



## To Study Depression Among Secondary School Students In Relation To Gender

**Dr. Dinesh Singh**

Associate Professor of Psychology

Pt. NRS Govt. College , Rohtak

**Abstract :** Depression among adolescents has emerged as a major mental health problem in the last two decades. Many prevalence studies document a substantial number of adolescents in the general population to suffer from depression with rates ranging from 8% to 20% and associated with suicide, other psychiatric co-morbidity, academic failure, poor peer relationships, substance abuse and severe depression during adulthood. Of course, the most devastating outcome of concern for adolescent depression is suicide, the third leading cause of death among adolescents.

In India, adolescent depression is an under researched area. Psychiatric morbidity among school samples of adolescents was found in about 29% of girls and 23% of boys with depression being the most common disorder. While rates of depression increase from childhood to adolescence for all, a consistent finding is that adolescent girls are between 1.5 to 3 times more likely to develop depression than adolescent boys.

**Key Words :** Depression, Male/ Female Children, Parents.

**Depression :** Depression is described as a bunch of symptoms portrayed by sadness and “a loss of interest in everyday activities” (American Psychiatric Association, 1994) Depression is a mental disorder that involves body, mood, and thoughts. It is defined as a persistent mood disturbance, plus at least four of the following: sleep disturbance, changes in psychomotor activity, loss of ability to experience pleasure and interest, fatigue, feelings of worthlessness or guilt, difficulty in concentrating, and preoccupation with death or a wish to die (American Psychiatric Association, 1987) It affects the way one feels about him/her self and he/she can suffer from low-self esteem. The way of eating and sleeping can change in depressed people, too. He/she might have a hard time getting out of bed and sleep too much. Symptoms can last for months or years if not treated. The symptoms of depression might differ from one person to next.

ISSN : 2278-6848



© International Journal for  
Research Publication and Seminar



Someone with a sense of despair can have a difficult time with concentration and decision-making. Gloom and self-criticism are all common. With a more intense depression, people can have self destructive thoughts. Depression can make someone feel sad without reason at all. Activities that people found enjoyable are affected when they are depressed. There is a decline in motivation to do everyday routines. Feelings of tiredness and irritability are regular when in despair. Extreme crying is frequent due to constant sadness; people may ignore their personal appearance, even avoiding necessary hygiene. The sadness takes over, so work ethics and household chores suffer. In addition to those features of depression, it also includes “a diminished ability to function in demanding and occupational roles” (American Psychiatric Association, 1994) Severe depression can lead to suicide if it does not threat. The rate of suicide is high among secondary school students.

Gender differences are apparent in prevalence rates of certain mental health problems. For example, females are more likely to present with internalizing disorders such as depression and anxiety, whereas men have a higher prevalence of several externalizing disorders, including antisocial personality disorder and substance abuse.

### **Depression among school students**

Many students experience mild or serious depression during their school years, which suppresses freedom and carefree personal growth. School age can be such a suitable condition for depression amongst school students. It is possible to claim that school is the age of depression. In late adolescence, depression, bipolar disorder, anxiety and other serious mental conditions are rising. In fact, depression vulnerability peaks in a person's late teen years, and experts estimate that many of school-aged

young people may have some form of depressive illness. “Depression can affect individuals at any stage of the life span, although the incidence is highest in the middle ages. There is, however, an increasing recognition of depression during adolescence and young adulthood

### **Tool Used For Data Collection**

For collecting data, the researcher was use a standardized test called Beck Depression Inventory (original BDI, Beck et al., 1961) for diagnosis of depression and its levels. There was some demographic questions for assessing students' demographic information, above the

first page of the questionnaire. Those demographic questions was related to sex and fathers' education and mothers' education.

### Depression Among Secondary School Students In Relation To Gender

Table presents the percentage of depressed students in school students in relation to gender

	Students (BA)		
	Male	Femal e	Total
<b>Non-Depressed Students</b>	41%	53%	<b>47%</b>
<b>Depressed Students</b>	59%	47%	<b>53%</b>
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>
<b>Chi-square Test value</b>	<b>2 X =7.230, df =1 , P=0.007</b>		

**Table The measure of correlation coefficient for relationship between depression and gender among School students**

The Measures of phi	Students	
	Value	P value
	<b>.224</b>	<b>&lt; 0.01</b>

Amongst School students there are 53% depressed students and 47% non- depressed students in total sample. As Table 4.1.1 shows, amongst School students, the percentage of depressed students is higher than the percentage of non-depressed students. In school students the percentage of non-depressed students (47%) which is 41% in male students and it is 53% in female students. It means among female students the percentage of non-depressed students is higher than male students. Among male students the percentage of depressed students is 59% and among female students it is 47%. It means among male students the percentage of depressed



students is higher than female students.

**Conclusion :** Regarding the high prevalence of depression among students, it was expected that depression would be a strong negative influence on academic achievement, even though statistical analysis showed that the relationship between variables was below our expectation. There is notable points regarding to our finding as below:

However the measure of observed relationship has been below expectation, we can claim that this study has obtained optimistic results about depressed students. These results led us to a positive prognosis of students coping, in relation to academic problems even though suffering from severe depression. The obtained results are matched with our preliminary assumption, that was students were belonged to general population and also they were not mentally ill.

**References :**

1. *American College Health Association's National College Health Assessment, (2000). Crease of Depression Among College Students Over Four-Year Period Main Category: Depression News.*
2. *Australian Bureau of Statistics (2000). Mental health and wellbeing. Profile of adults, Canberra: Australian Bureau of Statistics.*
3. *BETSY-FINGER (2006). A study between depression and academic performance. <http://clearinghouse.missouriwestern.deusearch>*
4. *Blatt,s.J., D'Afflitti, J. P., and Quinlan, D.M.(1976). Experiences of depression in normal young adults. J.Abnorm. Psychol., 85, 383-89.*
5. *Boggiano, A. K. and Barrettm, M. (1991). gender differences among students, Springer Netherlands, Sex Roles, Volume 25, Numbers 11-12, pp 595-605*