common in every school of both private and government, and it is proved in the present findings and in other article journal.

Comparing of both Government and Private School

In the present study of Table 6 & 7, the findings show the differences between government and private schools. It shows that female have severe depression as comparing to male in both the schools, however, the prevalence of depression is higher among girls. In the Table 6 and 7, majority the students are under the normal, few students are under mild and moderate depression and three of the students fall under severe depression. It shows that depression among school student is common as comparing with the other research which was done in different place. Similarly, in the study of Sandal, et al., (2017), the prevalence of depression, anxiety and stress among schools students of Chandigarh both Government and Private Schools, with 107 governments and 79 private schools. Among students of class 11th and 12th it was found that depression and anxiety were maximum in medical students and stress was more in commerce students, and also extremely severe and moderate anxiety were higher in arts students. It also shows that, in 15 year old students, two-third had depression and more than three-fourth had anxiety. The overall shows that level of stress increased with age. The DAS scale found out that depression is more among students whose mother is death and level of anxiety was found to be more in the participants belonging to joint family. It also found that the prevalence of depression and stress was more in students who were bullied, students who stay in hostels and students who felt overburdened with test schedules (Sandal, et al., 2017). Therefore, the prevalence of depression is present in every corner of the schools among adolescence and the present study show in Table 6 and 7 which is familiar when differentiate with the other study.

Factors that cause to depression

The present research also stresses on the causes of depression among adolescence. In addition, to the present study the student falls under moderate and severe depression are being interviewed with the researcher in order to know the causes that lead them to depression. The study found, the students who fall under moderate and severe depression the results show that because of low-self esteem, low concentration in studies, scolding from parents and feeling worried. The problems are common mostly among adolescents facing of

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bullying at school or at any public places which make them to feel insecure, and also adolescent who faced family problem, father consuming alcohol, parents fighting, this kind of situation may lead them to feel unhappy and feeling of worthlessness. The statement proved by one respondent fall under moderate,

“At school my classmates always teasing me because I’m short among them all and they used to tease me which I don’t feel nice and comfortable. They will always tease me and sometimes I don’t feel like going to school”. (Female/ 13 years/ March 2020).

One respondent stated, who fall under severe depression,

“I don’t like being me and I hate myself and I feel that no one love me. Because at home everyone scolded me whatever I do, no one encourage me and I feel useless and hopeless”. (Female/ 18years/March 2020).

By looking at the findings of the study, it shows that there is a different between the moderate and severe depression individuals. The moderate individuals stated that she is not comfortable and not feeling nice whereas the severe depression individual feel useless and hopeless which show the symptoms according to DSM V. Similarly, in the study of (Jayanthi & Thirunakarasu, 2015) the prevalence of depression among adolescents, the findings of the study show that there are 29% females and 23% males with depression respectively, by using MINI-Kid (Sheehan et al., 2005) to screen for depression and also Beck Depression Inventory BDI (Beck et al., 1988) which was to classified the adolescents into minimal, mild, moderate and severe depression. The findings revealed that the results of the academic stress and depression among adolescents are 45.7 % fall on moderate depression, 25.4% are under mild depression and 19.6% fall under severe depression and out of 612 adolescents are diagnosed with depression during the study period. The academic stress score was 78.4 and in the Control group was 41.9. The study also shows, in the case group 75% of the adolescents’ experienced severe academic stress and in control group 87% had mild academic stress (Jayanthi et al., 2015).

However, depression is a mental disorder that is pervasive globally and affects us all, but unlikely many scale international problems a solution for depression is at hand. Treatment for depression is available to improve mental health and the lives of millions of people globally who suffering from depression. The individual, society, community, public places like schools and colleges, national level, it is time to educate ourselves about depression and also support to those who are suffering from this depression of mental disorder (WHO, 2012). Therefore, in the findings of present study show the prevalence of depression among adolescence in West Jaintia Hills, which is higher in girls as comparing to boys. The findings also found in the study, low self-esteem, low concentration in studies, scolding from parents and feeling worried are the causes that lead to depression. As we all know, depression is one of the most prevalent mental illness and can caused by different factors which include the interpersonal relationships with others, bullying, low self-esteem or it can be the performance of the individuals that can lead to depression and moreover, it may caused suicide. Therefore, the present researcher recommends the future researchers to explore more on the prevalence of depression among adolescence so that it will be helpful for the counselors to reach their helping hands.

CONCLUSION

By looking at the findings and interpretation according to the objectives study, it can be said that there is prevalence of depression among adolescents in West Jaintia Hills under

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Thadlaskein Block, Meghalaya. The findings of objective one, using Beck's Depression Inventory says that there is prevalence of depression among adolescence as comparing to both Government and Private Schools. In the findings of Beck's Depression Inventory mostly the adolescents marked the feelings of self-dislike, self-criticalness, feeling irritated, change in sleep pattern and feeling of worthlessness, which makes to feel uncomfortable in their daily lives. Furthermore, in the findings of second objectives the factors that causes depression among adolescence are low-self esteem, low concentration in studies, scolding from parents and feeling worried which considered them to feel insecure about their self-confident and also it can lead to depression. Therefore, in all the above statement it shows that adolescence need help and to understand them in the situations that they all experience, however, by creating awareness or workshop in the schools and counseling session with counselor will be beneficial.

Ethical Consideration

For the purpose of this research, Informed consent present before the participants. The informed consent form includes the information about the purpose of study, the procedure of the study and the statement of confidentiality which emphasizes that their identities will remain anonymous and every effort will be made by the researcher to preserve the confidentiality. It also mentions that the participation is voluntary and can be withdrawn at any point of time. It also state that the disguised extracts from the interview may be quoted in dissertation and presentation. The participants were also asked to be honest and be accurate when answering the questions.

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Conflict of Interest

The author declared no conflict of interest.

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