Research Paper

A Study of Depression among Male and Female Adolescents of Raipur District

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ABSTRACT

The purpose of the present study is to find out the level of depression of adolescent students of Raipur District. It also investigated the gender as well as age difference regarding these variables. A total sample of 100 class XI school studying in different school and streams under the Central Board of Secondary Education (CBSE). Tools used were Beck Depression Inventory developed by Beck (1972). Data were treated by Percentage, Mean, SD, t-test and ANOVA. The findings of the study revealed that level of depression was higher on moderate level among total sample of school students and also found level of depression is higher among age-1 in compare to age-2 students.

Depression is a mental health disorder. Specifically, it is a mood disorder characterized by persistently low mood in which there is a feeling of sadness and loss of interest. Depression is a persistent problem, not a passing one - the average length of a depressive episode is 6-8 months. Depression is different from the fluctuations in mood that we all experience as a part of a normal and healthy life. Temporary emotional responses to the challenges of everyday life do not constitute depression. Likewise, even the feeling of grief resulting from the death of someone close is not itself depression if it does not persist. Depression can, however, be related to bereavement - when depression follows a loss, psychologists call it a "complicated bereavement." Depression is a real illness that impacts the brain**.** Anyone suffering from depression will tell you, it's not imaginary or "all in your head." Depression is more than just feeling "down." It is a serious illness caused by changes in brain chemistry. Research tells us that other factors contribute to the onset of depression, including genetics, changes in hormone levels, certain medical conditions, stress, grief or difficult life circumstances. Any of these factors alone or in combination can precipitate changes in brain chemistry that lead to depression's many symptoms. Baron (2001) has defined suicide as "the voluntary taking of one's own life" suicide is something which is not rare to society today. Every day we find newspapers carrying stories of reported deaths as suicide. Suicidal behavior is a broad term that includes suicide gestures, attempted suicide, and completed suicide. Suicide gestures a relationship between suicide and depression is a significant but complex one. Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel,

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think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

REVIEW OF LITERATURE

Every research work is a step towards acquiring new knowledge and this knowledge is always based on previously gained knowledge. Hence, it should take into account, all the relevant information, thinking and researches that have preceded it. A researcher ought to be well acquainted with the previous researches related to his/her area of investigation. Review of literature helps to develop the resarcher, an insight of the problem to be investigated, to get information of what others have done in related field, and what remains to be done. Keeping this in mind, the investigator has made an attempt to a comprehensive review of related studies conducted in the field of depression.

Depression is one of the most extensively studied variable in abnormal and clinical psychology. Researchers have shown interest in exploring the contributions of a host of independent variable for studying both clinical and non-clinical depression (Mook et.al. 1990; Halowatty 1990). It is proposed to rehearsh in this section, studies exploring the contributions of personal, social attitudinal and personality variables in causing depression.

Shamir (1986) examined the relationship between employment status and self-esteem among 432 educated Israelis (aged 27-37 years) self-esteem of employed and unemployed subjects and others measures of psychological well-being were assessed by questionnaires. Cross-sectional comparisons and longitudinal analysis showed that depressive effect, morale and anxiety were affected by employment status, but self-esteem was not sensitive to employment status. It will not be out of place to refer to different psychometric tests and self rating scales developed to measure depression; (for example, Hoh et.al. 1987; Hong, 1987; Ramos, 1986; Riskind et.al. 1987; Schrader, et.al. 1990; Whissel, et.al., 1990; Zuroff et.al., 1990; Nanishi & Jimba 2014; Cox et.al. 2014).

Ramos (1986) review previously published data on a Spanish Language version of the Beck Depression Inventory (Beck et.al. 1961) evaluating its predictive validity. The concordance between the inventory and clinical diagnosis of 296 subjects was assessed by calculating true positive and true negative rates and with the Kapp coefficient of concordance. Results fail to support the diagnostic or clinical utility of the inventory.

Hoh et.al. (1987) analyzed the scores of undergraduates Ss obtained on the Beck Depression Inventory, were significantly related to their tendency to view potential negative events as being self referentially important, consistent with a negative self-scheme account of depression.

Hong (1987) administered depressed proneness rating scale to 208 undergraduates. Results indicate that Zemore's Scale over emphasizes the cognitive aspect of depression.

Riskind et.al. (1987) reformulated a model of depression in part through the intermediary effect of pessimistic or negatively expectations about the occurence of future outcomes. A possible logical next step in testing the model is to measure jointly attributions and expectations and to examine their combined contributions. The investigators used a short-term longitudinal design to examine whether attributional style works in combination with other factors, such as expectations, to predispose individuals to depression consistent with the initial theoretical analysis, the interaction of attributional style and expectations predicted

depression on the Beck Depression Inventory six weeks later. They also found that attributional style predicted depression six weeks later in interaction with initial level of depression. These findings support the confluence hypothesis, which assumes that vulnerability factors can combine interactively and quality the effects of attributional style. These interaction effect findings have implications for currently popular cognitive theories of depression and for previous research on vulnerability to depression that has examined only the efect of single cognitive variables considered alone.

Schrader et.al. (1990) examined the reliability of mood (depression) recall over one week in thirty psychiatric impatients (aged 18-70 years) subjects significantly over estimated the intensity of their depression when asked to recollect how depressed they had been one week earlier. The initial level of depression affected the accuracy of recall. Subjects who were more depressed initially had more accurate recall, particularly for biologial and symptomatically negative items of the self- Rating Depression Scale.

Whissell et.al's. (1990) findings were based on ill university students who participated in three experiments where agreement on items and response selective were assessed for potentially self-describing emotional words. Subjects completed the Beck Depression Inventory (all experiments), the Sixteen Personality Factor Questionnaire (16PF) (Exp-2) and Eysenck Personality Inventory (Exp-2 and 3). Among the findings : (i) Subject's depression correlated positively with agreement on negative words and negatively with agreement on positive words (PWs); (ii) depression correlated positively with response latency.

(iii) neuroticism negatively correlated with agreement on PWs and extraversion correlated positively with agreement on active words.

Objectives
- To study the level of depression among male-female, age- 1 and age-2 adolescents of Raipur District.
- To study the main and interaction effect of gender and age on depression of adolescents of Raipur District.

Hypotheses
- Level of depression will vary in sample sub-groups based on gender and age.
- There will significant difference of gender and age on depression of adolescents of Raipur District.

Method
Sample
The stratified random sampling was used to select the sample from different schools and of Raipur District. There were four strata. Form each stratum 25 cases were selected thus, altogether 100 cases were selected. The sample of the proposed research is based on a 2x2 = 4 Factorial design. The stratification was based on: Gender (Male and Female) Age (Age-1(13-14yrs)) (Age-2(18-19yrs))

Tools
This questionnaire was prepared by the research scholar to obtain information about respondents name, age, class, sex and category and Beck depression inventory (BDI) developed by Beck (1972) is a 21 questions multiple choice self-report inventory that is widely used instruments for measuring the severity of depression. The scale evaluates key

symptoms of depression including mood, pessimism, sense of failure, self-dissatisfaction, built, punishment, self-dislike, self-accusation, suicidal ideas, crying, irritability, social withdrawal, indecisiveness, body image change, work difficulty, insomnia, fatigability, loss of appetite, weight loss, somatic preoccupation and loss of libido. Severity of depression has been evaluated by using standard scoring procedure. There are as follows: -

Table I

Scores	Interpretation
0-09	Low level
10-16	Mild level
17-29	Moderate level
30-63	Severe level

The items in this inventory were primarily clinically derived. This procedure is designed to assess whether variation in response to a particular category is associated with variation in total score on the inventory. For each category the distribution of total inventory scores for individuals selecting a particular alternative response was determined.

Procedure

As stated earlier that the samples of the study include different schools selected on random basis from Raipur. A personal data questionnaire seeking information on such variables as gender, age, class, educational qualification, parental occupation etc and twenty-five cases were selected for each of the four sub-groups. The test of depression was administered on the subjects by the investigator. Suitable statistical technique was used to analysis of obtained score.

RESULTS & DISCUSSION

The response sheets of the respondents on Beck Depression Inventory was scored and statistically treated using percentage, mean, SD, and t-test. The findings are given in the following table.

Table II
Level of depression in total sample

Group	Low		Mild		Moderate		High	
	N	%	N	%	N	%	N	%
Total Sample (N=100)	7	7	36	36	48	48	9	9

Maximum cases ranged between mild and moderate level of depression. Few cases found in high and low level of depression.

(Impact of gender & age on depression of students)

One of the important objectives of resent research was to determine the main and interaction effect of gender and age on depression among students, analysis of variance (ANOVA) was calculated Table 3 presents the data.

Table 3 Analysis of variance (ANOVA) showing the impact of gender and age on Depression

Sources of Variance	Sum of Squares	Degree of Freedom	Mean Square	F ratio
Main effects				
A. Gender	59.29	1	59.29	0.55 (NS)
B. Age	1056.25	1	1056.25	9.93**
2 way interaction AXB	1115.54	1	1115.54	10.48**
Within treatment	10210.3	96	106.35	

**Significant at 0.01, NS: -Not Significant

A look at the above table depicts that the gender does not produce significant impact on depression. The obtained F value was 0.55 which was statistically insignificant. Age had found independent effect on depression. The F Value was 9.93 which was statistically significant at 0.01 level. The interactional effect of gender and age were found significant.

Table III
Comparison of mean depression score between boy and girls school students

Groups	N	Mean	SD	t Value	P Value
Boys	50	19.80	8.36	1.01	Not significant
Girls	50	18.26	6.60		

Result indicated that the mean difference on depression of boys' and girls' students did not differ significantly. Mean scores of boys and girls were 19.80 and 18.26 and their SDs was 8.36 and 6.66 respectively. t- ratio between the means was 1.01, which was not significant at .05 level of significance. Hence the hypothesis "There will be significant difference between boys' and girls' students on depression" was rejected.

Table IV
Comparison of mean depression score between the age-I and age-II students

Groups	N	Mean	SD	t Value	P Value
Age- I	50	22.28	6.90	4.74	0.01
Age- II	50	15.78	6.80		

Result indicated that the mean difference on depression of age-I and age-II students did differ significantly. Mean scores of age-I and age-II were 22.28 and 15.78 and their SDs was 6.90 and 6.80 respectively. t-ratio between the means was 4.74, which was significant at 0.01 level of significance. Hence the hypothesis "There will be significant difference between age-I and age-II students on depression" was accepted.

CONCLUSION

This study concluded that depression is experienced by adolescence students. From this small sample of adolescence school students. It has been shown that-
a.   Maximum cases ranged between mild and moderate level of depression.
b.   level of depression was higher among age-I than age-II adolescence school students.

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