

To Study the Level of Depression, Anxiety and Stress among Under-Graduate Students of Science Stream from Aided College of Kalaburagi District

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ABSTRACT

Depression is a mental disorder which consists of certain characteristics such as; depressed mood, loss of interest, low self-worth, disturbed appetite, and concentration. It is a major health concern because of its substantial morbidity and mortality. Anxiety is a sense of fear or dread that something terrible is going to happen. Anxiety can be general or specific to a place, social situation or thing (Phobia). Stress is usually characterized by a sense of feeling overwhelmed. In times of a pandemic period, people tend to experience fear of getting infected with the disease, and in present situation Karnataka has implemented NEP-2020 policy. Students are experiencing distress because of the uncertainty of examinations in their colleges and with regards to their future, etc. So, the present study aimed to find out the level of depression, anxiety and stress among female science undergraduate students. Descriptive survey method was used for investigation. The sample of the study comprised of 100 degree college female students currently enrolled in four year B.Sc courses in the aided college Smt. Veeramma Gangasiri degree college for women's, Kalaburagi district of Karnataka. The level of depression, anxiety and stress were measured through "DASS21" Scale. The result shows that 15 is the highest number of students who have extremely severe levels of depression, anxiety and stress, others are at all normal levels.

Keywords: *Depression, Anxiety, Stress, And Undergraduate Students*

In day-to-day talking with our students, friends and family, we tend to speak of depression, stress and anxiety as if they are interchangeable or describing the same thing. Depression is a mental disorder which consists of certain characteristics such as; depressed mood, loss of interest, low self-worth, disturbed appetite, and concentration. It is a major health concern because of its substantial morbidity and mortality. Anxiety is a sense of fear or dread that something terrible is going to happen. Anxiety can be general or specific to a place, social situation or thing (Phobia). Stress is usually characterized by a sense of feeling overwhelmed. This feeling may be due to our coping capacity being over-stretched or having been under pressure for too long.

In times of a pandemic period, people tend to experience fear of getting infected with the disease, and in present situation Karnataka has implemented NEP-2020 policy. Students are

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experiencing distress because of the uncertainty of examinations in their colleges and with regards to their future, etc.

Education is one of the most competitive fields that create intense stress among students, which harms the learning process, mental and physical health of students. There has been an increase in the number of suicides and dropouts among college students. The problem of depression, anxiety and stress among students not only becoming a cause of worry to the parents, guardian and educational institution but it has become a national concern. It is one of the burning problems of present era. So, the present study aimed “To Study the level of Depression, Anxiety and Stress among Under-Graduate Students of Science Stream from Aided College of Kalaburagi District”.

REVIEW LITERATURE

Shishir Paudel, Himlal Gautam, Chiranjivi Adhikari, Dipendra Kumar Yadav(2020) study aimed to assess the prevalence and risk factors associated with depression, anxiety, and stress among undergraduates residing at Pokhara Metropolitan, Nepal. The study found that the overall prevalence of depression, anxiety, and stress among the participants was 38.2%, 46.9%, and 24.1% respectively. The level of depression and stress was not associated with the academic discipline but the higher prevalence was noted among the students from the non-technical group. The major risk factors associated with depression, anxiety and stress were parental education, family history of psychiatric disorders, self-esteem, and academic performance.

Shankey Verma, Aditi Mishra (2020) studied “Depression, anxiety, and stress and socio-demographic correlates among general Indian public during COVID-19”. The objective of this article was to find the prevalence rates of depression, anxiety and stress and their socio-demographic correlates among Indian population during the lockdown to contain the spread of COVID-19. This study found in total, 25%, 28% and 11.6% of the participants were moderate to extremely severely depressed, anxious and stressed, respectively.

Bilal Ahmad Bhat (2021) conducted study on “Depression among Under-Graduate Students: A comparison between Arts and Science Students with Special Reference to Kulgam District of Jammu and Kashmir”. This study investigates the depression level among the under-graduate students and its comparison gender wise and stream wise. The study also explored the differences among male science and male arts students; female science and female arts students. The sample of the study consisted of 150 under-graduate students. The findings of the study reveal that stream of study have an effect on the depression of female students not on male students.

Priyanka Shah, Alisha Sapkota, Anjeel Chhetri (2021) investigated the prevalence of depression, anxiety, and stress among first-year medical students. The study found that the highest prevalence among undergraduate medical students was found to be anxiety 59.3%, followed by stress 45.1% and depression 44%.

Ghazal Aghajani Liasi, Sanaz Mahdi Nejad (2021) study conducted to investigate the academic burnout, rate of depression, anxiety and stress as well as related factors among undergraduate medical students at the Tehran Medical Sciences Islamic Azad University. This study found that the relationship between academic burnout and other factors was not

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significant and the severe and very severe degrees that required psychiatric follow-up were 10.5, 10.5 and 7% depression, anxiety and stress respectively.

Objective of the study

To find out the level of depression, anxiety and stress among female science undergraduate students.

METHOD AND PROCEDURE

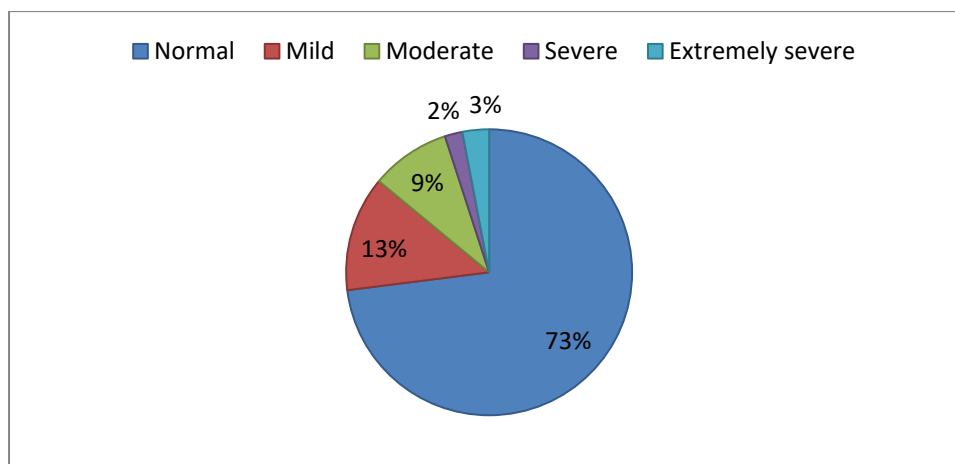
In the present study, descriptive survey method was used for investigation. The sample of the study comprised of 100 degree college female students currently enrolled in four year B.Sc courses in the aided college Smt. Veeramma Gangasiri degree college for women’s, Kalaburagi district of Karnataka. The level of depression, anxiety and stress were measured through “DASS21” Scale constructed and standardized by Beck. The data was tabulated and analyzed by cumulative frequency and frequency distribution table.

Data Interpretation

The results of the study are outlined through the process of analyzing the characteristics of respondents and identifying levels of depression, anxiety and stress.

Table 1. Level of depression

Level of Depression	Normal	Mild	Moderate	Severe	Extremely severe	Total
Female students	73	13	9	2	3	100

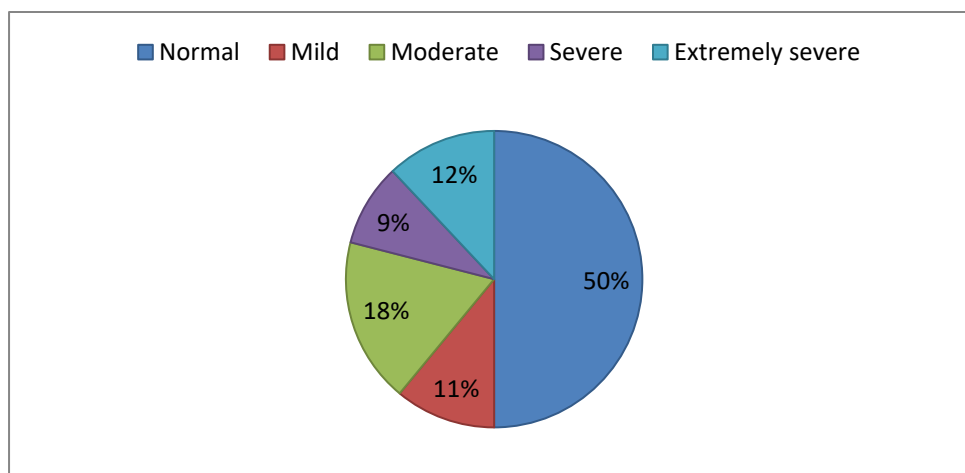


The table1 shows that the data on depression levels experienced by students are 73 students with normal depression level, 13 students experience mild depression, 9 students moderate, 2 students experience severe depression and 3 students experienced extremely severe depression.

Table 2. Level of Anxiety

Level of Anxiety	Normal	Mild	Moderate	Severe	Extremely severe	Total
Female students	50	11	18	9	12	100

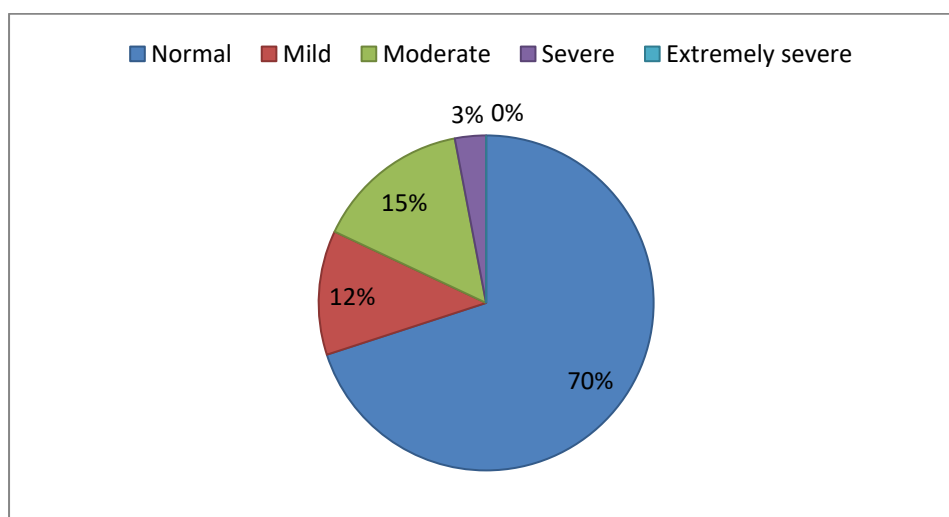
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The table2 shows that the data on anxiety levels experienced by students are 50 students with normal anxiety level, 11 students experience mild anxiety, 18 students moderate anxiety, 9 students experience severe anxiety and 12 students experienced extremely severe anxiety.

Table 3. Level of Stress

Level of Stress	Normal	Mild	Moderate	Severe	Extremely severe	Total
Female students	70	12	15	3	0	100



The table3 shows that the data on stress levels experienced by students are 70 students with normal stress level, 12 students experience mild stress, 15 students moderate stress, 3 students experience severe stress.

CONCLUSION

This research shows that 15 is the highest number of students who have extremely severe levels of depression, anxiety and stress, others are at all normal levels. Depression, anxiety and stress may be caused by many reasons. There is not any single and particular cause of depression, anxiety and stress that happens in undergraduate level (i.e., adolescence period),

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that's why adolescence period is known as period of stress and storm. It is important to identify appropriate strategies that could help students not only cope with adverse effects of the current situation but that can also enhance students' resilience to similar disasters in the future. Parents, educators, and the society as a whole should identify ways to enhance students' adaptability skills that will enable them to cope in such situations.

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Conflict of Interest

The author(s) declared no conflict of interest.

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