

Prevalence of Depression among College Students

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ABSTRACT

Depression revealed itself in the form of many symptoms: mood swings, loss of interest, anhedonia (inability to experience pleasure), feelings of worthlessness, fatigue and weariness and guilt, and difficulty concentrating and making decisions. On the physical level, these changes are followed by appetite, disturbed sleep and psychomotor disorders. In this study, it was aimed to know the depression among college students with reference to male and female. A simple random sampling method was used on 400 undergraduate arts college students, out of which 200 students were male and 200 students were female. The Beck's Depression Inventory Scale was used. The data was scored and analyzed as per the manual. The 't' test was being calculated. The male students are having more depression than female students. There is significant difference between the mean score of the depression among male and female.

Keywords: *Depression, Gender, Male, Female, Undergraduate, Students*

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, hopeless, empty and poor concentration. Other indicators can include significant weight loss or gain, insomnia or hypersomnia, fatigue/loss of energy, sleep disturbance, psychomotor agitation or retardation, feeling worthless, excessive guilt, inability to concentrate, thoughts of death, and suicide ideation (American Psychiatric Association, 2013). Moreover, several of the depressive symptoms are things that would have a negative impact on thoughts, behavior, human relation, academic performance and finally on well-being of the students. Depression is a serious illness among the students and longtime depression has the causes of mental disorder. It is a most common psychological problem of college students. Today depression is the serious issue in the world. Research survey on college student's reports there will be 10% to 20 % of student population suffering from psychological problems like Stress, Anxiety & Depression (Karmakar and Behera, 2017). Depressive disorder is also mentioned as one the disposition issues and is becoming more frequent day by day. These problems can become chronic or recurrent and lead to substantial impairments in a students' ability to take care of his or her everyday responsibilities. According to Field and coworker (2012), students with depression can have significant impairments in many areas of functioning, including social, academic, and occupational. Depression among undergraduate college students is extremely prevalent and widespread problem across the country because it is sensitive period in a students' life span

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(Gjerde, 1993). College students are a group of people that in which they are going from adolescence to adulthood and can be one of the most stressful times in a his or her life. Students are passing from most critical period of life in which they experience many stressful events (Buchanan, 2012). As the education proceed to the higher level, they use to face more stressful events like more work assignments or projects, tough syllabus, residing in hostels, bulling and challenging social environment. Wong et al., (2006) reported that during entrance to a university or college education institutions is a joyous time, it was a stressful life event for some students. First-year students are particularly at-risk as they face a number of new stressors during the transitional period of starting a new life in university or college (Voelker, 2003). According to Dyson and Renk, (2006) depression results from a complex interaction of psychological, social, and biological factors and increased stress caused by college can be a significant contributor to student depression. Kamble and Minchekar (2018) reported that many of cases mentioning by media and newspaper about the college students' suicide that make serious pressure and stress on parents, society and institution. Their Results revealed that there was a positive significant gender difference college students'.

Objectives: The objective of the study is to find out the depression between male and female college students on the criteria of depression.

Hypothesis: There will be no significant difference of depression between male and female of higher education students.

RESEARCH METHODOLOGY

The quantitative descriptive survey method is used in present study.

Population of the Study: All the undergraduate college students having arts stream of Deoghar district of Jharkhand (India) are comprised the population of this study.

Sample: A simple random sampling method was used in this research on total 400 students, in which 200 students are male and 200 students are female.

Tools used: In the present study, Beck's Depression Inventory (BDI) used, which was developed by A. T. Beck. It is a 4-point scale consist 21 items. Each item has common symptoms of depression. Each items consisting four options. The degree of intensity of depression varies from 0 to 3 in each item or statement. Scoring achieves by adding the highest rating for all 21 items. The minimum score is zero and maximum score is 63. Scoring is achieved by adding the rating of all 21items. The standard scores are as follows: considered normal, mild mood disturbance, borderline clinical depression, moderate depression, severe depression and extreme depression score are 1-10, 11-16, 17-20, 21-30, 31-40 and over 40 respectively.

Procedure: The permission was granted from the principal of colleges of Deoghar districts for data collection and then, personally contacted to participants for established report. The personal questionnaire and BDI Scale were administrated to collect data from undergraduate arts male and female students. The data is scored as per the manual and analyzed. The statistical- 't' test is calculated and results interpreted.

RESULTS AND DISCUSSION

The results of depression's scores among the undergraduate male and female students' are shown with the Table 1 and Fig.1. The result revealed considered normal, mid mood

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disturbance, borderline clinical depression, moderate depression, severe depression and extreme depression among the gender i.e. female and male. It is found that 74% of male is considered normal.

Table 1: Levels of depression on male and female students

Gender	Considered normal	Mild mood disturbance	Borderline clinical depression	Moderate depression	Severe depression	Extreme depression
<i>Male</i>	74	14	6.00	3.50	2.50	0.00
<i>Female</i>	68.5	14	10.50	4.00	3.00	0.00

While 68.5 % of female have that. The mild mood disturbance is equal in both genders. It is also found that the borderline clinical depression, moderate depression and severe depression are higher in female than the male as shown in the table and figure. The extreme depression was nil in both genders. It is observed that the mean score is 8.81 (SD=6.0) in male, while it is 10.13 (SD=2.14) in female as shown in Table 2. On the basis of mean score results, it is concluded that the mean.

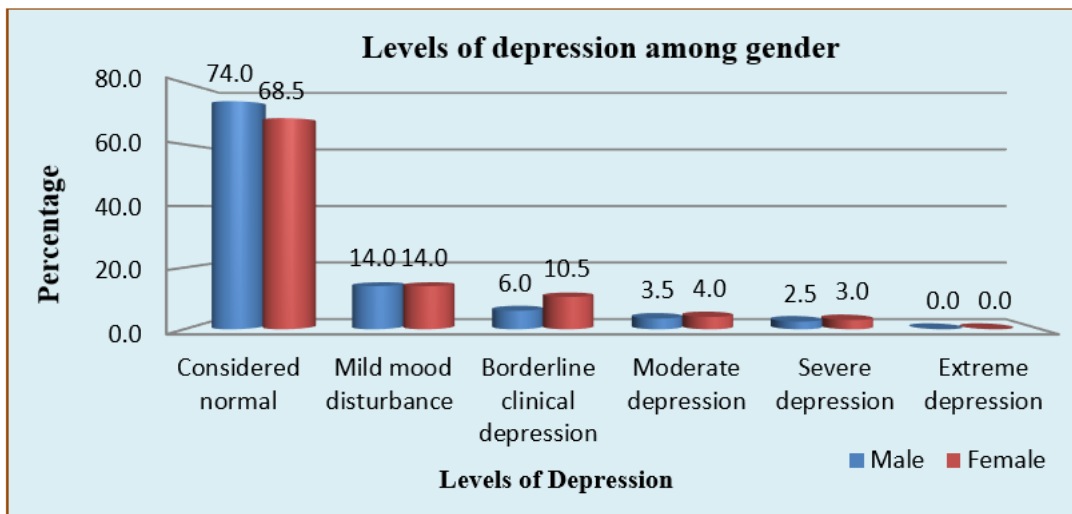


Fig. 1: Levels of depression on male and female student

Table 2: Mean, SD, and t-value of depression on male and female students

Gender	No. of students	Mean	SD	"t" Value		Result
				C/V	T/V	
<i>Male</i>	200	8.81	6.00	2.24	1.98 at 0.05	cv>tv
<i>Female</i>	200	10.13	2.14			

Score of male fall under considered normal level, while in female it fall under near to mild mood disturbance. The mean score of depression in male is low as compared to female. These results are also represented in the Fig.2. It is observed that calculated "t" value (2.24) is greater than tabulated value (1.98 at significant level 0.05), hence the null hypothesis is rejected at 0.05 level. That is to say that, the difference between male and female students in depression is significant at 0.05 level. Therefore, there is significant difference between male and female students with regard to depression. The overall findings suggested that the female college students have comparatively more depression than male college students.

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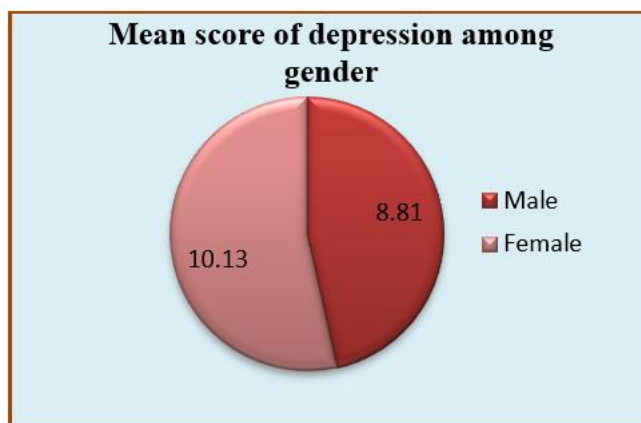


Fig. 2: Mean score of depression on male and female students

The result corroborates with the findings of the study done by Priyadarsan, et al. (1994). They found that 70% of male and 76% of female students experienced depression, ranging from borderline clinical depression to extreme depression. The higher rates of depression among females in this study align with previous research, which indicates that females are more prone to depression due to factors such as fear of early marriage, incomplete education, hormonal changes and additional household responsibilities.

CONCLUSION

The major findings of this study revealed that the considered normal depression is more in male than the female, mild mood disturbance is equal in both gender, while the borderline clinical depression, moderate depression and severe depression and is higher in female than the male. The extreme depression was nil in both gender. It was found that there was a significant difference exists between male and female College students with concern to depression. It was also found that the female college students are comparatively more depressed than male college. However, Depression is a serious health problem that can affect people of all ages. It affects the education of the students.

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Conflict of Interest

The author(s) declared no conflict of interest.

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