

## Psychological Study of Depression and Stress in Students Studying in the College of Arts and Commerce

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### ABSTRACT

The purpose of the research presented was to find out the depression and stress of the students studying in the College of Arts and Commerce. Students from 40 arts and 40 commerce colleges were selected to suit the purpose. The depression scale is developed by Beck and Stress scale is developed by Da costa Leite and Israel (2011). Statistical analysis t-test and Carl Pearson 'r' The data were analyzed by correlation. The results show that there is no significant difference in depression between arts and commerce college students. ( $t = 0.71$ ) and there is a significant difference in stress among arts and Commerce College students. ( $t = 2.64$ ) There is no significant correlation between depression and stress. ( $r = 0.118$ )

**Keywords:** *Depression, Stress, College Students*

Depression and stress are the most prevalent mental illness among young college students these days. Then bipolar disorder, Schizophrenia etc. Mental illness not only reduces a person's efficiency, but also life expectancy. i.e. a serious complication of the disease of depression-Suicide. Depression is a major contributor to premature death at a young age. Many people who have never had a mental illness before and never have it are more likely to experience it. The cause of mental turmoil is running, Stress, anger, loneliness, jealousy, competition, parents may have high expectations. There is also a need to understand in depth and come out of such mental turmoil that afflicts many times more people than mental illness.

College students experience high morale due to various reasons. When negativity leads to excessive stress swings. It can have an impact on both health and educational performance.

### **Depression**

Such a small failure of a person destroys his personality. In the craze behind material happiness, man today has lost his inner happiness. Increasingly complex human life Almost everyone is stressed due to urbanization and industrialization. The stress that is caused by this stress is depression. Today, even in a developing and resourceful country like America, these millions of people fall victim to depression once in a period of six months. 70% of them are women. 30 per year due to depression, 30,000 men commit suicide. Depression is

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on the rise there too. Occasions of indifference and sadness are common in life. Most of the sadness that comes with it lasts a while. The mind becomes healthy over time. But some men do not come out of the gloom for many days. In such a situation, the person is said to be drowning in depression.

### ***Definition of Depression :***

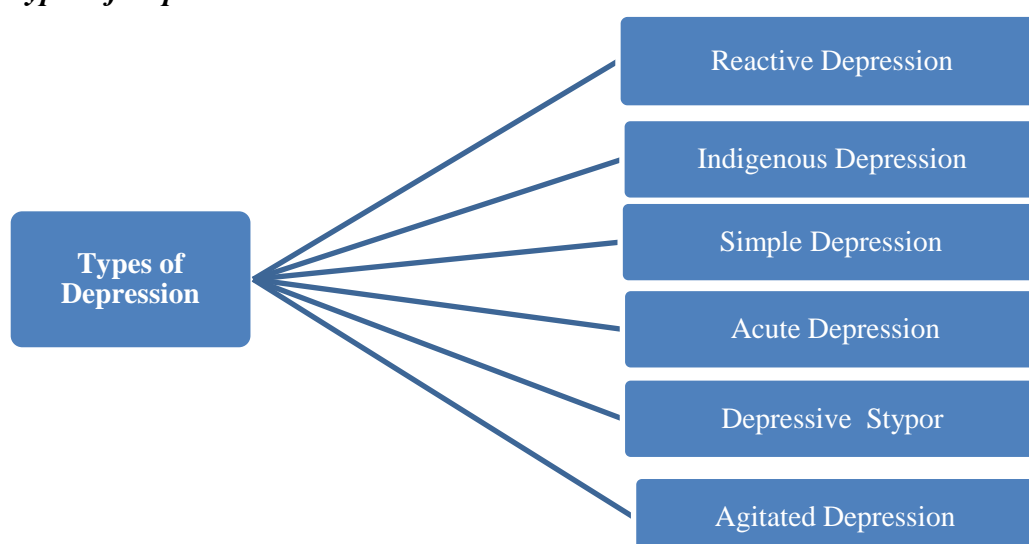
“Depression is a psychological disorder involving intense feeling of sadness, lack of energy and feeling of helplessness and despair. ”

**-Robert Baran**

"Depression is a feeling of sadness, hopelessness, worthlessness and guilt of self-repack."

**-Rozen Field**

### ***Types of Depression :***



### ***Symptoms of Depression***

- Attitude of Depression
- Lack of enthusiasm
- Depression and physical inactivity
- Hunger mess
- The hallucinations of futility and permanence
- Thoughtlessness-Indecision
- Sleep disturbances / impaired sleep
- Depression in sports
- Frequent suicidal thoughts
- Difficulty thinking

### ***Stress***

Stress is a state of mind that is caused by being overwhelmed by a situation that makes a person feel uncomfortable. According to Canadian psychologist Hans Selye, depression is an indeterminate set of physiological responses to the human body's load-bearing situation.

Stress is an internal reaction to an atmospheric phenomenon. Which results in a kind of response and a series of inappropriate types of physical and mental changes due to endangering the balance of the person. If this happens frequently and for a long time, it is

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possible that an unexplained physical disease may appear. Response to depression is a technique that has been instilled in mankind since its inception. Atmospheric stimuli in the form of stress swings produce a response in the person, which results in pressure to cope and ultimately results in pain and physical-mental exhaustion. Hans Seilly has described this response in detail. And it is called "General Convenience Set". This set can be described in three stages.

1. Warning response
2. Resistance
3. Power outage

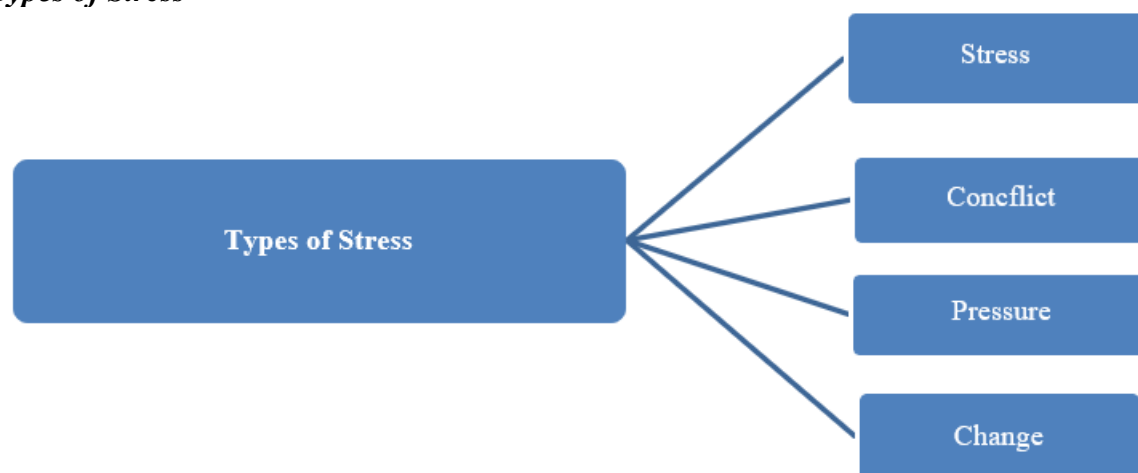
### *Definition of Stress*

Mindfulness is called in Greek "dilemma of the mind". In Latin, stress swings are called "stuttering and humming", Described as a four-sided weed. While in the Hindu scripture Gita 'Skepticism' Identified as. Doubt is associated with dilemma very quickly and instinctively.

"Stress is a mental illness that can be a burden on a person's mental and physical ability, The unpleasant feeling or situation caused by conflict and pressure. "

**-Baron, Byron and Cantowice**

### *Types of Stress*



## REVIEW OF THE LITERATURE

1. Manjari (2016) A study of the Depression of students going to study in college. The information was collected from 64 (32 male and 32 female) students going to study in colleges in Delhi and National Capital area. To calculate the result t-test. The analysis was done using test. The results show that students' depression is significantly and significantly affected by their sexuality and area of residence.
2. Babita Singh (2013) A Study of Depression and Stress in the Context of Students' Gender, Intelligence and Study Faculty. A total of 180 students studying at the undergraduate level were selected through a random sampling method. Dr. Veena Khanna as well as Sinha and Pro. Depression and Stress were measured using a test designed by Singh. Statistical analysis t- test and correlation- was performed by r. The results showed that there was a significant difference in the levels of depression and stress among male and female students. The relationship between depression and

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stress in terms of student intelligence and study faculty has achieved a meaningful relationship.

3. The purpose of the study presented by D.V.V. Sambasiva Rao (2012) was to examine the stress of professional students. A total of 400 (200 boys and 200 girls) were selected here. The sample was taken from urban and rural areas. He was in the age group of 20-22 years studying in the medical and engineering faculty at the college level. The information was collected using a test developed by Sinha. The information obtained was analyzed by median, proportional deviation and diffraction analysis. The results show a significant effect between the age group as well as the urban and rural area group among students studying in the medical and engineering faculties.

### **METHODOLOGY**

#### *Research problem*

The problem with the research presented is as follows.

“Psychological study of depression and stress in students studying in the College of Arts and Commerce.”

#### *Objective*

The following objectives have been determined in relation to the problem of the research presented.

- Examine the difference between the mean of depression in the students of the College of Arts and Commerce.
- Examine the differences between the mean of stress in the students of the college of Arts and Commerce.
- Examine the correlation between depression and stress.

#### *Hypotheses*

The following hypotheses have been formulated for the purpose of the research presented.

**HO<sub>1</sub>** There is no significant difference in depression between arts and commerce college students.

**HO<sub>2</sub>** There is no significant difference in the stress of the students of Arts and Commerce College.

**HO<sub>3</sub>** There is no meaningful difference in the correlation between depression and stress.

#### **Variables**

##### **Independent Variables:**

- Arts
- Commerce

##### **Dependent Variables:**

- Depression
- Stress

#### *Sample*

In the present research, a total of 80 (40 Arts and 40 Commerce) students studying in Arts and Commerce College were selected from the colleges of Rajkot city.

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### Tools

- **Back Depression Scale:** Beck's Depression researcher was used to measure students' Depression. This research paper had a total of 21 articles. In which alternate statements were given in each section. The score of each section was to be calculated. For each statement here A, B, C and D are given four options. The respondent has to choose one of these four options. Option selected here 'A' For '0' Marks, 'B' For option '1' Marks, 'C' For option '2' Marks and 'D' For option '3' Giving marks to each statement, the sum of the whole marks is found in the score range of Depression from 0 to 63. The reliability of this scale is found to be 0.86.
- **Student Stress scales :** Many measurement comparisons are used to measure student Stress. For the study of the presented research Da costa Leite and Israel(2011). Student Stress swings were used which a There is a Five Point Scale. This research paper was used for the present research by English experts after re-verification (N = 50) of its Gujarati translation. Student Stress Tula's research edition has a total of 32 statements. There are five alternative responses to these statements. like 'Not at all', 'A little', 'Partly', 'Lots' And 'Extremely much' You have to choose one of the five options. The reliability of this Libra is found to be as high as 0.88. While the accuracy of this comparison has shown the highest accuracy.

### Statistical Methodology

Statistical analysis of information for the purpose of the research presented t - test and Carl Pearson Correlation 'r' will be used.

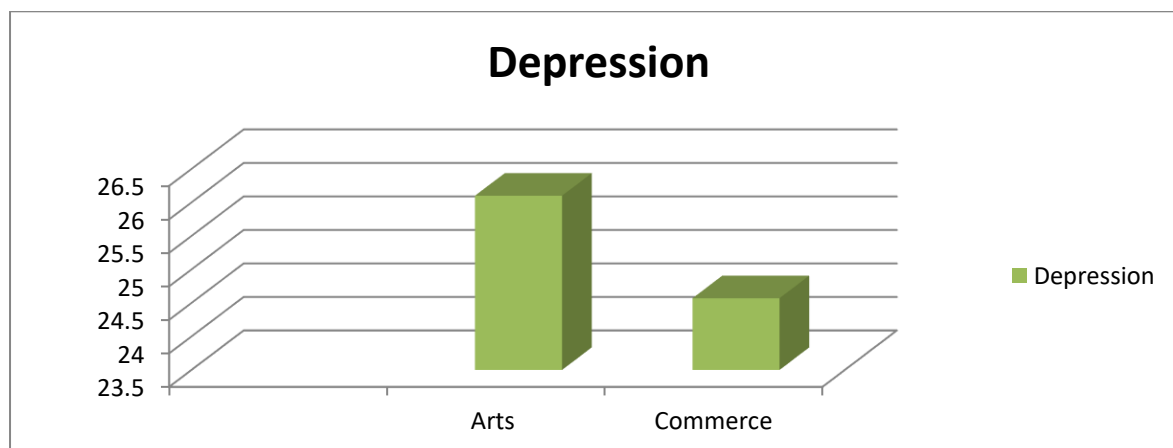
## RESULT AND DISCUSSION

The purpose of the present research is to conduct a psychological study on Depression and Stress of Arts and Commerce students. The result of which is discussed below.

**H<sub>01</sub>** There is no significant difference in Depression between arts and commerce college students.

**Table No. 1 Depression in Arts and Commerce College students In between 't' Test**

No.	Variables	N	Mean	SD	't' – Value	Level of Sig.
1	Arts	40	26.10	9.22	0.71	NS
2	Commerce	40	24.57	9.81		



**Figure 1: Bar Diagram Showing Mean Difference for Arts and Commerce College Students in Depression**

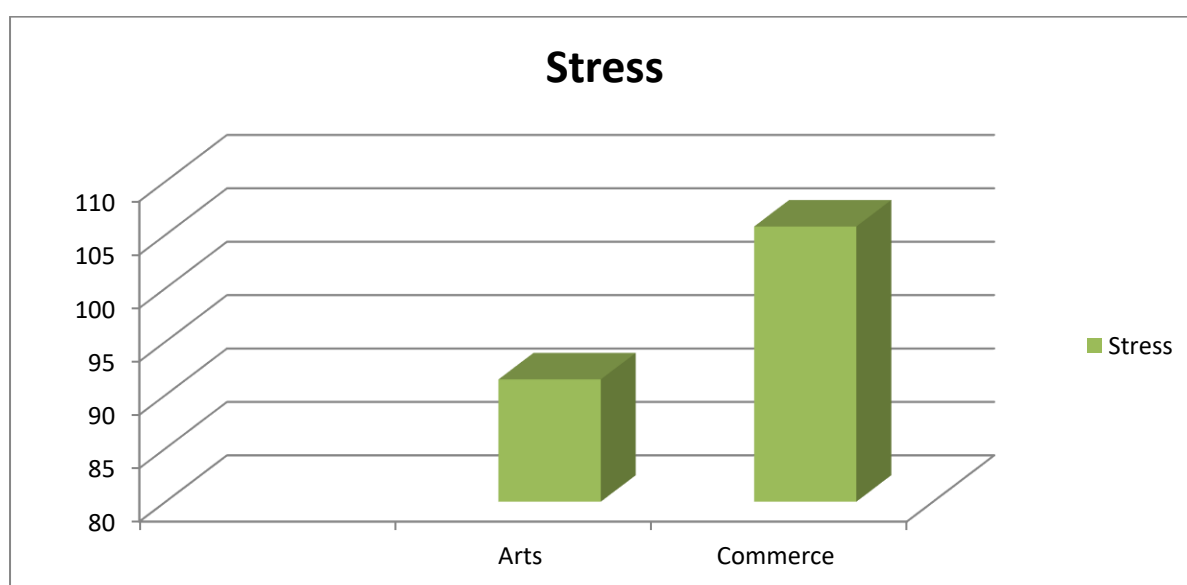
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Table no. Looking at 1 it seems that for the Depression in the case of a student of the College of Arts and Commerce 't' The value 0.71 is obtained. The number of freedoms in the table of meaning Shows a value of 1.99 at 0.05 level when 80. The value obtained for 0.05 does not make sense. Zero hypothesis is accepted here. From this it can be said that there is no meaningful difference between the Depression scores of the students of Arts and Commerce College.

**H0<sub>2</sub>** There is no significant difference in the stress of the students of Arts and Commerce College.

**Table No. 2 Stress in Arts and Commerce College students in between 't' Test**

No.	Variables	N	Mean	SD	't' – Value	Level of Sig.
1	Arts	40	91.45	27.59	2.64	Sig.
2	Commerce	40	105.77	20.35		



**Figure 2: Bar Diagram Showing Mean Difference for Arts and Commerce College Students in Stress**

Looking at Table No. 2, it seems that for the stress in the case of a student of Arts and Commerce College, 't' Value 2.64 is obtained. When the number of freedoms in the table of significance is 80, it shows a value of 1.99 at 0.05 level and a value of 2.64 at 0.01 level. The value obtained for 0.01 is significant. Zero hypothesis is rejected here. From this it can be said that there is a meaningful difference between the mediums of attainment of the stress of the students of the College of Arts and Commerce. From the difference between the mediums, it can be said that the median of the students is higher than that of the students studying in the commerce college, so that they have a higher level of stress.

**H0<sub>3</sub>** There is no meaningful difference in the correlation between Depression and Stress.

**Table No. 3 The Depression and Stress of the students of the College of Arts and Commerce Mean while Carl Pearson 'r' Correlation**

No.	Variables	N	Mean	SD	'r'- Value	Level of Sig.
1	Depression	80	25.33	9.49	0.118	NS
2	Stress	80	98.61	25.14		

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Looking at Table No. 3, it is seen that there is a correlation between depression and stress in college students.'r' The value of 0.118 is obtained. When the number of freedoms in the table of significance is 80, it shows a value of 0.217 at the level of 0.05. Found here 'r' Less than the value of the degree of freedom. So it can be said that there is no correlation between depression and stress.

### CONCLUSION

Based on the above discussion it can be said that there is no meaningful difference in depression among the students of Arts and Commerce College. As well as the stress of the students of the College of Arts and Commerce 't' The cost of 2.64 in which the difference is found to be meaningful. The stress of the students of Commerce College is high. While there is no meaningful difference in the correlation between depression and stress.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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