

Research Paper

## A Study on the Relation Between Interpersonal Relationship and Depression Among Young Adults in Post Pandemic

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### ABSTRACT

Interpersonal relationships are an important factor in adolescents' depression. The aim of the study was to investigate the association between Interpersonal relationship and depression among young adults. **Method:** The study included 222 Participants of both males and females from various college students in Coimbatore. The participants were given a questionnaire to assess the level of depression by using Beck's depression inventory developed by T. Aaron beck and FIAT(The functional idograph assessment template) was developed by Darrow S.M.Chalaghan, G. M. Bonoe, J. T. Follete(2006) to asses the interpersonal relationship. Pearson's correlation of coefficient was performed to quantify the association between interpersonal relationship and depression. **Results:** The results of correlation shows that there is a significant negative correlation the value is  $-.236$  between depression and interpersonal relationship among parents, siblings, friends and family with depression. **Conclusion:** These findings emphasize that there is a negative correlation between interpersonal relationship and depression which means if the level of depression increases, the interpersonal relationship among friends, family is decreased.

**Keywords:** *Interpersonal Relationship, Depression*

Interpersonal relationships are social connections with family, friends, and Co- worker's. The WHO (World Health Organization) states that "Depression is a common mental disorder. It is characterized by persistent sadness and lack of interest in pleasure in previously rewarding or enjoyable activities. "Interpersonal relationship was a significant factor of depression. Interpersonal relationship is an important concern of an individual's mental health. Depression can be a main consequence of Interpersonal relationships which results in negative mental health. Depressed individuals tend to interact with others in a way of rejection, which increases their risk for future depression. Interpersonal relationships are an important factor in adolescents' depression for future depression. Elsin, I., & Martinson, B. (2020). Individuals with major depression are likely to have distress personal relationships. Research observation suggests that an increase in depressive symptoms leads to poor interpersonal relationships. The objective of the study was to collect the data regarding interpersonal relationship among adolescents and to correlate with depression. A Beck's depression inventory questionnaire were administered in 181 nursing students. Using

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the pearson's correlation method and statistics t-test was done to study the predictors. Result study confirmed that the amount of depression (-.458) comparatively greater than interpersonal relationship(.611)increase in depression leads to poor interpersonal relationship.

**Kelly Rose-Clarke, Eliz Hassan, BK Prakash, Jananee Magar, Delan Devakumar (2021)** conducted a study on A cross-cultural interpersonal model of adolescent depression in rural regions in Nepal. This study concludes interpersonal problems are relevant to core principles models of depression.

**Caron Zlotnick, Robert Kohn, Gabor Keitner, Sheri A Della Grotta** conducted a study **on the relationship between quality of interpersonal relationships and major depressive disorder:** findings from the National Comorbidity Survey the results of this Zlotnick, C., Kohn, R., Keitner, G., & Della Grotta, S. A. (2000). The relationship between quality of interpersonal relationships and major depressive disorder: findings from the National Comorbidity Survey. This study indicates that poor intimate relationships are characteristics of major depressive disorder.

### **METHODOLOGY**

**Objective:** To find out the relationship between interpersonal relationships and depression among young adults.

*Classification of variable:*

**Independent variable**

- Interpersonal relationship

**Dependent variable**

- Depression

**Hypothesis:** There is a relationship between interpersonal relationship and depression of young adults 0.01% at significant level.

**Research design:** To find out the relationship between interpersonal relationship and depression of young adults a (quantitative approach) correlational technique is being utilized for the current study.

**Participants:** Participants were selected from the college students at Coimbatore. The study is composed of 222 participants of both 98 male and 124 females.

**Sample selection process:** A purposive sample selection has been used with the following criteria to control the intervening variable.

**Inclusion criteria:**

- All the participants are the one who have volunteered to be a part of the study.
- Both men and women students would be considered.

**Exclusion criteria:**

- Students of undergraduate
- Students of coimbatore city

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### Data collection method

There is a primary data collection method. 222 participants of both male and female from various college students in Coimbatore city. This study is done by using Beck's depression inventory to measure the level of depression developed by T. Aaron beck.

This questionnaire consists of 21 items. An FIAT (The functional idograph assessment template) was developed by Darrow S.M. Chalaghan, G. M. Bonoe, J. T. Follete (2006) to assess interpersonal relationships. This questionnaire consists of 21 items.

### Methods used for data analysis

The current study of the following method has utilized, mean and standard deviation, pearson correlation coefficient used in required section. Graphical representation of data would be produced.

## RESULTS AND DISCUSSION

*Table:1 shows the correlation value for Interpersonal relationship and depression*

correlation value		Interpersonal relationship	Depression
Interpersonal relationship	Pearson correlation	1	-.236**
	Sig.2(tailed)		<.001
	Number	202	202
Depression	Pearson correlation	-.236**	1
	Sig.2(tailed)	<.001	
	Number	202	202

\*\*.*Correlation is significant at the 0.01 level (2-tailed).*

Table :1 The results of the correlation shows that there is a negative correlation is -. 236 between interpersonal relationship and depression. The correlation is significant at the value of the level (0.01). The pearson correlation value is -. 236\*. The N=202 indicates that poor interpersonal relationships lead to depression.

## CONCLUSION

The findings emphasize that there is a negative correlation between interpersonal relationship and depression which means if the level of depression increases interpersonal relationship increases.

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

The author(s) declared no conflict of interest.

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