

A STUDY OF DEPRESSION AMONG SECONDARY SCHOOL STUDENTS IN AIZAWL CITY

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ABSTRACT: *In today's society it is very likely that majority of people will experience symptoms associated with depression at some point. Most of the people are operating in an 'automatic pilot which leads to our reaction of events, people and stress to be automatic. The pace of modern life and the rapid technological changes cause us constantly to feel unable to cope with the demands that are put upon us. Students who are undergoing adulthood when encountered with a torturous or stressful situation such as highly demanding schedules or writing an exam can lead to sense of worry, even fear. In recent estimates, depression ranked fourth among 150 health conditions in terms of the "Disease Burden" to society.*

KEYWORDS: Depression, Students.

INTRODUCTION: Depression is a common mental problems encountered in day to day stress filled life. It describes a wide range of emotional laws, from mere sadness to a pathological suicidal state. It is a state of intense sadness or despair that has progressed to a level that is troublesome to an individual's social functioning and the basic activities of daily living. The sufferer continues to be in a prolonged state of sadness and withdrawn from personal, social, and occupational activities. Common feelings of depression may include an irritability, fatigue, apathy, and sadness. Depression is a common mental disorder with more than 350 million people suffering from this "hidden burden" world-wide. (M. Simpson, 2012). The effect of severe depression and feelings become stronger and more consistent, and abusive risky sexual behavior tend to become outlets for young adults who experience such feelings. These causes refuse students from fantastic possibilities for success, career and an appealing upcoming. In today's world, depression is known as a universal and devastating problem especially amongst students wherein it affects their motivation level, concentration, mood and feelings of sense worth. In Recent Study, by the government of India, it shows that one out of every five Indians is suffering with the problem of depression. Depression is a major problem faced by many students today. It was extremely prevalent and widespread problem across the country. The rate is alarmingly increasing in the population. .Depression is a disorder which is very frequent in most of the societies, especially among students. Depressive disorders often start at a young age. Psychological distress is common among college students and its association with negative correlates suggest the need to early interventions. (Jaisoorya TS, et al.,2017). They reduce people's functioning and often were recurring.

Need and Importance of the Study

Depression is a major problem faced by many students today. It was extremely prevalent and widespread problem across the country. Considering its side results on the soul and mind of people which may even go so far as to make them "commit suicide", the requirement to decline depression level of people is obvious. Consequences of depression in this age group are phenomenal.. It may negatively impact peer or family relationship. Moderate to severe depression can affect the scholastic performance of adolescents. Above all, there is also a danger of students picking up habits like usage of substances of abuse to get over depression. So the teacher must be fully aware about the students and their performance related with their personal life. Hence, the investigator felt the need to study depression among students of secondary school in Aizawl City.

Objectives of the study

1. To find out the depression level of students in Aizawl city.
2. To find out and compare the level of depression between male and female secondary school students in aizawl city.
3. To know and compare the level of depression between class ix and x students in Aizawl city.
4. To find out and compare the level of depression in relation to their age in secondary school students in Aizawl city.
5. To study and compare the level of depression between day scholar and hosteller students of secondary schools.

Hypothesis of the study

1. There is no significant difference in the anxiety, depression and stress level between male and female students of Secondary Schools in Aizawl City.

2. There is no significant difference in the anxiety, depression and stress level between Class IX and Class X Secondary Students of Deficit Mission Schools in Aizawl City.

3. There is no significant difference in the anxiety, depression and stress level of secondary school students in deficit mission schools in Aizawl City in relation to their age.

4. There is no significant difference in the depression level between day scholars and hostellers secondary school students of Deficit mission schools in Aizawl city.

METHODOLOGY AND PROCEDURE

Method of the study

Descriptive Survey Method was adopted for the study.

Population and Sample

The population in the present study consists of Deficit Mission Schools in Aizawl city.

Sample

The investigator selected 200 students from a random sample comprising of 50(fifty) secondary school students each from the 4(four) Deficit Mission Schools in Aizawl City.

Tools Used

In the present study the investigator used the “Anxiety, Depression and Stress Scale”(ADSS-BSPSA) by Pallavi Bhatnagar, Megha Singh, Manoj Pandey, Sandhya and Amitabh. It consisted 48 items which were again distributed into three areas.

Procedure of Data Analysis

The distributed questionnaires were collected by the investigator and then tabulated, analyzed and interpreted carefully. For analysing data, statistical technique i.e. Mean, Standard Deviation, percentage is employed to find accurate results. General ‘t’ test was applied for comparison and then descriptive interpretations were made to draw the conclusion.

ANALYSIS AND INTERPRETATION OF THE STUDY

TABLE 1. Depression level of deficit mission schools in Aizawl city

No of Students	Mean	Standard Deviation	Mean Score
NORMAL	76	38%	4.5
MILD	43	21.50%	
MODERATE	57	28.50%	
SEVERE	24	12%	

Detailed study of the data figured out that from the 200 samples selected in class ix and class x students, 39.5 % falls under normal level, 47% falls under mild and moderate level and 13.5 of the students have severe levels of depression.

TABLE 2. Analysis of depression level between male and female students of Deficit Mission Schools in Aizawl City.

Gender	No of Students	Mean	Standard Deviation	Standard Error of Difference	t-Value	Level of Significance
Male	100	3.22	3.04	0.48	5.33	Significant
Female	100	5.78	3.78			

From the above table, the mean score of female student’s level of depression is greater than male student shows that male students contract less depression than female students. The calculated ‘t’- value 5.33 was greater than the critical table value at 0.01 level of confidence. Hence, the hypothesis that there is no significant difference between male and female depression level of Deficit Secondary school students is rejected.

TABLE 3. Comparison of Depression level of class ix and class x students

Class	No. of Students	Mean	Standard Deviation	Standard error of Difference	t-value	Level of significance
IX	157	4.79	3.86	5	0.28	Insignificant
X	43	3.4	2.5			

As per table 3, it was observed that, the mean scorer of class ix students is greater than the mean score of class x students. Which further shows that class ix students of deficit secondary school students have more depression than class x students. The calculated 't'-value 0.28 was smaller than the critical table value at 0.01 level. Therefore, the hypothesis that there is no significant difference in the depression level between class ix and class x students of Deficit secondary school students in Aizawl city is accepted.

TABLE 4. Comparison of Students Depression level in relation to their age.

Age	No. of Students	Mean	Standard Deviation	Standard error of difference	t-value	Level of Significance
15 years	146	4.67	3.77	0.53	1.17	Not significant
16 years	54	4.05	3.35			

Comparison of the mean score shows that, students of 15 years of age have more depression than 16 years of age students. It was found that calculate 't'-value for the comparison of students in relation to their age was 1.17 which was not-significant at 0.05 level. Hence, the hypothesis that there is no significant difference in the depression level of deficit secondary school students in Aizawl city in relation to their age is accepted.

Table 5. Comparison of students Depression among day-scholar and hosteller students

Day-Scholar/ Hosteller	No of Students	Mean	Standard Deviation	Standard error of difference	t - value	Level of Significance
Day Scholar	187	4	3.08	1.05	0.5	Significant
Hosteller	13	4.53	3.70			

It can be seen from table 5 that out of 200 students, the mean score of hostellers is higher than that of day scholars. Hence, it can be perceived that Hostellers are more prone to exhibition depression as compared to their counterpart. This is also ratified from the calculated t-value which is shown to be 0.5, therefore showcasing that there is significant difference in whether the student is a day scholar or hosteller.

MAJOR FINDINGS

1. Based on the research conducted in the four Deficit schools, it was found that secondary school students of deficit mission schools in Aizawl city have a normal depression level.
2. The investigator found out that, female students were more prone to have depression than male students.
3. Based on the findings, there are more number of students affected by depression in lower classes.
4. It was observed that there is no correlation between depression and the age of the students.
5. It was further determined that, hostellers tend to be more prone to depression than day's scholar students.

DISCUSSIONS:

It is important to study psychological problems like depression as it is increasing at a great pace among adolescents in every year. This study further illustrates the depth of prevalence of depression among secondary school students in Aizawl city. Questionnaire was handed to randomly selected secondary school students and their response was assessed by using ADSS-BSPSA method. The overall study shows that out of all the respondents 38% shows no sign of depression, 21.5% were mildly depressed, 28.5% were moderately depressed while 12% were found to be having severe level of depression. Furthermore, it was observed that the prevalence of depression was much more pronounced in females as compared to their male counterpart. In the meantime, the study established that there was no correlation between depression and class of secondary school students. Based on the observation, it was found that there was no direct link between depression and age of the students, however, depression was found to have been influenced by whether the students were day scholars or hostellers. Mishra, S and Jha, M(2015) also found that hostel students face problems within the hostel as well as in college because of lack of satisfactory support. Fresh hostel students faced more depressive symptoms.

In India, the prevalence of the DASS was significantly higher in females wherein four-fifth of the populace shows signs or symptoms of mental disorders. In a study conducted at Jizan, Saudi Arabia, they assess the prevalence of depression among Saudi secondary school students. They randomly selected four secondary schools (two for boys and two for girls). They found out that of 772 students, 50% of them had symptoms of depression. They also observed that gender had a significant relationship with depression, anxiety and stress. On the contrary, a study conducted by Prabu, P.S.(2015) male students depression is higher than female. However, their study realized that age in years does not seem to have a significant effect among the outcome variables. Both the results established corroborate with the outcome of our research with minor variation in the level of severity. It is believed that the prevalence of depression slightly modest than their results as the depression in our study accounts almost two-third of the total number of students even though it varies from mild to severe depression.

These findings are comparable to our results where we showed the same pattern of prevalence of depression and its correlation against the socio-demographic variables of secondary school students. Some countries have shown gradual increase in the level of prevalence of depression, it can be generalized that the prevalence of depression is steadily increasing and is more or less associated with gender, academic demands and changes in social and family life.

CONCLUSION:

Secondary stage is a stressful period of adolescence due to physical, psychological, sexual changes and the presence of psychiatric disorders. According to the study, the overall prevalence of depression among secondary school going adolescents in Aizawl was moderate. It was evident that gender plays an important part in the depression level of students in which, female students was found to have depression more than male students. It is important to be more aware of the mental status of adolescence. The increasing academic work load and other intrinsic and extrinsic factors increase the risk of students being exposure to these mental disorders overtime. Hence, the solution lies in being able to exposure to these disorders. Early, intervention and providing support with adequate and appropriate services is recommended.

Reference:

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