

Research Paper

## Study on well-being, anxiety and depression among young adults

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### ABSTRACT

**Aim:** Depression is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide (by APA adapted from the Encyclopedia of Psychology). Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. (by APA adapted from the Encyclopedia of Psychology). Psychological well-being refers to inter- and intraindividual levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth (Carol Ryff, University of Wisconsin Madison). The present study aimed to investigate the well-being, depression and anxiety among young adults. **Method:** This study was done on 106 young adults aged 18- 25, out of which 56 were males and 50 were females through purposive sampling method. Study also adopt a between group design. Well-being questionnaire (Gold Berg 1972) for measuring well-being and Mehrabian trait anxiety and depression scale (The Albert Mehrabian 1994) were used to collect data. The data were analyzed by mean, standard deviation, mann-Whitney U test and spearman rank correlation. **Result:** Results proves that, there is no significant difference in the level of well-being among young adults across their gender. There is no significant effect in the level of anxiety and depression among young adults across their gender. There is no significant relationship between well-being and anxiety and depression.

**Keywords:** Well-being, Depression, Anxiety

Depression is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. Depression is the most common mental disorder. Fortunately, depression is treatable. A combination of therapy and antidepressant medication can help ensure recovery (by APA adapted from the

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Encyclopedia of Psychology). Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat( by APA adapted from the Encyclopedia of Psychology ).Psychological well-being refers to inter- and intraindividual levels of positive functioning that can include one's relatedness with others and self- referent attitudes that include one's sense of mas-tery and personal growth(Carol Ryff, University of Wisconsin Madison).Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.(APA) People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat. A young adult is generally a person ranging in age from their late teens or early twenties to their thirties. This experiment is to study the Effects on young adults in managing depression and anxiety. This study is very important as Depression is a common mental disorder. Globally, more than 264 million people of all ages suffer from depression. Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease. Depression and anxiety can lead to suicide. There are effective psychological and pharmacological treatments for moderate and severe depression.

### *Definition of key terms*

Depression is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. Depression is the most common mental disorder. Fortunately, depression is treatable. A combination of therapy and antidepressant medication can help ensure recovery (by APA adapted from the Encyclopedia of Psychology).

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat (by APA adapted from the Encyclopedia of Psychology).

Psychological well-being refers to inter- and intraindividual levels of positive functioning that can include one's relatedness with others and self- referent attitudes that include one's sense of mas-tery and personal growth. (Carol Ryff,University of Wisconsin Madison)

## **REVIEW OF LITERATURE**

Javnbakht, M1., Kenari,H,R., and Ghasemi.M.(2009). Conducted a study in Effects of yoga on depression and anxiety of women on 2009.Yoga has often been perceived as a method of stress management tool that can assist in alleviating depression and anxiety disorders. This study sought to evaluate the influence of yoga in relieving symptoms of depression and anxiety in women who were referred to a yoga clinic.

Mahmoud,J,S,R., Staten,R,T., Hall,L,A,. and Lennie,T,A.(2012). Conducted a study on the relationship among young adult college students' depression, anxiety, stress, demographics,

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life satisfaction, and coping styles on 2012. This research indicates that young adult college students experience increased levels of depression, anxiety, and stress. It is less clear what strategies college health care providers might use to assist students in decreasing these mental health concerns. In this paper, we examine the relative importance of coping style, life satisfaction, and selected demographics in predicting undergraduates' depression, anxiety, and stress. A total of 508 full-time undergraduate students aged 18–24 years completed the study measures and a short demographics information questionnaire. Coping strategies and life satisfaction were assessed using the Brief COPE Inventory and an adapted version of the Brief Students' Multidimensional Life Satisfaction Scale. Depression, anxiety, and stress were measured using the Depression Anxiety and Stress Scale-21 (DASS-21). Multiple regression analyses were used to examine the relative influence of each of the independent variables on depression, anxiety, and stress. Maladaptive coping was the main predictor of depression, anxiety, and stress. Adaptive coping was not a significant predictor of any of the three outcome variables. Reducing maladaptive coping behaviors may have the most positive impact on reducing depression, anxiety, and stress in this population.

Chou,W,J,. Ko,C,H,. Hsiao,R,C,. Cheng,C,P,. and Yen,C,F.(2017). Conducted a study on Association of Stress Coping Strategies with Suicidality in Young Adults: The Mediation Effects of Depression, Anxiety and Hostility on 2017. The results of the separate analysis indicated that active coping and positive reinterpretation and growth were associated with low depression and anxiety and consequently associated with a low risk of suicidality. By contrast, denial, behavioral disengagement, and mental disengagement were associated with high depression, anxiety, and hostility and consequently associated with a high risk of suicidality. Focusing on and venting of emotions was associated with high hostility and consequently associated with a high risk of suicidality. The results of the joint regression analysis revealed that focusing on and venting of emotions and behavioral disengagement were associated with high depression and consequently associated with a high risk of suicidality. Motivating people who use the strategies of focusing on and venting of emotions and behavioral disengagement to change their stress-coping strategies is crucial. To reduce the risk of suicidality, depression should be surveyed routinely during the process of coping-skill training programs.

### ***Rationale***

After reviewing of literature researcher found that there is no research related with effects on young adults in managing depression and anxiety, so that researcher is trying to research on this topic. Researcher is hopeful of finding relevant information from the study that may help the young adults in future.

### ***Relevance of study***

Present study on 'effects on young adults in managing depression and anxiety' is very relevant as it tries to make it clear that if there exist any difference between well-being and depression, anxiety among young adults across gender. Young adults were concentrated in this study so that after the study they can be benefited to lead a better adulthood. This study conducted during COVID19 outbreak. Thus, the study has its relevance in understanding there is significant relation between managing depression and anxiety and well-being. Statistically these variables are negatively correlated.

## **METHODS**

***Problem:*** Is there any significant difference in the level of well-being depression and anxiety among young adult across their gender?

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**Aim:** To understand the level of well-being depression and anxiety among young adult.

### ***Objective of the research***

1. To study anxiety, depression and well-being among young adults
2. To compare the anxiety, depression and well-being among young adults based on gender
3. to study the relationship between anxiety, depression and well-being among young adults

### ***Variables***

- Independent variables: depression and anxiety
- Dependent variable: well-being

### ***Hypotheses***

Pursuant of the above objectives, three hypotheses are formulated

1. There will be no significant difference in the level of well-being among young adult across their gender
2. There will be no significant difference in the level of anxiety and depression among young adult across their gender
3. There will be no significant relationship between well-being, anxiety and depression among young adult

### ***Research design***

The study was quantitative type and used a correlational design and also adopted a between group design to determine effects on young adults in managing depression and anxiety.

### ***Research sample***

Purposive sampling method is used for this study. The study sample was comprised of 106 young adults at age range from 18-25 from different parts of Kerala, out of which 56 was males and 50 was females.

The sample belongs to different gender, religious family type, area of residence

### ***Sampling Criteria***

#### **Inclusion criteria:**

1. Willing participants through online.
2. Young adults at Kerala.
3. Age limit 18-25

#### **Exclusion criteria:**

1. Young adults from other states.
2. Those who haven't given the concern.
3. Those who have physical disabilities or mental retardation.

### ***Tools***

Following tools were used for the data collection:

1. Well-being questionnaire (Gold Berg 1972)
2. The Albert Mehrabian trait anxiety and depression scale (1994)

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### *Procedure*

Purpose of the study was explained to the participants through online and their willingness to participate in the study was ascertained. Well-being questionnaire (Gold Berg 1972) of 12 items and The Albert Mehrabian trait anxiety and depression scale (1994) of 36 items were given to sample through online with proper instruction one after the other. Responses were collected from the participants. The scoring of the two assessment were done and interpreted according to the manual.

### *Analysis of data*

The collected data was analyzed using following statistical tests

1. Mean, standard deviation
2. Mann Whitney U test
3. Pearson's product moment correlation.

### *Ethical Issues*

1. 1.Data collected has been used only for research purpose
2. Confidentiality and of the obtained information have maintained throughout the study.
3. Informed consent of each and every participant was acquired.

## RESULT

### *Data analysis and it's interpretation*

The main purpose of the present study was to understand the effects on young adults in managing depression and anxiety. For this purpose, the investigator formulated 2 hypotheses. Results are shown in below given table.

**Table 1: Mean and Man-whitney U and test statistics sig ( 2 tailed) on well-being, anxiety and depression among young adults**

	Gender	N	Mean	U	Sig.
Well being	male	56	56.35	1240.500	0.312
	female	50	50.31		
Anxiety and depression	male	56	52.03	1317.500	0.601
	female	50	55.15		

The table 1 shows that males have the mean value of 56.35 on well-being and females have the mean value of 50.31on well-being so males have higher level of well-being compared to females. The significant value of well-being among young adults is .312 which is not significant at 0.05 at the level of significance.so the null hypothesis is accepted. Thus, there is no significant difference in the level of well being among young adults across their gender.

**Table 2 Correlations coefficient of well-being, anxiety and depression among young adults**

			Well-being	Anxiety and Depression
Spearnam's rho	Well-being	Correlation Coefficient	1.000	-0.45
		Sig. (2 tailed)	.	.649
		N	106	106
	Anxiety and Depression	Correlation Coefficient	-.045	1.000
		Sig. (2 tailed)	.649	
		N	106	106

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These table shows that the significant value of correlation is .649 which is not significant at 0.05 at the level of significant. So, the null hypothesis is accepted. Thus, there is no significant difference in the level of well-being among young adults.

### SUMMARY AND CONCLUSION

Depression is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Psychological well-being refers to inter- and intraindividual levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth. Our aim of this research is to understand the effects on young adults in managing depression and anxiety. The table 1 shows that males have the mean value of 56.35 on well-being and females have the mean value of 50.31 on well-being so males have higher level of well-being compared to females. The significant value of well-being among young adults is .312. the null hypothesis is .312 so the null hypothesis is accepted. thus, there is no significant level of well-being among young adults across their gender. the significant value of correlation is .649 which is greater than 0.05 level of significant. So, the null hypothesis is accepted. Thus, there is no significant difference in the level of well-being among young adults. And the result of the study There is a significant effect in managing anxiety and depression in young adults. It is mostly seen in females compare to males. Males have better and healthy well-being compare to females. Females have high anxiety and depression compare to males. Males have greater well-being compare to females. Well-being and anxiety, depression are negatively correlated. Depression and anxiety inversely proportion to well-being. When depression and anxiety increase well-being decreases and when depression anxiety decreases well-being increases.

#### *Major findings*

1. There is no significant level of well being among young adults across their gender.
2. Well being and depression, anxiety are interrelated.
3. There is a significant effect in managing anxiety and depression in young adults.

#### *Limitations*

1. Sample of young adults was only from Kerala.
2. Sample size was small

#### *Implications*

Depression, anxiety have a influence in well-being. So, we can develop some intervention programs to reduce perceived stress among adults.

#### *Scope of further study*

1. Further research can be done for improving the quality of paper
2. Qualitative research method can be done for improving the quality of the paper.

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### **Conflict of Interest**

The author declared no conflict of interest.

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