

## 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

of sadness and despair and a loss of interest in previous sources of pleasure.

#### **Depressed types:**

The symptom pictures in depressive reactions are in many ways, the reverse of that is there in many reactions. Here, too, there are differences in degree.

#### *Simple depression:*

The outstanding symptoms in simple depression are a loss of enthusiasm and a general slowing down of mental and physical activity. The individual feel dejected and discouraged. His loss of interest in things about him extends to eating and in usually reflected in loss of weight and digestive difficulties, such as constipation. As we have noted, suicidal pre-occupation is common and actual suicide attempts may be made (Soubrier and Verdrinne, 1995).

#### *Acute depression:*

In acute depressive reactions, the mental and physical retardant is increased. The individual becomes increasingly inactive, tends to isolate himself from others, does not speak of his own accord, and is extremely slow in these responses. Feelings of guilt and worthlessness become more pronounced and the individual becomes increasingly self-accusatory. He may hold himself responsible for plagues, flood, or economic depressions, and may think that he has committed all sorts of horrible sins that will bring disaster on everyone.

#### *Depressive stupor:*

In the most severe degree of psychomotor retardation and depression, the individual becomes almost completely unresponsive and inactive. He is usually bed ridden and utterly indifferent to all that goes on around him. He refuses to speak or eat and has to be tube fed and have his eliminative processes taken care of.

#### **Justification of study:**

Depression is major psychological problem in fast hectic life style prevailing now-a-days. Majority of youth are increasingly getting in depression. Youth and that too girls are the vulnerable section. Girls doing higher studies (Ph.D) have dealt with various influencing factors.

Higher expectation from parents, family member, expectations from one self due to setting up of higher goal in career and responsibilities arising out as adjustment are seen as major cause.

Looking at the severity of depression in the life of an individual, a study was undertaken with young girls pursuing higher studies and living away from their families in the hostel.

#### **Objective :**

- Main objective of the study was to assess and confirm

the presence of depression in the adolescent girls involved in higher studies.

- To determine the degree of depression the young adolescents have.

## **■ RESEARCH METHODS**

### **Sample and sample selection:**

For the present study, the respondents selected were 60 girls students doing Ph.D. and were resident of a P.G. girl's Hostel of Rajasthan University.

Purposively 60 students were selected those who were there in 2<sup>nd</sup> year of research and were not getting any financial assistance through any fellowship or scholarship. This criterion was kept to maintain uniformity in sample.

Through proper channel the warden of the hostel was contacted and explained about the study. When she gave permission, the respondents were contacted at their own convenience, a rapport was developed and then all the respondents were explained each and every thing about the study and brought them in confidences that your responses will be totally confidential and will be used solely for the purpose of study.

### **Tool:**

Beck depression inventory (often abbreviated as BDI) was used to measure depression among adolescents pursuing higher studies (Beck and Steer, 1984). This is a depression test to measure the severity and depth of depression symptoms as listed in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, 4th Ed. (DSM-IV; 1994) in patients with clinical depression. Beck's depression inventory can be used for both adults and adolescents 13 years of age and older. Beck depression test is a standard measure of depression used mainly in research and for the evaluation of effectiveness of depression therapies and treatments.

Questions of the BDI II assess the typical symptoms of depression such as mood, pessimism, sense of failure, self-dissatisfaction, guilt, punishment, self-dislike, self-accusation, suicidal ideas, crying, irritability, social withdrawal, body image, work difficulties, insomnia, fatigue, appetite, weight loss, bodily pre-occupation, and loss of libido. Becks depression scale has in all 21 questions in the tool.

### **Scoring:**

Each of the inventory items corresponds to a specific category of depressive symptom and/or attitude according to DSM-IV. The statements are rank ordered and weighted. Beck admits that there is no arbitrary cutoff score and the specific cutoff depends on the characteristics of the patients used and the purpose for which the inventory is given.

If scoring is high, it depicts person is highly depressed and if scoring is less, it depict, low depression. This listing of

Sr. No.	1	2	3	4	5
Scale	Not at all	Very little	Little	High	Very high
Score	0	1	2	3	4

no. shows depression.

00-24	Not at all
25-72	Very little
73-96	Little
97-120	High
Above-120	Very high

**RESEARCH FINDINGS AND DISCUSSION**

Table 1 depicts that around 1/3 of adolescent girls were involved in higher studies were safe as they were in the category of “Not at all” depression which is a positive outcome, but the matter of worry was for the girl students involved in higher studies falling under high depression and intolerable depression that is 23.3 per cent, and 16 per cent, respectively.

Sr. No.	Stages of depression	No. of respondents	%
1.	Note at all	20	33.5%
2.	Very little	10	16.6%
3.	Little	6	10%
4.	High	14	23.3%
5.	Intolerable	10	16.6%
Total		60	100%

**Conclusion :**

It can be concluded that there is a great need for counseling the adolescents pursuing higher studies. Under depressed condition, it is very clear that the achievement level of them will be affected very intensively. For severe cases, treatment should be given in time so that condition will not go

from bad to worst.

The general causes for depression were :

- The load of studies and work.
- The expectation of parents.
- The future.
- Feeling of emotionally insecure.
- Thinking about their financial dependency.
- Job unavailability

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