

Depression among adolescents girls involved in higher studies

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■ **ABSTRACT** : Depression has been referred to as the “common cold of psychological disorder”. We often use the word depressed to mean sad, upset or in a bad mood. The result of present study reflects that majority of students *i.e.* 33.5 per cent fell under the category of not at all depression, which is a positive sign for doing higher studies especially for girl students, but the matter of worry was that 23.3 per cent, and 16 per cent of respondents fell under high depression and intolerable depression category, respectively.

■ **KEY WORDS** : Depression, Adolescent girls

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Depression:

Depression has been referred to as the “common cold of psychological disorder”. We often use the word depressed to mean sad, upset or in a bad mood. The clinical syndrome of depression is much more than a down mood. It is a severe mental disorder that results in an overwhelming sadness that immobilizes and arrests the entire course of a person.

Mood disorder:

Mood disorders afflict 5-8 per cent of all people at some time in their lives; of these people 6 per cent of the women and 3 per cent of the men have serious enough to require habitation.

Causes of mood disorder

The causal factors of unipolar disorder can be divided into two global categories *viz.*, endogenous and exogenous. Endogenous factors include genetic predisposition and biochemical components; where as exogenous include undue stress, precipitating events, and psycho-social factors such as helplessness, personality predisposition and socio-cultural factors.

Biological:

Neurochemical:

Heredity may influence susceptibility to mood disorder by creating a pre-disposition toward certain types of neurochemical activities in the brain co-relations which have been

found between mood disorders and the levels of three neurotransmitters in the brain :

Sodium ion activity:

Researchers have found clear indications of defecting sodium ion transportation at certain neuron membranes in the brains of people with bipolar disorders.

Hormones and depression:

Secretions of the hormones melatonin appear to be particularly important in depression. This hormone nicknamed the gradual hormone which is secreted by the brain's pineal gland.

Dietary supplement:

Certain vitamin deficiencies can cause depression. Vitamin B-6, even a minor B-6 deficiency. Can reduce the availability of serotonin, a neurotransmitter involved in depression, Folic acid, another B vitamin folic acid also helps to elevate a depressed mood. Several studies have shown that depressed is divided tend to have low blood levels of this nutrient. In addition, take 500 mg. of vitamin -C, 100mg. of juice, in the evening, take another round of vitamin-C and B-6, taking the antidepressant drug.

Depressive disorder:

In depression disorder people show persistent feelings