

DEPRESSION, ANXIETY AND STRESS AMONG TEACHING FACULTIES IN A SELECTED UNIVERSITY, GUWAHATI, ASSAM WITH A VIEW TO DEVELOP AN INFORMATIONAL BOOKLET.

Ms. Jolene Nongkynrih, Prof(Mrs) Manashi Sengupta, Ms.Lireni Tungoe,
Asst.Prof , Dean, Lecturer,
Faculty of Nursing, Assam downtown University, Guwahati, India.

ABSTRACT

The present study has been undertaken to assess the level of Depression, Anxiety and Stress among teaching faculties in a selected University, Guwahati, Assam with a view of developing an informational booklet which would serve as a practical guide so as to improve the quality of occupational health practice. A descriptive research design was adopted to assess the level of Depression, Anxiety and Stress among teaching faculties of a selected University, Guwahati, Assam. The study was conducted among 150 teaching faculties using purposive sampling technique. The study reveals that depression, anxiety and stress were seen in 48(31.9%), 66(43%) and 36(23%) faculties respectively.

The mental well being of people at work is good for everyone and enhances personal and organizational resilience and success. Mental health problem is very common in the workplace and the leading cause of sickness absence. World Health Organization's (WHO's) new global health estimates on depression said while over 5 crore Indians suffered from depression, over 3 crore others suffered from anxiety disorders. Depression ranks among the top three work place problems for employee assistance professionals, following only family crisis and stress. Right now, one in six workers is experiencing stress, anxiety or depression. By 2020, depression will be the second leading cause of world disability, and by 2030 it is expected to be the largest contributor to disease burden.

Everyone who has ever held a job has, at some point, felt the pressure of work related stress .In short term; we may experience pressure to meet a deadline or to fulfill a challenging obligation. But when work stress becomes chronic, it can be overwhelming- and harmful to both physical and emotional health. We can't always avoid the tensions that occur on the job and it is also not the solution to the problem. Yet we can take steps to manage work- related stress. Therefore, the present study **aimed** to assess the level of Depression, Anxiety and Stress with a view of developing n informational booklet which would serve as a practical guide so as to improve the quality of occupational health practice.

Objectives of the study

- To assess the socio demographic profile.
- To assess the level of depression, anxiety and stress among faculties working in a selected university, Guwahati Assam
- To find out the association between depression, stress and anxiety with selected demographic variables

Materials and Methods: An institution-based descriptive study was conducted among 150 teaching staffs of Assam down town University. Purposive sampling technique was used. The faculties were interviewed using a demographic performa and psychometric tool which is a short version of depression, anxiety and stress scale (DASS-21) questionnaire was used to assess relevant depression, anxiety and stress .Data were analyzed using MS-Excel.

Results: A total of 150 faculties of Assam downtown university participated in the study. Out of which 30(20%) belong to the age group below 25 years, majority of the study samples i.e.73 (48.7%) belong to the age group of 26-30 years, 35(23.3%) belong to the age group of 31- 35 years, 12(8.0%) belong to 36-40 years. Also, 42(28%) were male and 108(72%) were female, majority of the samples i.e.90(60%) were post graduates teaching faculties. Majority of the study samples were unmarried 95 (63.3%) and 55(36.7%) married. Also, Depression, Anxiety and Stress were seen in 48(32%), 66(44%) and 36(24%) faculties respectively. Depression, stress and anxiety were assessed in a range of score belonging to normal, mild, moderate, severe and extremely severe respectively. A statistically significant relationship was also observed to exist between depression with age, anxiety with educational status and stress with marital status at ($p < 0.05$).

Section 1: Description of faculties on level of Depression, Anxiety and Stress

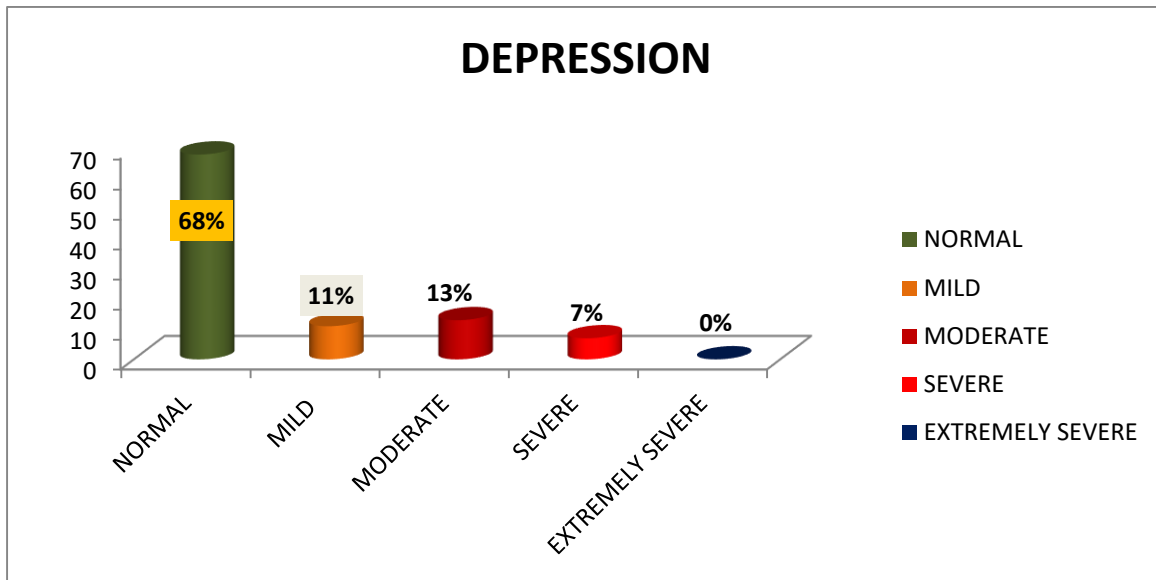


fig: 1 percentage of faculties on level of depression

The data represented in fig:1 shows that 68% of faculties has normal level of depression at work, 11.% has mild depression level at work, 13% has moderate depression level at work, 7.% has severe depression level at work.

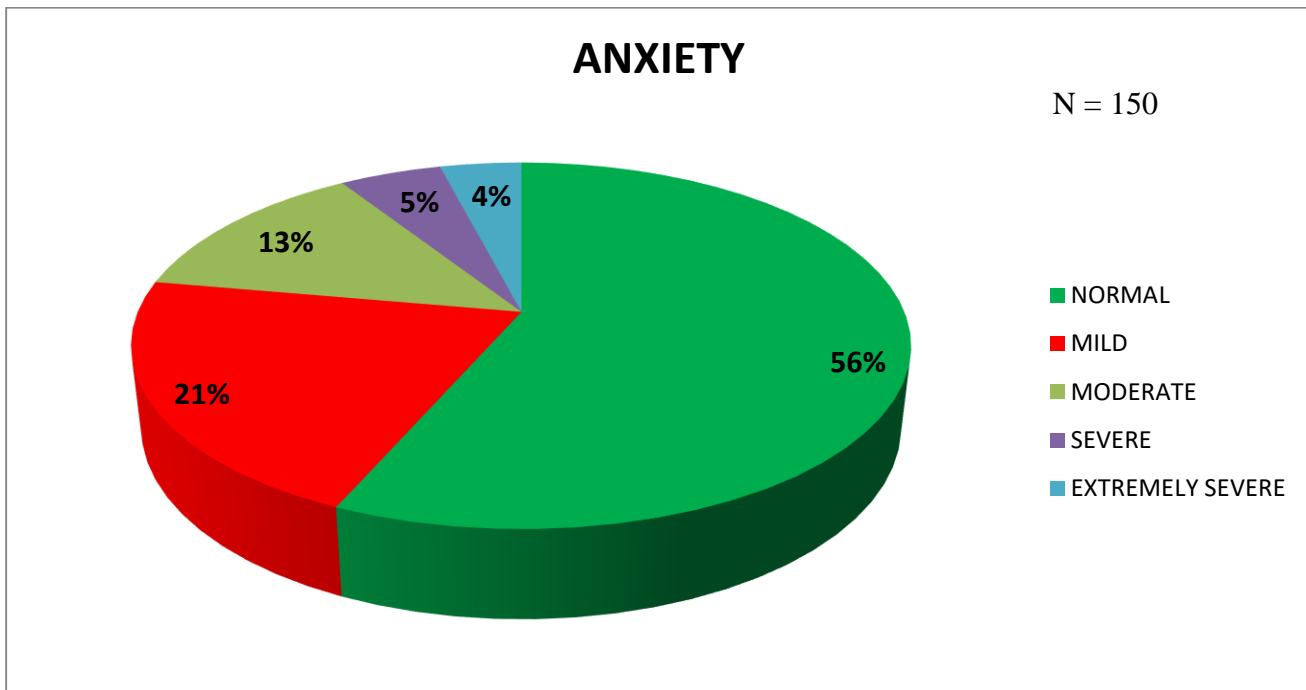


Fig: 2 Percentage of faculties on level of Anxiety

The data represented in fig. 3 shows that 56% of faculties has normal level of anxiety at work, 21.33% has mild anxiety level at work, 13.33% has moderate anxiety level at work, 5.33% has severe anxiety level at work and 4% has extreme severe anxiety level at work.

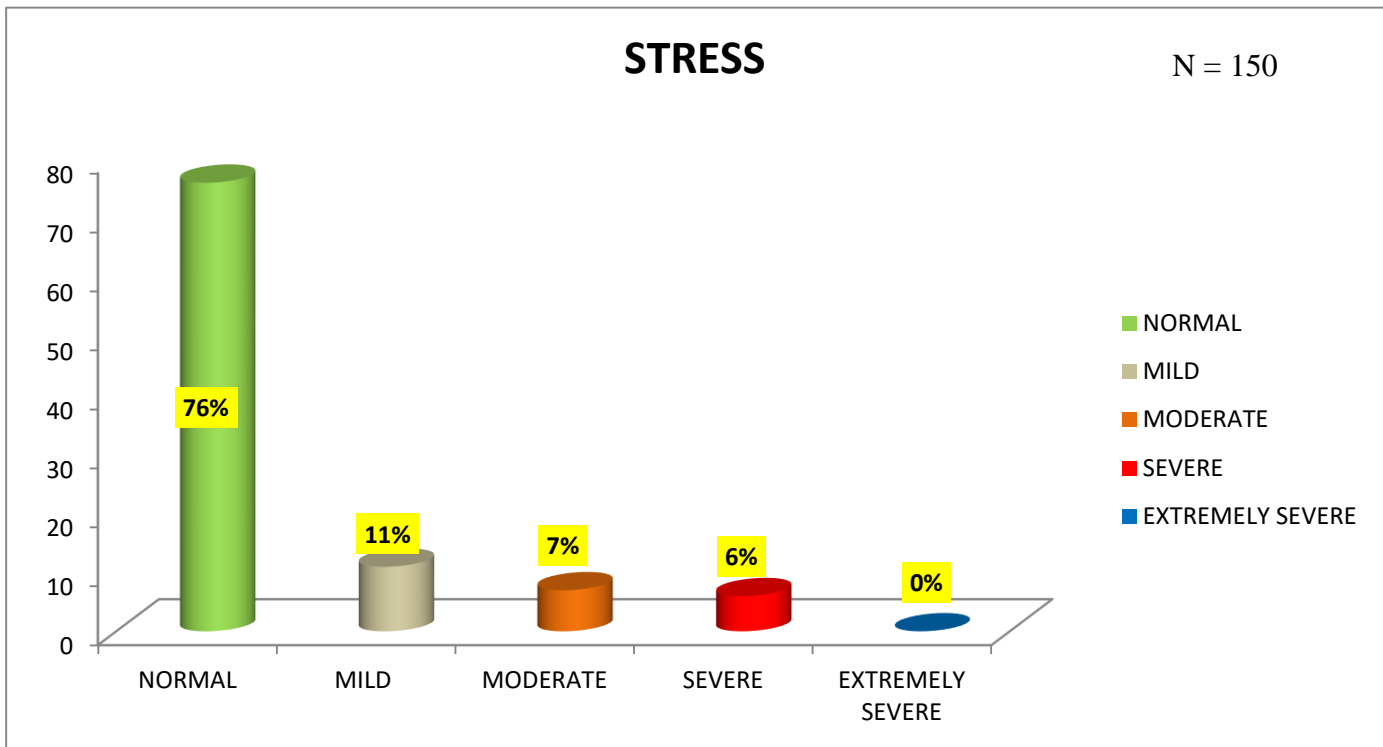


Fig: 3 Percentage of faculties on level of Stress

The data represented in fig. 3 shows that 76% of faculties has normal level of stress at work, 11.33% has mild stress level at work, 6.66% has moderate stress level at work, 6% has severe stress level at work.

Section 2: Association between level of Depression, Anxiety and Stress and selected demographic variables

Table 1: Association of Depression with selected demographic variables

S/No	Demographic variables	Depression		p-value	Inference
		Absent	Present		
1.	AGE			0.001*	S
	Below 25 yrs	20	10		
	26-30 yrs	50	23		
	31-35 yrs	22	13		
	36-40 yrs	10	2	0.574	NS
2.	GENDER			0.574	NS
	Female	72	36		
	Male	30	12		
3.	EDUCATION			0.127	NS
	Graduate and below	24	17		
	Postgraduate and above	78	31		
4.	MARITAL STATUS			0.884	NS
	Married	37	18		
	Unmarried	65	30		

S = Significant, NS = Not Significant, *p<0.05=significant

The data presented in table shows that there is association of depression with age.

Table 2: Association of Anxiety with selected demographic variables

S/No.	Demographic variables	Anxiety		p-value	Inference
		Absent	Present		
1.	AGE			0.636	NS
	Below 25 yrs	14	16		
	26-30 yrs	42	31		
	31-35 yrs	20	15		
	36-40 yrs	8	4		
2.	GENDER			0.355	NS
	Female	63	45		
	Male	21	21		
3.	EDUCATION			0.027*	S
	Graduate and below	17	24		
	Postgraduate and above	67	42		
4.	MARITAL STATUS			0.538	NS
	Married	29	26		
	Unmarried	55	40		
5.	PLACE OF STAY			0.854	NS
	Urban	81	64		
	Rural	3	2		

S = Significant, NS = Not Significant, *p<0.05=significant

The data presented in table shows that there is association of anxiety with marital educational level of the teaching faculty.

Table 3: Association of Stress with selected demographic variables

S/No.	Demographic variables	Stress		p-value	Inference
		Absent	Present		
1.	AGE			0.085	NS
	Below 25 yrs	21	9		
	26-30 yrs	60	13		
	31-35 yrs	27	8		
	36-40 yrs	6	6		
2.	GENDER			0.305	NS
	Female	85	23		
	Male	29	12		
3.	EDUCATION			0.175	NS
	Graduate and below	28	13		

	Postgraduate and above	86	23		
4.	MARITAL STATUS				
	Married	6	11	0.016*	S
	Unmarried	11	25		
5.	PLACE OF STAY				
	Urban	17	32	0.152	NS
	Rural	0	4		

S = Significant, NS = Not Significant, *p<0.05=significant

The data presented in table shows that there is association of stress with marital status.

Conclusion

The result indicates that depression, stress and anxiety is prevalent among the faculties of Assam downtown University as statistical significant association was found with their selective demographic data which implies that it is dependent of it and in addition may depend on other external factors such as working environment, ability to handle everyday- to-day task, coping mechanisms in handling stress. Therefore, techniques for the awareness, prevention and management of depression, anxiety, and stress is highly recommended to minimize the impact of these serious disorders which would help the faculties in balancing their work and personal life equally and becoming more productive in contributing to the quality education of the University.

References

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