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Depression among College going Students

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ABSTRACT

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. Depression in younger age may lead to serious developmental and functional consequences such as academic failure or persistent psycho-social problems. Therefore, we are conducting this study to identify the prevalence of depression among college students. The aim of this study is to determine the prevalence of depression among college going students. It is a cross-sectional study in which Beck Depression Inventory is used as screening instruments for detecting any symptoms of depression. Informed consent was taken from everyone and subjects were explained about the study project. Then, students were assessed with the help of Beck Depression Inventory. Out of 110, overall Prevalence of Depression was found to be 46% in which 13% were having mild mood disturbances while 33 % were having symptoms of depression. Depression is more common among college going students.

KEYWORDS: Depression, Beck Depression Inventory, Young Adults.

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INTRODUCTION

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. Depression usually occurs as a result of adverse life events, such as: losses of a significant person, object, relationship or health, but can also occur due to no apparent cause.[1]Because patients in whom depression goes unrecognized cannot be appropriately treated, systematic screening has been advocated as a means of improving detection, treatment, and outcomes of depression. [2]depression may affect the socialization, family relations, and performance at college, risk for increased hospitalizations, recurrent depressions, psychosocial impairment, alcohol abuse, and antisocial behaviors. Therefore, we are conducting this study to identify the prevalence of depression among college going students.

AIM AND OBJECTIVE

Aim of this study is to identify the prevalence of depression among college going students.

METHODOLOGY

Type of study

Cross Sectional Study. Beck Depression Inventory is used as screening instruments for detecting any symptoms of depression

Method of sampling

Student studying in a college constituted the study material. All the 110 students studying in graduation from 1st to 4th year of study were evaluated. The participants were explained about the objective of the research. Informed consent was taken from everyone and they were explained about the study project. Students who denied to participate and who were absent on the day of study were considered as non-respondents. Questionnaires were given in the class and students were instructed how to fill the questionnaire.

Selection Criteria

Inclusion Criteria

1. **Age:** 20-25.

2. **Gender:** Male and Female.

3. All were college students.

Exclusion Criteria

1. All students suffering from any kind of chronic disease requiring prescribed medication.
2. All students who had taken any such screening tests before.
3. Any past history of diagnosed Psychological illness.
4. Any diagnosed case of Musculoskeletal Illness.
5. Any diagnosed case of Neurological Illness.

Questionnaire used

BDI (becks depression inventory)

This self-reported questionnaire (BDI) is a series of questions developed to measure the intensity, severity, and depth of depression. The sum of all BDI item scores indicates the severity of depression. Scoring is as below:

1-10- Normal

11-16- Mild mood disturbance

17-20- Borderline clinical depression

21-30- Moderate depression

31-40- Severe depression

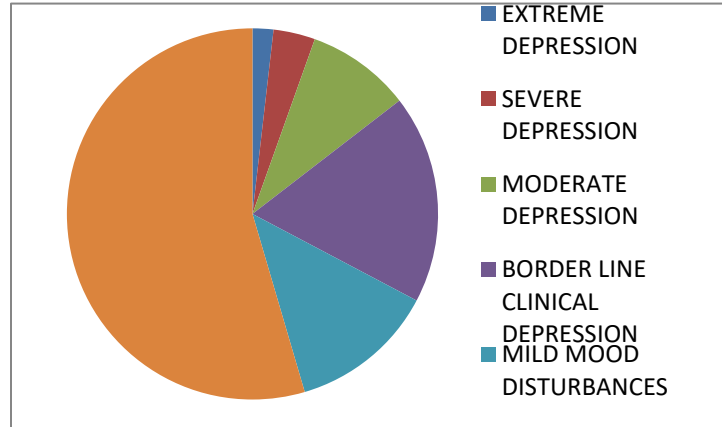>40-b Extreme depression.[3]

DATA ANALYSIS
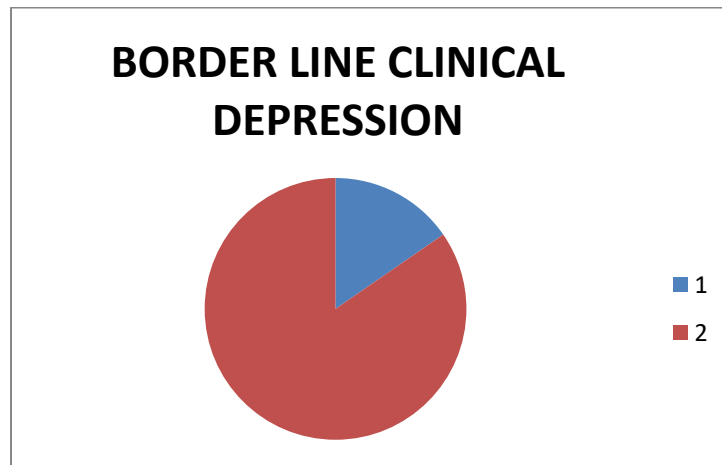
Data were analyzed using MS Excel.

RESULT

The mean age of study sample is 22+-1.8 (20-24Years). A total of 110 subjects participated in the study. There were 40(36.4%) Males and 70(64.6%) Females. The overall Prevalence of Depression was found to b (46%) in which, 13% were having mild mood disturbances while 33 % were having symptoms of depression.

In BDI, out of 110 adolescents, 60 (54.5.9%) did not had any evidence of stress (score <10) and 14(13%) were found to be having evidence of mild mood disturbances (score 11-16), 20(18%) were found to have borderline clinical depression (Score 17-20), and 10 (9.0%) were found to have moderate depressed (Score 21-30) and 4(3.6%) participants had a score between 30-40 (severely depressed) and ,
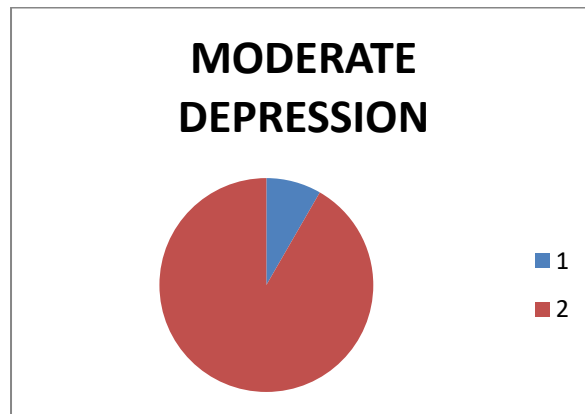
2 (1.8) were found extremely depressed (score > 40). Among those with score more than 10, Majority have borderline depression. According to this study, Prevalence of Depression is similar in both males and females.
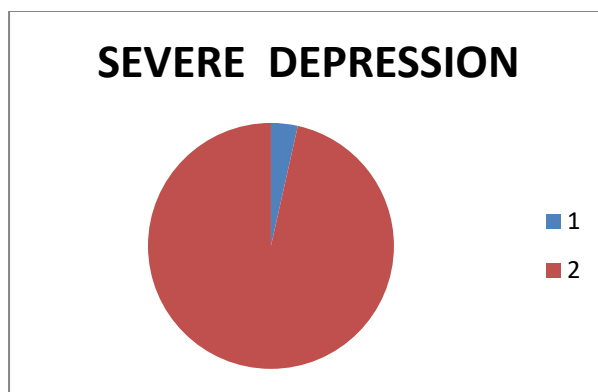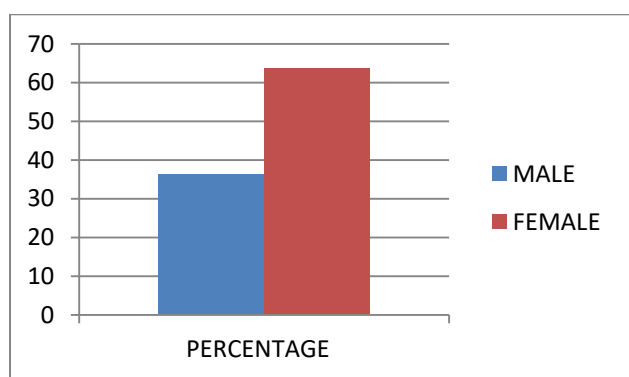

Graph 1: Prevalence of Depression.

Graph 2: Prevalence of Borderline Clinical Depression

Graph 3: Prevalence of Moderate Depression

SEVERE DEPRESSION

■ 1
■ 2

Graph 4: Prevalence of Severe Depression

■ MALE
■ FEMALE

PERCENTAGE

Graph 5: Males and Females involved in the study.

DISCUSSION

The present study found that 46% of the Students had some evidence of Depression. The prevalence of Depression in our study were found to be comparable to studies previously done as it was 34.4% felt minimal depression, 38.0% felt mild depression, 13.2% had moderate depression, 4.5% had moderate to severe depression and 1.7% had severe depression. Another study that was conducted in Tamil Nadu stated that 9.3% were minimally depressed, 25.4% were mildly depressed, 45.7% were modernly depressed and 19.6% severely depressed.[4]According to some other study, the overall prevalence of depression among students was 38%. Majority of subjects (75.7%) were having mild depression followed by moderate depression (23.5%). Only one study subject was found to have moderately severe depression. Prevalence of severe and extreme depression among adolescents was 9.5%. In another study from India on depression among adolescents reported that 39.2% presented with 'no depression. Mild depression was found in 37.1% adolescents. The number of adolescents who reported moderate depression was 19.4% and severe depression was 4.3%.[6]Our study findings are different from some studies.[5]

Beck Depression Inventory is an appropriate tool for the study because it allows the reader to understand how to measure and identify symptoms of depression. This tool can be be carefully applied in order to improve mental health and reduce the prevalence of depression.[6]

LIMITATIONS

- Small Sample Size.
- Limited Time.

CONCLUSION

According to this study, Depression is prevalent among college going students. We recommend that teachers be made aware of this problem with the help of college counselors so that the depressed adults can be identified and helped.

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