Combined Association of Depression Interms of Gender Along with Academic Classes of Students

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Abstract:- Every person have life experiences with variety of shifts ,turning points and stress during advancement phase of their life. College students are especially susceptible to stress since they are going through both personal and social changes. Among college students depression is becoming more and more prominent globally. The objective of this study was to show depression association interms of gender college students over the academic years (1st year and second year)students. In First year class out of 58 males (Non depression 12 and with depression 46) and out of 42 female (Non depression 22 and with depression 20) and in second year out of 42 males (Non depression 19 and with depression 23 and out of 58 females (Non depression 41 and with depression17), Our result showed that depression is significantly associated with gender of students along their different academic classes (1st year and 2nd year) chi square 29.72 (p<0.05).

Keywords:- Depression, Gender, Academic classes , College students.

I.   INTRODUCTION

Depression is such state of mind where he or she start feeling low self worth or guilt and unable to enjoy life happy events. Person who is suffering from depression have numerous symptoms lik sadness ,feeling pessimism, lowered self esteem, hopelessness in every field and loss of interest in daily activities. Depression is mental disorder that involve body mood and several thoughts .It affects person so deeply about him/herself that they canfeel changes in psychomotor activities, sleep disturbance, fatigue, eating habits and thinking can be different for the depressed person. They may have hard time for getting out of their bed .These symptom may exists for several month, years if they don't treat in proper way.

Depression, stress and anxiety is very common among college students because of various reasons sometimes students own personality play vital role in this , like extrovert students   are   more optimistic and confident about their abilities towards difficulties in problem solving but in case of introverted students , they have totally opposite behavior from extroverted students .Even some time gender of students also can be the reason for different level of their depression.

During college time students have great expectation about personal, intellectual and social development, even those expectation are wide away from realistic approach .They think they can easily handle new atmosphere and new circle of friend from different areas .In reality students life is full of burden stress due to development in their growth so they face new challenges which create new unknown responsibility. Numerous factors which starts affecting them deeply and become main cause of stress. According to WHO fourth leading cause of disability among population is depression and by 2020 it is to be expected second cause .Research showed that people percentage for depression has a significant increase   like 1% of people at age 75 had suffered from major depression. Those who born since 1955 ,6% of them , at age 24 become depressed and 20 to 25% had depression in adults.

Researchers pointed out in many studies where female students who suffered from mental disorders were proved to have more positive help-seeking attitudes, and this led to their favorable intentions to seek help from mental health professionals. On the other hand, males were more likely to underutilize the mental services due to their negative attitude towards.

II.   LITEATURE REVIEW

Dr. Pawinderjit Kaur , Sidak Kaur Dhillon (2023) "Impact of Gender and Type of School on Academic Achievement and Stress among Secondary School Students"

The study has been conducted on gender and type of schools and stress among 100 students of secondary school . Out of 100 participants, 50 were boys and 50 were girls randomly selected from (govt and private) schools of Amritsar city only. Further study focused on relationship between academic achievements and stress among adolescents students of private school students outperform as comparative to government school interm of academic stress .Where it showed females have more stress in all dimension than males i.e. anxiety, frustration and pressure between academic stress and academic verses general stress

of negative relationship of school students ,Such research hold great value to education and studies because stress among students play major factor for low performances.

Yongli Liu (2023) ,“ The associations between academic stress and depression among college students, A moderated chain mediation model of negative affect, sleep quality, and social support”,

Aim of this study is to explore the association between academic stress and depression and negative effect of mediaty role .As well as social support of modeatry role has negative relationship between effort and sleep quality .A sample of 221 male and 479 female by convenience sampling between age 17 and 25 years. Data has been collected on questionnaire of stress, depression , sleep quality , negative effort and social support. It showed association between negative effort and sleep quality was stronger for students (bsimlpe =0'44 ,p<0.001) with low social support than those with high social support (bsimple =0.32 ,P<0.001) showed how academic stress efforts depression among college students .

Fayegh Yousefi (2010) “The Relationship between Gender, Age, Depression and Academic Achievement”

Study has been conducted on 400 students i,e (200 boys and 200 girls)with in age group 15 to 19 years BDI (beck depression Inventory ,21 objects)has been used as a tool for this study .Correlation coefficient and T-test used for data analysis result of study revealed that 27.5% boys and 31.5 % girls were depressed melancholy and educational fulfillments have negative correlation r =-0.22 (p<0.000) huge mean difference for   institutional fulfillments among male and female (t= -547, p=0.000) along with institutional fulfillments, coaching life styles talent application and counseling help to copping students their depression .

Awadalla, Davies(2020). A longitudinal cohort examine to discover the connection among despair, tension and educational overall performance amongst Emirati college students.

Study has been conducted on Emirati college students (in united arab Emirates)UAE. Study design for this study was longitudinal cohort .It examine to discover link for tension ,despair and over all educational performance among students. Study revealed that there is connection between emotional problem and college students overall performance. 34.2% students screened for feasible predominant depressive disorder .However 22.3% screened for feasible generalized tension disorder.

Wenjuan Gao, Siqing Ping and Xinqiao Liu (2019) “Gender differences in depression, anxiety, and stress among college students” A longitudinal study from China.

This longitudinal study that examine depression, anxiety over for academic years among different gender of depression among first year students was conducted on undergraduate students in china from different universities depression scale 21 questionnaire has been used for survey and these students have been followed by 4years.Both gender suffered from mild anxiety during first three year. where female in first year and second year scored significantly higher in anxiety than male and there was no significant difference in gender for depression and stress .Layer proportion of females experience anxiety than normal threshold .Where as male students have high % for different degrees of freedom .Anxiety has significant co relation with introversion for female anxiety is most prevalent and serious issue while a prevalent of depression among male grows during collage.

➢ *Objectives*
    This study aimed to explore the associations between depression with gender along their academic classes.

III.   METHODOLOGY

A convenience sample of 100 male and 100 female college students completed questionnaires on academic depression.

➢ *Hypothesis*
    Association for depression with gender and Academic classes of students

➢ *Population*
    The study participants are the 1st year and 2nd year college students from solan.

➢ *Sample*
    200 students has been selected as sample by simple random sampling method from 1st year and 2nd year of college from solan .

➢ *Tool Used*
    Beck depression inventory (BDI) instrument was used in order to measure depression .Each response of person for this test compare with following cutoff to measure depression. A person whose score range from 0 to9 shows no depression ,Other scored values represent Depression (whose score range from 10 to 18 shows mild to moderate depression from 19 to 29 shows moderate to severe from 30 to 63 severe depression)

IV. RESULTS

Table 1:- Gender Frequency Distribution in Terms of Academic Classes

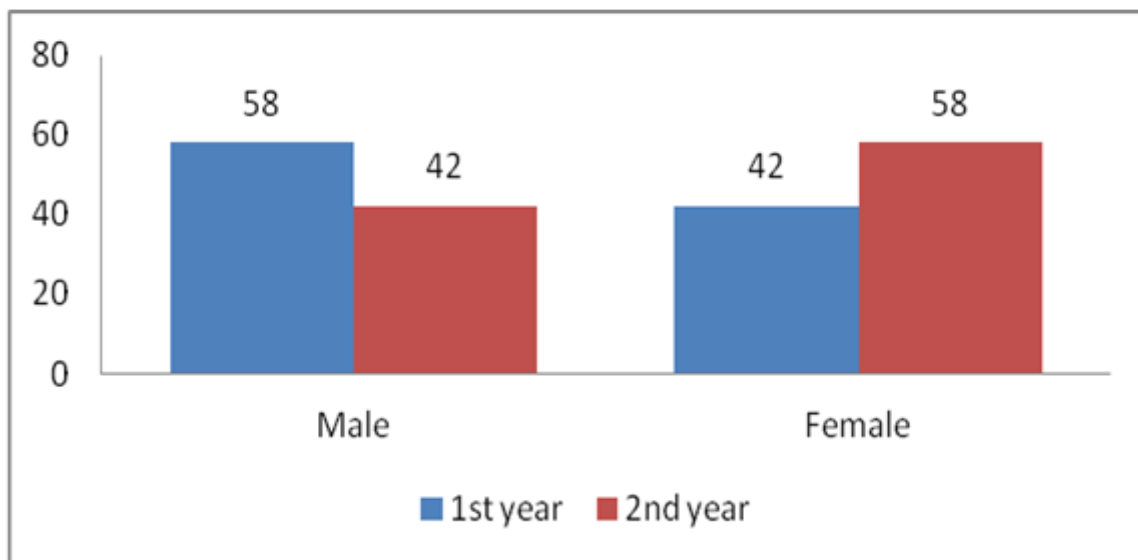| Classes	Male	Female	Total
1st year	58	42	100
2nd year	42	58	100
Total	100	100	200

Fig 1 Gender Distribution of Students Interms of Academic Classes

Table 1 Represent gender distribution for first year and second year students. Out of 200 sample of college students (100 from first year and 100 from second year students) .Out of 100 male 58 from first year ,and 42 from second year students ,100 female (42 from first year and 58 from second year students).

Fig 1 Represent graphical presentation of gender distribution interms of academic classes .

Table 2 Cross Tabulation between Depression Status and Gender of Students along with their Academic Classes

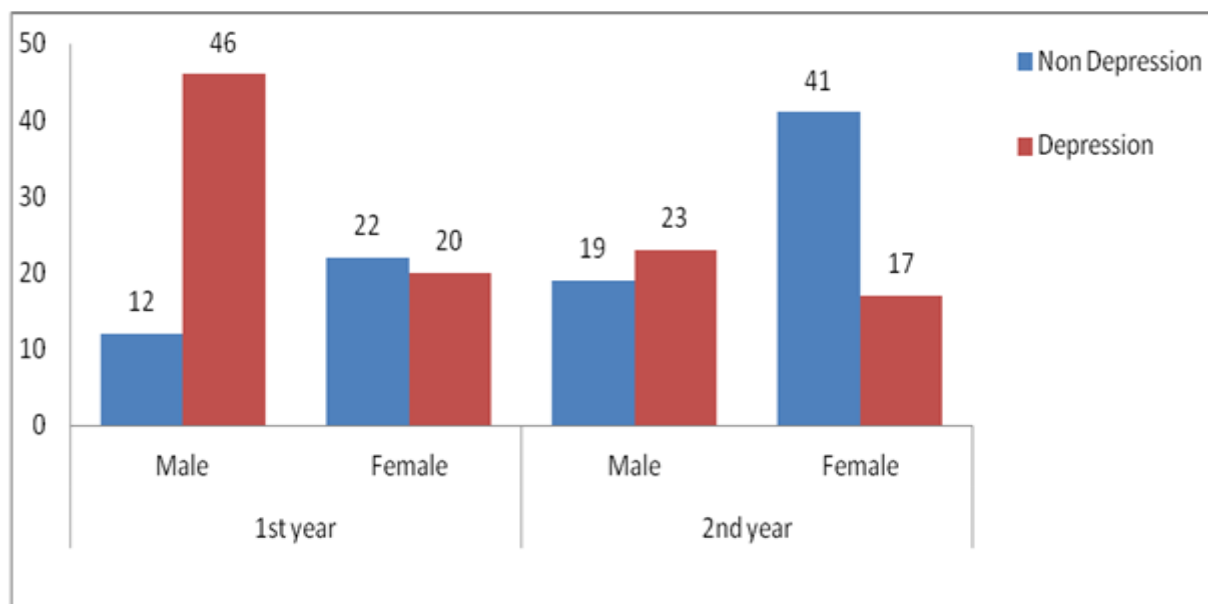| Depression Status	1st year		2nd year		Total	Chi Value	P
	M	F	M	F			
Non Depression	12	22	19	41	94		
Depression	46	20	23	17	106	29.72	.00001
Total	58	42	42	58	200		

M : Male F : Female

Fig 2 Depression Status of Students Interms of Gender Distribution along with Academic Classes

Table 2 Represent depression states of college students in terms of their gender and academic classes together out of 200 sample of college students with(non depression 94 depression 106). Non depression consist of 94 students i.e 12 male, 22 female from first year students and 19 male ,41 female from 2nd year class) and depression consist of 106 students (46 male ,20 female from first year class and 23 male ,17 female from 2nd year class students).

Study revealed that association between depression of students in respect of their gender and academic classes together is statistically significant with chi value as 29.72 (p<0.05)

Fig 2 represent graphical presentation of table 2 .

V. CONCLUSION

Depression among college students is a serious issue with significant consequences for individual well-being and academic success .While the exact causes are multifaced and vary from students to students ,Common contributing factors include academic pressure, social isolation, financial burdens and the transition to adulthood . It is clearly seen both male and female students suffered from depression but male students of first year students are more prone to depression as compared to girls in first year .Even academically it has seen first year students have more depression than second year students . First year students face more challenges at early stage of academic admission in college because when they made new friend circles, it is not easy for them. If college is away from their home town then the homesickness ,financial reason develop depression in students. On other hand there is peer presser lack of motivation from their parents, sibling and consultants etc.

During second year they are more familiar with college atmosphere, enjoyment regarding passing out previous classes, cope up mechanism for depression already learnt and friend circles have been develop for their emotional support .They become more confidents in second year . Our Study revealed that association between depression of students in respect of their gender and academic classes together is statistically significant with chi value as 29.72 (p<0.05)

It is crucial to recognize that depression is not a sign of weakness help is a sign of strength. Fortunately resources are available to support students struggling with mental health challenges universities often offer counseling services ,support group and mental health awareness programs

RECOMMENDATIONS

Early detection of depression among students may support to improve their mental health on prior basis, increasing awareness regarding depression and its symptoms ,open communications with healthy social connections and Financial assistance can help students to get supportive environment with mental support before depression becomes severe . Educate institutional staff on recognizing and provide support to students who are struggling with mental health for creation of supportive and understanding campus environment .Peer support groups is vital source for students to encourage them on gaining their valuable coping strategies.

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