

Reducing Depression via Self-Management Therapy among Female Adolescents

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ABSTRACT

Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration. The present study has tried to explore depression among female adolescents and also tried to explore the effectiveness of Self Management Therapy (SMT) in reducing depressive thoughts among female adolescents. It made use of purposive sampling in selecting 100 female adolescents. The sample responded to the valid and reliable instrument. Beck Depression Inventory (BDI) **Construct by Beck, et al (1961)** was used to measure Depression of the adolescents. The design which was used to conceptualize the study and analyze the data was pretest-posttest design. Results of the present study have revealed that SMT has significantly decreased the level of depression among female adolescents.

Keywords:-SMT, Depression and Female Adolescents.

“Depression” is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. (APA, 2015).

Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration. Depression can be long-lasting or recurrent, substantially impairing an individual’s ability to function at work or school or cope with daily life. At its most severe, depression can lead to suicide. When mild, people can be treated without medicines but

when depression is moderate or severe they may need medication and professional talking treatments. (WHO, 2015).

The term '**Depression**' covers a variety of negative moods and behavior changes. The mood change may be temporary or long lasting. It may range from relatively minor feeling of melancholy to a deeply negative view of the world and an inability to function effectively. Depression is a disturbance in mood, thought, and body characterized by varying degrees of sadness, disappointment, loneliness, hopelessness, self-doubt and guilt. Most people tend to feel depressed at one time or another; some people may experience these feelings more frequently or with deeper, more lasting effects. In some cases, depression can last for months or even years. The least intense type of depression, "feeling blue" or "being in a bad mood" is usually brief in duration and has minimal or slight effect on normal, everyday activities. With moderate depression, symptoms are more intense and last for a longer period of time. Daily activities are more difficult but the individual is still able to carry out these activities. In severe depression there may be extreme fluctuations in moods or even a complete withdrawal from daily routine and/or the outside world. Feelings of hopelessness can become so intense that thoughts of death may occur and suicide may seem a viable option. Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being.

Depression is a mental health disorder that can affect the way you eat and sleep, the way you feel about yourself and the way you think about things. It is not a sign of personal weakness and it can't be willed or wished away. (Lucy et.al, 2015).

Depression has become very common among adolescents and it is more common among teen agers. Depression is a common form of mental illness. This is a condition that negatively affects feelings, thinking and actions. Some of the early signs of depression include:" Disinterest in activities that were once enjoyable. India is the most depressed country in the world followed by China, United States, Brazil and Indonesia. Most suicide in India are by people aged below 44 years (WHO). Suicide is the second leading cause of the death among 18-29 age group. Half of all mental health conditions start by the age of 14 years and most cases are undetected and untreated.

So the present study has tried to explore the depression among adolescents and then tried to manage their depression through SMT using Before and After research design.

Self management is also a part of therapeutic treatment to reduce Anxiety & Depressive Symptoms. Self Management skills have been defined as “the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life” (WHO, 2015). Self management skills include psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner. Thus, self management is an important skill including managing/coping with feelings, emotions, stress and resisting peer and family pressure. Young people as advocates need both thinking and social skills for consensus building and advocacy on issues of concern.

Methodology

Objectives:-

- 1.To identify Depression among Female Adolescents.
- 2.To identify the effectiveness of SMT in managing depression of Female Adolescents.

Hypothesis

- 1.SMT would significantly decrease Depression among Female Adolescents .

Sample

A sample of 100 Female adolescents was chosen from Lucknow city. Only those respondents were selected for the study who were living in an intact family with both the parents alive. Another precaution was made while selecting the candidates for the study ie only those respondents were selected for the study who were found to report high level of depression. The Mean age of the candidates was 19.3 years.

Research Design

The design which is used to conceptualize the study and analyze the data was Before and after design.

Tool Used

Beck Depression Inventory (BDI II) by Beck, Ward, Mendelson, Mock & Erbaugh, 1961.

The Beck Depression Inventory (BDI), of Beck (1961), is a 21 questions multiple choice survey that is one of the most widely used instruments for measuring the severity of depression.

Self Management Training Manual by – Gupta & Neharshi, (2015).

After consulting a relevant literature Self Management Training Manual was constructed. This Manual was given to many experts to evaluate whether it is a reliable tool or not for reducing Suicidal Ideation and Depression and for improving Coping Strategies. After making modifications and amendments as advised by experts only four types of group activities were included in the final training manual. Then a pilot study was done on a sample of 10 respondents to check whether they understood all the activities or not. . After this pilot study the final manual constituted four types of activities.

This manual is divided into 7 sections. Section one explains the nature & significance of self management training (SMT) for adolescents. Self Management Skills are important because they give a person more control & power to improve their lives. Section two is based on conceptual framework. This section provides guidance on how to plan and develop a Self Management Program. It explains what is meant by active learning and also explains the time for each activity session. Most activities take approximately 1 hour since a lot of the activities are involved in Group Work & Discussions. The time may be fluctuated depending upon the efficiency & motivational level of the respondents. These sections involve on different type of activities. In all the activities, participants may be asked to think & talk about their ideas and feelings openly. They were also supposed to work either in groups or in pairs and in some activities the respondents were supposed to either address the whole group or to draw something together.

Section wise activities

Name of the Activities	
SECTION 3 <i>Self Awareness</i>	
Mindfulness Breathing (Two Session)	Positive Strokes (Two Session)
SECTION 4 <i>Effective Communication</i>	
Chain of Communication (Two Session)	Drawing Together (Two Session)
SECTION 5 <i>Motivational Therapy</i>	
Motivational Stories (Two Session)	Audio-Video Technique (Two Session)
SECTION 6 <i>Games</i>	
Name Game (One Session)	Knots Game (One Session)

Section Seven- This section provides glimpses of whole Intervention program.

This Self Management Training Manual can be adopted and used in different cultural contexts worldwide.

Procedure:

All the participants of the study were individually informed about the purpose of the study and were applied with BDI. After the pre test the high depression respondents were provided with the sessions of SMT thrice in a week for 2 months by the researcher, while in other days they were instructed to practice the techniques by themselves twice a day i.e. early in the morning and at bed time. The participants were provided with daily record sheets which they fill up regularly and were checked twice weekly. After 2 months post test was taken and the pre- test and post- test scores were statistically analyzed .

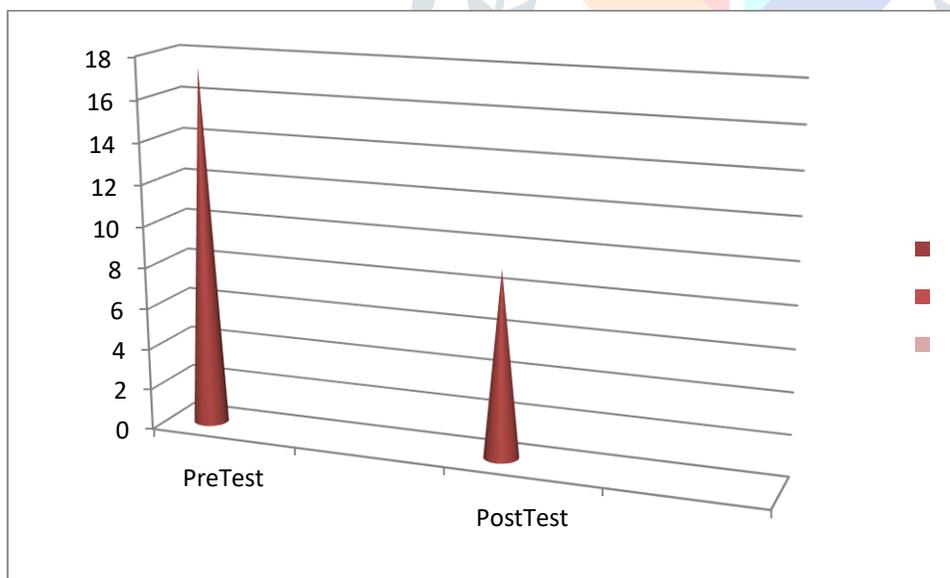
Statistical-Analysis:

The obtained data were analyzed using Mean,SD and t-test.

Table-1: Mean and T-values of respondents in Pre & Post Test Conditions

	Mean	SD	t value	Level of significance
Pre Test	17.34	3.12	4.27	Significant At .01 level
Post Test	9.01	1.24		

Figure 1: Scores of Depression in Pretest and Posttest conditions of SMT



Results and Discussion

Following results were obtained on the basis of data analysis

Effect of SMT in reducing Depression of Female adolescents:

As it is clear from the inspection of Table-1 that significant differences were obtained in before and after conditions of SMT. It is further clear from the observation of Table-1 that after the introduction of intervention programme (SMT) the Depression of the respondents was reduced significantly. These results support the first hypothesis stating that SMT would significantly decrease Depression among Female Adolescents.

As it is clear from the results that Self Management training was found to be more effective than Progressive Muscular Relaxation Training even in reducing depression also. The reason may be contributed to the fact that a key skill in self management is self regulation. Self Regulation refers to individuals monitoring, controlling and directing aspects of their learning for themselves. The best use of self-management support is the collaborative interaction between the therapist and the client. Motivating, listening, and coaching are important self-management support skills that can make the therapist client interaction stronger and in which all members of the care team can become knowledgeable. Through ongoing training and practice, supporting clients in self care will become part of day-to-day care. SMT is effective for building greater awareness and self acceptance, changing unsatisfying patterns and behaviors, motivation and developing the necessary skills to face life's challenges. This training also helps to live in the present moments and open true nature, which encompasses the inherent qualities of happiness and well being (Cohen, 2006).

As it is well known that the SMT is a kind of experiential and motivational learning. These practices direct a person in the path of happiness, compassion, selflessness, and change negative thoughts into positive thinking which help a person to cope more effectively with depression. Thus, SMT is the process of realizing that every individual possesses unique qualities which differentiate him from others.

The results of Singh (2006), Nandi (1994) and Lingaswami (1992) have supported the results of present study that increase in the level of Self Management Training significantly reduces Depression of Indian adolescents. The results are also supported by the study of Das et.al, (2013), who found that Motivational Therapy significantly reduces the level of Depression among orphans. Duke University Medical Center (1998) & San Francisco General Hospital (1983) studied the effect of deep breathing along with motivational counseling on depressive patients and

found the significant positive effect of deep breathing & motivational counseling. Hannig (2010) wrote about motivational therapy that, it is a process like counseling, very close to the Catharsis, an emotional release.

Conclusion: As it is clear from the results of the present study that Depression was managed by SMT. To establish a diagnosis of depression, it is important to first recognize it. If the patient reports feeling down, depressed or hopeless and/or has lost interest in things, he/she is subjected to a mental health assessment to review the person's mental state and associated functional, interpersonal and social difficulties. There is no laboratory test, blood test, or X-ray to diagnose a mental disorder. Treatment should be initiated as soon as depression is identified. Early recognition and treatment are vital. So the present study throws light on identifying depression and managing it through group therapy ie SMT. The support and involvement of family and friends is key to help someone who is depressed. Loved ones, caring for someone with depression, should get alert if they notice signs of severe depression, such as alcohol or drug abuse, sleep disturbance, thoughts of death or suicide or suicide attempts, persistent bad thoughts, and psychotic symptoms (hallucinations or delusions).

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