

## Depression Among College Students

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### ABSTRACT

The present study aimed to know the depression among boys and girls. It also aimed to check depression with reference to gender and area. The Jansari Depression Scale by Jansari A. (2018) was used. The sample constituted total 120 college students out of which 60 were from boys students (30 urban area and 30 rural area) and 60 from girl students (30 urban area and 30 rural area). The data was collected from normal population of Kutch District. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that 1.. There is no significant difference between the mean score of the depression among boys and girls, 2.. The college students of rural area is having more depression than college students of urban area group and 3.. There is no significant difference between interactive effect of the mean score of the depression among gender and area.

**Keywords:** *Depression, Boys and Girls, Students of Urban Area and Rural Area.*

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

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university. Almost every newspaper and medias talk a lot about the youth especially the college youth.

### *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*

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide.

Rahul Gajanan Kamble & Vikas S. Minchekar (2018) had there were lots of cases reporting by media about the college students' suicide in daily newspapers that make too much pressure and stress on parents, society, institutions and maybe also in government. Results revealed that there was a significant gender difference college students. There was a significant positive among college students. The level of academic stress Findings from present study help to recover the students suffering from academic stress and depression.

### *Objective*

The objectives are:

- To know whether depression is more among boys and girls.
- To know whether depression is more among college students of urban area and rural area.
- To know whether there is any difference among the depression among college students gender and area.

## **METHODOLOGY**

### *Hypothesis*

- There will be no significant difference between mean score of the depression among boys and girls.
- There will be no significant difference between mean score of the depression among college students of urban area and rural area.
- There will be no significant difference between interactive effect of mean score of the depression among gender and area.

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### Sample

The sample of the present study constituted total 120 college students out of which 60 were from boys students (30 urban area and 30 rural area) and 60 from girl students (30 urban area and 30 rural area).

### Research Design

A total sample of 120 college students equally distributed between gender and area from Kutch District selected for the research study.

### Showing the table of Sample Distribution

Area	Gender		Total
	Boys	Girls	
Urban Area	30	30	60
Rural Area	30	30	60
Total	60	60	120

### Variable

#### Independent Variable

- **Gender:** Boys and Girls.
- **Type of Area:** Urban Area and Rural Area.

**Dependent Variable:** Depression Score.

### Tools

The Jansari Depression Scale by Jansari A. (2018). The total 40 items. The scoring is on a four point alternatives, viz., too much, much, little and too little. Reliability of this test is computed by test – retest method. Reliability shown there is 0.4803 and the split-half reliability is 0.6201.

### Procedure

The permission was granted from principal of various colleges for data collection in Kutch District after the establishment of rapport, personal information and the ‘Depression Scale’ was administrated the data was collected, scored as per the manual and analyzed. The statistical method ‘F’ test was calculated and results were interpreted.

## RESULT AND DISCUSSION

*Table: 1 The Table showing sum of variance mean ‘F’ value and level of significance of gender and area.*

Sum of Variance	Df	Mean	F-value	Sign. Level
SS <sub>A</sub>	1	102.68	0.39	N.S.
SS <sub>B</sub>	1	1274.01	4.83	0.05
SS <sub>A*B</sub>	1	81.68	0.31	N.S.
SS <sub>Error</sub>	116	263.90	—	—
SS <sub>Total</sub>	119	32071.13	—	—

\*0.05=3.92, \*\*0.01=6.84, N.S.= Not Significant

A = Gender,

B = Area

A<sub>1</sub> = Boys

B<sub>1</sub> = Urban Area

A<sub>2</sub> = Girls

B<sub>2</sub> = Rural Area.

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**Table: 2 The Table showing the Mean Score of depression among boys and girls.**

	A (Gender)		'F' value	Sign.
	A <sub>1</sub> (Boys)	A <sub>2</sub> (Girls)		
<b>M</b>	96.20	98.05	0.39	N.S.
<b>N</b>	60	60		

The above table no.2 shows the mean score of depression among boys and girls. The mean score of boys students group is 96.20 and girls students group is 98.05. The 'F' value is 0.39, which was found to be not-significant level at 0.05. The hypothesis no.1 that, "There is no significant difference between the mean score of the depression among boys and girls" is accepted.

**Table: 3 The Table showing the Mean Score of depression among college students of urban area and rural area**

	B (Area)		'F' value	Sign.
	B <sub>1</sub> (Urban Area)	B <sub>2</sub> (Rural Area)		
<b>M</b>	93.87	100.38	4.83	0.01
<b>N</b>	60	60		

The above table no.3 shows the mean score of depression among college students of urban area and rural area. The mean score of college students of urban area group is 93.87 and college students of rural area group is 100.38. The 'F' value is 4.83 is significant at 0.01 level. This means that the two-group interaction effect under study differ significantly in relation to depression and area. It should be remembered here that, according to scoring pattern, higher score indicates higher depression. Thus, from the result it could be said that, the college students of rural area is having more depression than college students of urban area group. Therefore, the hypothesis no.2 that, "There is no significant difference between the mean score of the depression among college students of urban area and rural area" is rejected.

The probable reason in the present context could be that college students of rural area naturally have fearful nature as compared to college students of urban area. Moving to another city to study, fear of leaving family, fear of how to live in a new place can be reasons.

**Table: 4 The Table showing the interactive effect of the Mean Score of depression among gender and area.**

			A		'F' value	Sign.
			A <sub>1</sub>	A <sub>2</sub>		
<b>M</b>	<b>B</b>	<b>B<sub>1</sub></b>	93.77	93.97	0.31	N.S.
		<b>B<sub>2</sub></b>	98.63	102.13		
<b>N</b>			60	60		

The above table shows the interactive effect of the depression among gender and area. The result was found to be not-significant from table no.4 shows that 'F' value 0.31 is not-significant at 0.05 level. This means that the two-group interaction effect under study differ significantly in relation to depression, gender and area. The mean score is 93.77 for the boys students of urban area group, the mean score is 98.63 for the boys students of rural area group, the mean score is 93.97 for the girls students of urban area group, and the mean score is 102.13 for the girls students of rural area group. The hypothesis no.3 that, "There is no

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significant difference between interactive effect of the mean score of the depression among gender and area” is accepted.

### CONCLUSION

- There is no significant difference between the mean score of the depression among boys and girls.
- The college students of rural area is having more depression than college students of urban area group.
- There is no significant difference between interactive effect of the mean score of the depression among gender and area.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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