



## **STUDY OF DEPRESSION AMONG COLLEGE STUDENTS**

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### **Abstract**

*Objective: The purpose of this study was to find out the mean difference between male and female college students on depression. Sample: The total sample consisted 100 college students were taken. Sample also included 50 professional college students and 50 nonprofessional college students. All sample selected by the simple random sampling method from Aurangabad city. The research tool for depression were used which made by Beck (1961). Method: For statistical analysis used 't' test to check the significance level of depression in male and female college students method is used. Conclusion: Results revealed that there is significant difference between male and female college students on depression. There is significant difference found between profession and nonprofessional college students on depression.*

**Keywords:** *Depression and College students.*

### **Introduction:**

The term depression is extremely broad, variably defining an affect, mood states, disorders, or syndromes-as well as disease states. A depressed affect usually occurs in response to a specific situation and is defined as a transient and non-substantive state of feeling depressed sad. Everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a woman has a depressive disorder, it interferes with daily life and normal functioning, and causes pain for both the woman with the disorder and those who care about her. Depression is a common but serious illness, and most that have it need treatment to get better. Depression affects both men and women, but more women than men are likely to be diagnosed with depression in any given year. Efforts to explain this difference are ongoing, as researchers explore certain factors (biological, social, etc.) that are unique to women. Many women with a depressive illness never seek treatment. But the vast majority, even those with the most severe depression, can get better with treatment.



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Scientists are examining many potential causes for and contributing factors to women's increased risk for depression. It is likely that genetic, biological, chemical, hormonal, environmental, psychological, and social factors all intersect to contribute to depression.

Various studies were done to assess the prevalence, psychosocial factors, cultural factors, comorbidity, and treatment and prevention aspects of depression among various age groups. After a thorough literature review there were no large scale studies done on working women population. Researchers have come to a conclusion that the most typical age of major depression is adolescence and young adulthood. Young women have enormous liability for depression onset when they are during 15 to 19 or by 25 years of their age. The two most important implications are, one that depression is most likely to affect young people, especially during their critical period of development that includes their career, child bearing and marriage and second implication is that early onset of depression may portend a worse course of illness which can be because of developmental disruption and also because earlier onset may reflect a more severe form of the disorder.

It is quite noteworthy that more women are reporting or are being treated for depressive disorder than men. Thus sex difference in depression is notable. The cross national collaborative group cited 2:1 ratio that indicates women's prevalence among those who suffer from unipolar depressive disorders. Hormonal effects, timing of puberty, gender difference in sex, esteem, cognition, differential exposure to stressors, coping and social expectations many such biological and psychological perspectives are considered but without any resolution.

It is found that young individual especially young women have an increased rate of depression. The reasons for this being increased stress in the form this being increased stress in the form of lightened expectations, social mobility diminishing supportive resources etc.

### Objective of the Study:

1. To find out the level of depression between male and female college students.
2. To find out the level of depression between professional and nonprofessional college students.

### Hypothesis of the Study:

1. There will be significant difference in depression among male and female college students.



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2. There will be significant difference in depression among professional and nonprofessional college students

### Method:

### Sample

According to the purpose of present study 100 college students selected from Aurangabad city. There were 50 male and 50 female college students are selected. Also 50 college students selected from professional degree college and 50 college students selected from nonprofessional degree college. Professional college students include who is admitted in Engineering, medical, law and business administration professional college. Nonprofessional college students included who one is admitted B.A., B.Sc., and B.Com. Courses and colleges. All sample selected by the simple random sampling method. Age group of the all subject between 18-22 years.

### Tools:

Present study following psychological test were used.

#### (A) Beck Depression Inventory (BDI)

The Beck depression Inventory developed by the Beck ward. It is comprised of twenty one items. Although the inventory was designed as a clinical instrument but in practice it is frequently used to dichotomize subjects in to depressed and non-depressed groups. This inventory has test-retest reliability coefficient ranging from 0.74 to 0.83 on different time intervals and positively correlated with Hamilton depression rating scale with a person r of 0.71

### Statistical interpretation:

All data collection done and all test scoring according to manual master chart are prepared. Purpose of data analysis SPSS 21 version is used. First step descriptive statistics mean and standard deviation are calculated. Then compare the two groups of means t test is used.

Table No. 1

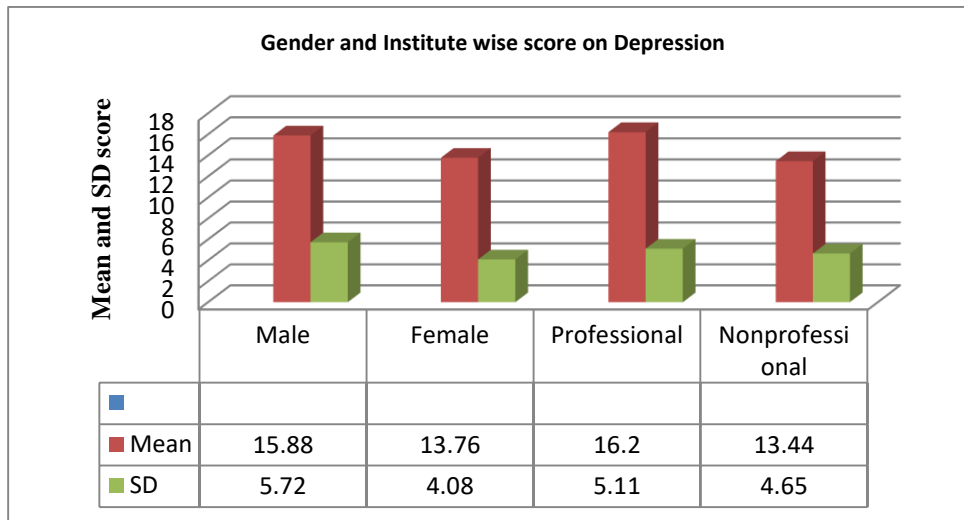
Mean SD and t value for depression on gender

| Variable |      | N  | Mean  | S.D. | t     |
|----------|------|----|-------|------|-------|
| Gender   | Male | 50 | 15.88 | 5.72 | 2.13* |

|           |                 |    |       |      |        |
|-----------|-----------------|----|-------|------|--------|
|           | Female          | 50 | 13.76 | 4.08 |        |
| Institute | Professional    | 50 | 16.20 | 5.11 | 2.82** |
|           | Nonprofessional | 50 | 13.44 | 4.65 |        |

**Figure No. 1**

**Mean and SD for depression**



Above table No. 1 and figure No. 1 shows that the mean differences of college students on independent variable gender and institute. In this study gender and institute these are two variable. In Gender included Male and female college students and Institute included professional and nonprofessional college students.

Gender is a first independent variable in this study. Male and female college students mean score on depression is respectively 15.88 and 13.76. Score of standard deviation of male and female college students is respectively 5.72 and 4.08. Male and female college students significant difference of mean score t value is a  $t = 2.13$  for  $df = 98$ . This t value is significant on the confidence level at 0.05. That's mean according to significant mean difference male and female college students differed from each other on depression. Male college student level of depression



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is high than the female college students. According to results hypothesis no. 1, "There will be significant difference of depression among male and female college students" is accepted.

Institute is a second independent variable in this study. Professional and nonprofessional college students mean score on depression is respectively 16.2 and 13.44. Score of standard deviation of professionals and nonprofessional college students is respectively 5.11 and 4.65. Professionals and nonprofessional college students significant difference of mean score t value is a  $t = 2.82$  for  $df = 98$ . This t value is significant on the confidence level at 0.01. That's mean according to significant mean difference of professional and nonprofessional college students differed from each other of depression. Professional college student level of depression is high than the nonprofessional college students. According to results hypothesis no. 2, "There will be significant difference of depression among professional and nonprofessional college students" is accepted. Some studies are related to presents research. Abdul Raffie & Tejaswini Padikkal (2016), Heyam F. Dalky & Assel Gharaibeh (2018) and Tapas Karmarkar & Santosh Kumar Behera (2017) studies are finding the gender differences of depression. Singh, R. & Joshi, H. (2008) studies are not found significant gender difference among college students.

### Conclusion:

There is no significant difference in depression among male and female college students. Male college student's level of depression is high then the female college students. There is no significant difference in depression among professional and nonprofessional college students. Professional college students level of depression is high than the nonprofessional college students.

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