

# A STUDY OF DEPRESSION AMONG ADOLESCENTS IN RELATION TO SOME PERSONAL FACTORS

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## ABSTRACT:

The present study aimed to study depression among adolescents in relation to some personal factors. These factors were considered as constituting the major factors associated with adolescents depression. The personal factors studied were parenting style and genders. The study was conducted on 200 respondents including 100 girls and 100 boys. The sample was incidental-cum-purposive one and included only teenagers of 13 to 18 years. It was hypothesized that there would be significant relationship between personal factors and amount of depression. Research tool: Beck Depression Inventory (BDI, Hindi adaptation, Arora, et al., 1988), Parenting style scale (self constructed) was used and t-test & chi-square test were applied to analyzing the data. Both hypotheses were confirmed.

## INTRODUCTION:

Depression is a rising epidemic in society affecting for out of 100 teenagers each year. Adolescence is a time of emotional turmoil, mood, liability, gloomy introspection, great drama and behavioral experimentation. The physicians challenge is to identify depression symptomatology which may be superimposed on the backdrop of a more transient, but expected developmental storm. Adolescence is a critical period in life of human beings during which boys and girls grow and develop physically, as well as psychologically, socially, emotionally, intellectual that gives the period its special importance within the field of developmental psychology. this phase of life is full of excitement, awakening and discovery and most young people move through adolescence with little difficulty, however, some adolescence experience major disruptions in life and come in grip of unique psychological problems. Some problems are short lived; others can persist over many years. Some problems are likely to appear at one developmental level than at another stage.

The DSM IV defines a depressed adolescents as experience feelings of sadness, helplessness, and hopelessness. According to Dorthy (1978), depression is common place human experience where there is a feeling of being pressed down by the world.

When depression is preceded by a clearly precipitating event that event is usually an uncontrollable loss being laid off from work, losing one's home and particularly, an interpersonal loss (Cronkite & moss, 1955).

Adolescence depression is a continuing overwhelming feeling of sadness and helplessness that interferes with their ability to carry on normally. It is the most prevalent emotional disturbances, amongst youth (Gleneagles, 2002).

## OBJECTIVE:

- To measure the depression among adolescents.
- To study the effect of parenting style on depression among adolescents.
- To study the effect of gender difference on depression among adolescents.

## HYPOTHESES:

\*Adolescents having authoritarian and permissive parents would have more depression than adolescents having authoritative parents.

\*Girls would have more depression than boys.

**METHODOLOGY:**

The present study was conducted on an incidental-cum-purposive sample. It consisted of 200 teenagers 100 boys and 100 girls. T-test and chi-square test was used for the analysis and treatment of the obtained scores.

**RESEARCH TOOL:**

\*Beck depression inventory (BDI, Hindi adaptation, Arora, et al.,1988)

\*parenting style scale (self constructed)

**RESULTS:**

The result obtained in respect of hypothesis was tested by using simple ANOVA. The table 1 displays the psychometric measures of obtained depression scores on parenting style.

Table 1(a)

This table is showing variance of depression of parenting style.

Analysis of variance			
Sources of variation	df	sum of squares	mean square or variance
Between groups	K-1=3-1=2	1326.2	663.1
Within groups	N-K=200-3=197	16441.4	83.5
Total	N-1=200-1=199	17767.6	
Significance level	=	P<.01	

Table 1(b)

Parenting style	F- ratio	significance level
Authoritative vs authoritarian	16.0	P< .01
Authoritarian vs permissive	2.6	not significant
Authoritative vs permissive	0.5	not significant

An inspection of the above table clear that simple ANOVA of obtained depression scores is significant on .01 level. But the next table shows that this difference is significant only between authoritative vs authoritarian parents but there is not significant difference of authoritative vs permissive and authoritarian vs permissive parenting style. Thus, the result obtained is partially supporting the hypothesis.

There are several studies that indirectly support this particular finding of this investigation with the above statistical details in mind we can safely conclude that authoritative parenting is the best parenting style for healthy emotional life of adolescents.

In order to understand the superiority of authoritative parenting style have to give a glance at the characteristics of this parenting style. Authoritative parents are both demanding and responsive. “they monitor and impact clear standards for their children’s conduct. They are assertive but not restrictive and intrusive. Their disciplinary methods are supportive, rather than punitive. They want their children to be assertive as well as socially responsible and self regulated as well as cooperative (Baumrind, 1991). This parenting style is a blend of permissive and authoritarian , they get the most respect out of all types.

In general researches have found authoritative parenting to be related to positive aspects of development (Steinberg & Silk, 2002).

Table 2

Comparison of Boys and Girls on Depression scores

	N	Mean	SD	T-ratio	df	significance level
Boys	100	12.8	7.426			
				4.801	198	P<.01 one tailed
Girls	100	15.05	8.186			

The above result table is presenting psychometric measures and the mean depression score of girls compared to mean depression score of boys. The difference between these mean scores is 2.25, which is statistically significant on .01 level (one tailed). Thus, the obtained result is in the hypothesized direction.

There are several studies which supports the particular finding. Researcher have noted a greater rate of depression among adolescent girls than boys (Nolen Hoekseman, 1987).

By about age 15, adolescent females have a rate of depression that is twice that of adolescent males. Some of the reasons for this sex difference that have been proposed are these:

- Females tend to ruminate in their depressed mood and amplify it.
- Female's self images, especially their body images, are more negative than males.
- Females face more discrimination than males do.
- Hormonal changes alter vulnerability to depression in adolescence, especially in among girls.

### CONCLUSION:

After the analysis and interpretation of the data some conclusion can be made are following:

- The adolescents having authoritarian and permissive parents were more depressed than the adolescents having authoritative parents.
- The girl adolescents were more depressed than boys.

### REFERENCES:

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