

## Depression among College Going Students

Manjari<sup>1\*</sup>

### ABSTRACT

The purpose of this study was to measure the depression level among the college students and to study it according to their age and gender. Depression is accompanied by the feelings of despondency and dejection. Two groups were selected one is male and the other is female, both groups have 64 students. Each group has 32 male and 32 female students. Data were collected from the Delhi and National capital Region College going students. In this research paper “Cognitive Self-Statements in Depression: Development of an Automatic Thoughts Questionnaire was used. “t” test was used for analysis.

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

“...Every ray of hope destroyed and not a wish to gild the gloom” -**Robert Burns** (1759-1796)  
We all experience a moment of sadness, but these moments usually pass within a couple of days and are not indicative of depression. Depression is a prolonged sadness accompanied by various reasons such as economy, academic. Due to the advancement in technology and non-healthy lifestyle threats to the health problems have increased. Depression was initially known as “*melancholia*”. **Sigmund Freud (1856-1939)**: Founder of psychoanalysis.

Melancholia could result from mourning for an objective loss and of a subjective one when the individual’s ego is compromised.

### REVIEW OF LITERATURE

P Jayanthi (2015) examined that adolescents who had academic stress were at 2.4 times higher risk of depression than adolescents without academic stress.

M Anthony David (2013) found that depression was higher among the females compared to males. Ankur Barua (2011) reported that there was a significant decrease trend in world prevalence of geriatric depression, but it was significantly higher among the Indians in recent years than the rest of the world. Dr. G. M. Nagaraja (2015) found that the prevalence of depression was significantly more among those with family problems and family history of

<sup>1</sup> Research Scholar, Clinical Psychology Student Of Amity University, Noida, India

\*Responding Author

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depression. Surabhi Chauhan (2014) study highlights the common but ignored problem of depression in adolescence. MS Darshan (2013) found that risk for developing depression had 4.1 times higher prevalence of harmful alcohol use compared with those who were not at risk for developing depression.

### *Definitions*

1. According to the **World Health Organization (W.H.O.)** Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.[1]
2. **Seligman (1973)** referred to depression as the 'common cold' of psychiatry because of its Frequency of diagnosis.
3. The Oxford English Dictionary defines depression as "a mental condition characterized by severe feelings of hopelessness and inadequacy, typically accompanied by a lack of energy and interest in life."
4. "Depression, we are saying, is not a disease; it is a natural response to certain types of emotional introspection that result in excessive dreaming." - Human Givens, 2003, J. Griffin & I. Tyrrell

### *Meaning of Depression*

Depression is a common mental disorder. This term is used to describe a temporary phase of sadness and loneliness experienced by every one time to time. Depression is not just sadness it is an emotion of lonely and inner madness. While depression is the leading cause of disability for both males and females, the burden of depression is 50% higher for females than males (WHO, 2008). Depending on the severity of the depression day to day activities are hindered. "Regarding depression as "just" a chemical imbalance wildly misconstrues the disorder." - Psychology Today, March 1999

### *Causes of Depression*

1. Physiological reason for the depression has been found that the certain brain roots chemicals called neurotransmitters play an important role in regulating emotions and moods.
2. Neurotransmitters involved in depression include nor epinephrine, dopamine, and serotonin.
3. Depression is mostly cause due to negative life events.
4. According to researchers, hippocampus a region of brain that is found smaller in depressed persons
5. Hippocampus was 9% - 13% smaller in women who were depressed.
6. Social isolation (a common cause of depression in older adults).

### *Symptoms of Depression*

1. Low mood or irritable mood most of the time
2. Trouble sleeping or sleeping too much
3. A big change in appetite, often with weight gain or loss

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4. Tiredness and lack of energy
5. Feelings of worthlessness, self-hate, and guilt
6. Difficulty concentrating
7. Slow or fast movements
8. Lack of activity and avoiding usual activities
9. Feeling hopeless or helpless
10. Repeated thoughts of death /suicide
11. Lack of pleasure in activities you usually enjoy, including sex

### *Objectives of Study*

- To know the difference between the level of depression among male and female students.

### *Hypothesis*

- There is no difference in the level of depression among the male and female students.

### *Variables Of The Study*

Variable	Type Of Variable	Sub . Variable	Name Of Variable
Gender	Independent	2	1.Male 2.Female
Depression	Dependent	-	

### *Instruments*

ASPECT	NAME OF THE TEST	AUTHORS
DEPRESSION LEVEL	“Cognitive Self-Statements in Depression: Development of an Automatic Thoughts Questionnaire.”	Drs. Steven Hollon and Philip Kendall

### *Research Design:*

64 male and female students were selected randomly in DELHI (NCR) areas local colleges. Students were divided in two groups. Group one “Male” had 32 numbers of students. Group two “Female” had 32 numbers of students. After collecting the data statistical analysis was done according to key for the comparison of different groups “t” test was calculated.

## RESULTS AND DISCUSSIONS

Groups	N	Mean	SD	SEM	t
MALE	32	59.56	15.60	2.76	1.32
FEMALE	32	61.56	20.58	3.64	

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This table indicates no significant difference between male and female. Females are more depressed than males.

### CHARTS:

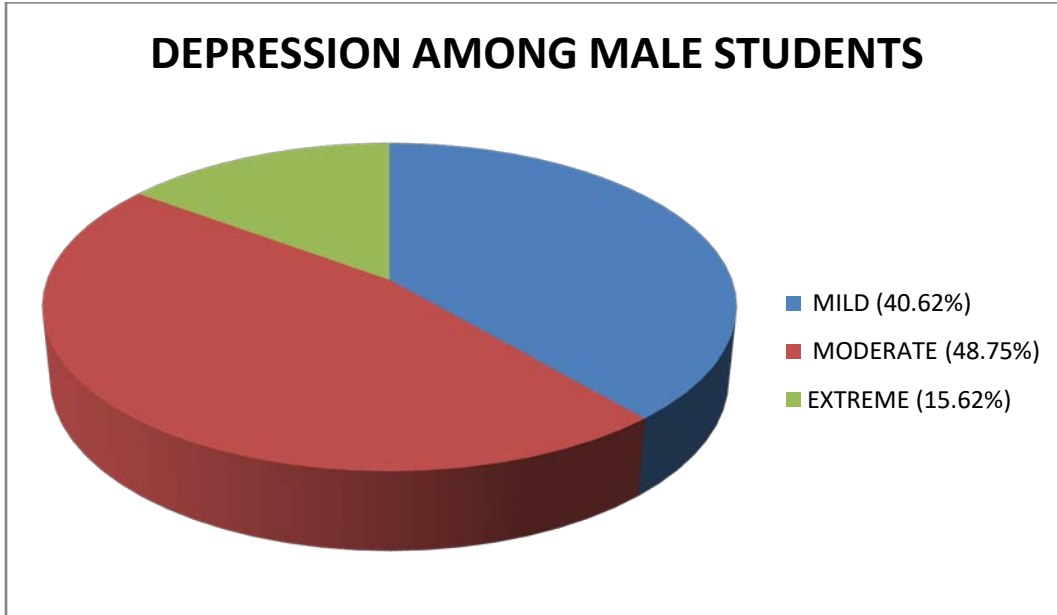


Fig1.1 - It determines depression among male college going students, as mild group indicates 40.62%, as moderate group indicates 48.75% and extreme group indicates 15.62%.

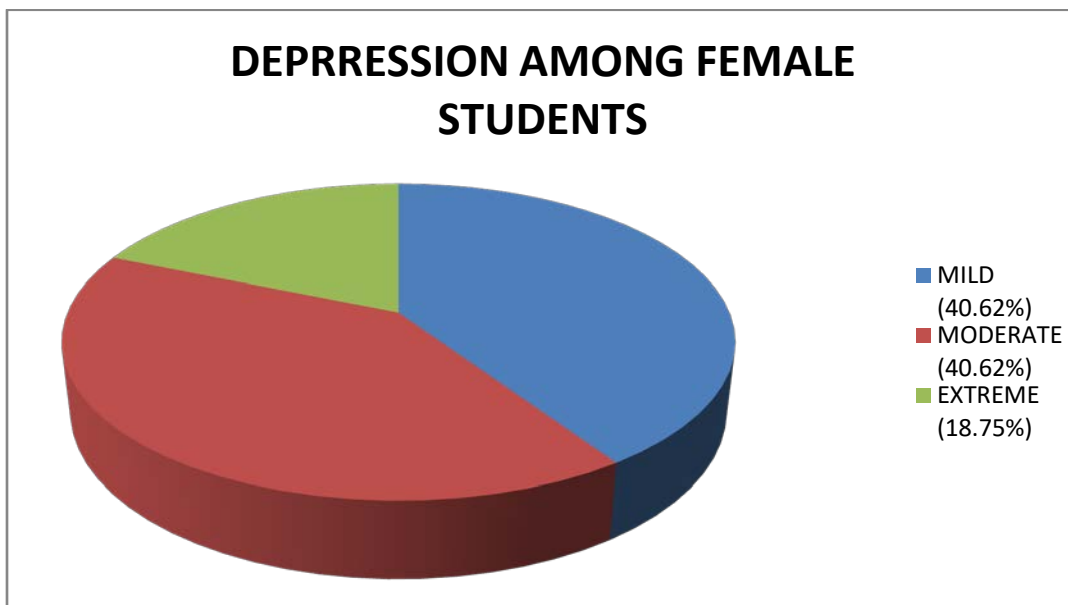


Fig1.2 - It determines depression among female college going students, as mild group indicates 40.62%, as moderate group indicates 40.62% and extreme group indicates 18.75%.

## LIMITATIONS OF THE STUDY

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Delhi (NCR).
- 3) The study was restricted to only college students.
- 4) The study was restricted students only 18-25 years only.

## CONCLUSION

There is no significance difference in the level of depression among male and female college students, but female students are more depressed. College stress which includes attending classes on regular basis and no fun activity with monotonous lifestyle can be a major cause of depression in today's youth.

### *Acknowledgments*

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### *Conflict of Interests*

The author declared no conflict of interests.

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