

# A STUDY ON MENTAL DEPRESSION AMONG THE COLLEGE STUDENTS IN RELATION TO HOME ENVIRONMENT IN TRICHY DISTRICT

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## ABSTRACT

A research problem should be stated in as precise terms as possible and should be presented in such a manner that it leaves no doubt about the goal of the research. The statement or the problem for a research proposal should include some indication of the source of the problem and its justification in terms of general value. It should indicate the scope of the problem by stating briefly the kind of person, materials and situations to which it is to apply. The purpose of this study is to make a relationship between personal and psychological variables of college students in the trichy District of Tamil Nadu. It was, therefore, decided that the students gender, location, community, type of family, religion, parents educational status and parents income as independent variables and mental depression and home environment are testing variables were conclude in this study. The precise title of the problem taken for investigation is “**A Study on Mental Depression amongthe College Students In Relation To Home Environment in TrichyDistrict**”.

## INTRODUCTION

Everyone goes through it at least once in their lifetime, and most people go through it more than that, perhaps on an average of at least once or twice a year. Mental Depression, of course, although men are as likely to become depressed as women are, its unfortunate that the world in general perceives that its women who suffer most from depression. However it is also true that a large percentage of people who suffer from depression are not only women, but includes hale and healthy men, along with people suffering from other illnesses. These illnesses could be life-threatening or even life-sapping, or they could be just such a constant in a person's life that the weight of living with it day in and day out takes its toll and gives rise to Mental Depression.

There are other reasons why mental depression could arise besides ill health, and these are many and varied. Some of them can include your lifestyle. So if you are living at either extreme of lifestyle, you are also a good candidate for Mental Depression. If you are poor and don't have two pennies to rub together stress can

take its toll on you and leave you rolling in despair and Mental Depression. The same goes if you are rich as well, you might not have the constant worry of not being able to fend for yourself, or not knowing where your next meal will come from, but stress will also play a great part in your life as well. Stress however, is not the only factor that can lead to Mental Depression, but it can be a leading factor. And even though you might not even realize it, stress comes in many shapes and forms, and most of the time they can all lead to you suffering from some form or other of Mental Depression. Peer pressure is a good example, as is pressure brought to bear from home and from work. Lets not forget the pressures that we suffer when we set ourselves a goal and fail to meet the mark. Sometimes this kind of pressure can be the greatest of all, and can lead to a total breakdown on your part or a sink into the miasma that is Mental Depression. Depression is however, in and of itself, a normal reaction that most people suffer from without it leading to the more serious conditions of Mental Depression. This is where a person suffering from depression cannot bring themselves out of it. If life were full of sunshine every day, then we would not really appreciate what we have. Everyone needs a little rain in their lives now and again just to help them see that the sunshine really is worth having.

## HOME ENVIRONMENT

Home is a place where one lives. Environment means, all the external forces, influences and conditions which affect the life, nature, behavior and the growth development and maturity of living things. Home is said to be the first school of the child. Home environment is one of the most potential factors influencing a child's achievement. This facts of academic achievement has been studied by Jain (1965). There is considerable evidence to prove that parental attitudes and the nature of home–environment are important determinants of a child's success in reading (Subramanian, 1979).

## NEED FOR THE STUDY

An examination of various instruments developed to mental depression and home environment reveals that these measures have not incorporated many important components of mental depression and home environment presumed in theory and in observation. These measures do not deal with all aspects of mental depression and home environment, but provide narrow and limited information depending upon purpose and interest of investigators. Adolescence is a period of life with its own peculiar characteristics and problems. Hence for deep penetration into their perceptions, their own physical, social, temperamental, educational moral and intellectual spheres of mental depression and home environment need to be explored. As such, an attempt has been made in this questionnaire for eliciting information regarding adolescent's perceptions and characteristics.

## OBJECTIVES OF THE STUDY

1. To find out the category of mental depression of college students.
2. To find out the category of home environment of college students.
3. To find out the significant difference between in the college students in their level of mental depression in respect to
  - a. Gender
  - b. Community
  - c. Subject
  - d. Place of living
  - e. Birth order
  - f. Type of family
  - g. Religion
  - h. Parents educational status and
  - i. Parents income
4. To find out the significance difference between the college students in their home environment scores in respect to
  - a. Gender
  - b. Community
  - c. Subject
  - d. Place of living
  - e. Birth order
  - f. Type of family
  - g. Religion
  - h. Parents educational status and
  - i. Parents income
5. To find out the significant relationship between mental depression and home environment.

## HYPOTHESES OF THE STUDY

1. The mental depression of the college students is high
2. The home environment of the college students is average
3. There is no significant difference between mental depression of college student with respect to
  - a. Gender
  - b. Community
  - c. Subject
  - d. Place of living
  - e. Birth order

- f. Type of family
  - g. Religion
  - h. Parents educational status
  - i. Parents income
4. There is no significant difference among the college students in their home environment in respect to
- a. Gender
  - b. Community
  - c. Subject
  - d. Place of living
  - e. Birth order
  - f. Type of family
  - g. Religion
  - h. Parents educational status
  - i. Parent income
5. There is no significant relationship between mental depression and home environment.

#### **METHOD OF STUDY**

In the present study the researcher has employed the normative survey method to analysis the mental depression among the college students in relation to home environment.

#### **CONCLUSION**

The level of mental depression of college students is very low. It may be their home environment. The home environment of the college students is moderate. These shows the college students are away from the mental depression. This is a good trend. This can be further improved or maintained by providing more extracurricular activities.

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