

Level of Depression Association in Terms of Academic Classes among Undergraduate Students

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Abstract:

Depression among college students is becoming more and more prominent globally. Students experience different depression levels during developmental period of depression. Mostly 1st year college students struggle with various factor after getting admission in new college because when they enrolled in classes then they face unfamiliar circumstances, obstacles, challenges and new friend circle in new atmosphere as compared to 2nd year students who already cope up these problems. It has noted that junior students (1st year) are more vulnerable to depression or mental health problems as compared to senior students (2nd year). Our result showed significant association between different depression levels of students in terms of Academic classes (1st year and 2nd year) with chi square is 23.18 with $p < 0.05$.

Keywords — Depression, College Students, 1st year and 2nd year classes.

INTRODUCTION

College students who suffer from depression run the risk of many different outcomes, some of which may be fatal or severely crippling. At the extreme end of the spectrum, depression dramatically increases the likelihood of suicide. Even though it's not as severe, depression can still have a major negative impact on a student's health, raise their chance of engaging in risky sexual behavior, negatively impact their academic performance, and significantly lower their quality of life, self-esteem, and interpersonal relationships.

Students experiencing depression symptoms are frequently blamed for their typical stress levels during this developmental period. This is frequently misdiagnosed as mainly being a conduct or drug abuse disorder. College students depression can have tragic and harmful consequences. Suicide rates among students have nearly tripled in the past 50

years, and depression has been linked to an increased risk of suicide. Unfortunately, young people who suffer from depression frequently struggle with it for the rest of their lives. Moreover, a younger onset of depression indicates a higher likelihood of severe depression in later life.

Depression in teenagers is known to be influenced by gender. For example, the proportion of boys and girls affected is nearly equal in childhood. Girls are diagnosed with adolescence twice as often as boys. Stressful life events and a family history of mood disorders are two factors that raise the risk of depression.

Within every society, there is a subgroup of junior college students who are more vulnerable to mental health problems and who experience depression more frequently senior students.

A growing number of young adults are starting school today having been diagnosed with a variety of psychological disorders, including depression and other mental illnesses linked to depression brought on by modernity. They also have to deal with the challenges of college life, which puts them at an increased risk of developing depression.

College students appear to be experiencing an increase in depression by 2020, as predicted by the World Health Organization (WHO, 2001). According to experts reporting on India's health profile, there is a current upward trend in teen smoking, drug abuse, and violence [caused by depression]. Based on this report, experts predict that mental disorders will likely rise in the future as a result of changing lifestyles (India, Press briefing by the Minister of Health, 2001).

A 13-year longitudinal study involving 13257 students who sought assistance at a large Midwestern university counseling center (1988 to 2001) confirmed the rising prevalence of depression among college students. According to this study by Benton and Newton (2003), students in schools today frequently deal with more complicated issues than those that existed more than ten years ago. A few of these experience sharp increases.

The reasons behind depression in college students .Depression may result from stress and pressures to compete from an early age. From kindergarten onward, self-esteem develops in a great social environment and other contexts. When there is no excellence, failure occurs. Many college students already struggle to pass difficult exams, so when they enroll in classes, they face unfamiliar circumstances, demands, and obstacles, among other things. Transitions occur during school moving away from home, assuming new responsibilities, dealing with increased financial and academic pressure, developing new support networks, and discovering their sexual identity and orientation.

Depression in college students can be caused by low self-esteem, which is also frequently noted as a predictor of depression in adolescents. Longitudinal research backs up this assertion, demonstrating that kids and teens who believe they are incapable of

succeeding academically, socially, or physically are more likely to experience depression later on than kids and teens who believe they are competent. James Battle (1980) found a strong correlation between self-esteem and depression. He found that self-esteem typically rises when depression does, and that depression tends to rise as self-esteem falls. During middle childhood and the early stages of adolescence, children's self-esteem grows as a result of the feedback they receive from their parents, teachers, and peers as well as from going through unpleasant experiences. Additionally, there's growing evidence that a healthy sense of self-worth can help combat depression.

Conversely, low self-esteem in college students is associated with lower academic achievement because it makes them less happy, less gregarious, more likely to use drugs and alcohol, and more susceptible to depression .

Depression in college students may be associated with the presence of interpersonal relationship problems, particularly with the other sex. Researchers discovered that those who are alone and lonely are more susceptible to depression. In a long-term study of first-year students, Rich and Scovel (1987) discovered that depression levels at the end of a semester were predicted by loneliness scores at the start of the semester. College students appear to have more causes of depression than other subgroups, but depression has many causes overall.

The susceptibility of college students to depression is influenced by certain personality traits. Early clinical observations revealed that depressed patients appear to be somewhat obsessive, anxious and self-deprecating and they are also very concerned about what others think of them. Research suggests that a low degree of positive effectiveness or extraversion may also act as a susceptibility factor for depression. Positivity efficacy requires a happy, vivacious, fearless, proud, enthusiastic, and self-assured mindset. Individuals with low dispositions typically feel dull, flat, board, unenthusiastic, and unenergetic; it is therefore not surprising that this could make them more prone to depression.

Learning takes place in a healthy mind, which requires effective memory, focus, motivation,

emotion, and overall cognitive function. Several studies have demonstrated various cognitive dysfunctions in individuals with depression, many of these dysfunctions are associated with improvements in cognitive function following treatment for depression. Fann and colleagues (2001) discovered that psychomotor speed, recent verbal memory, recent visual memory, and overall cognitive efficiency all improved with depression treatment.

LITERATURE

Exploring symptom-level associations between anxiety and depression across developmental stages of adolescence: a network analysis approach , Yunhan He1,, Chengrui Wu, Joelle LeMoult , Jiasheng Huang , Yue Zhao1, Kaixin Liang , Shiyun Chen , Enna Wang , Liuyue Huang and Xinli Chi1

A cross-sectional study was conducted in March 2022 in Shenzhen, China. Participants completed the Generalized Anxiety Disorder Scale 7 and the Depression Scale of the Patient Health Questionnaire, as well as demographic questionnaires assessing age and gender. The participants were Chinese youth aged 10-17 years who were studying the 5th or 6th grade of elementary school, the 1st or 2nd grade of middle school, or the 1st or 2nd a class of high school and was able to comprehensively understand and read Chinese. Middle school and high school 3rd graders were excluded because of their upcoming high school or college exams. Participants were categorized by age into early, middle, and late adolescent developmental stages. Results "Loss of control" was the most central symptom of the co-mortality network in all three developmental stages; "Excessive anxiety" and "anhedonia" emerged as core symptoms in early adolescence, and "restlessness" became a core symptom in late adolescence. "Anhedonia," "sad mood," and "fatigue" have been identified as bridges between anxiety and depression across all three developmental stages of adolescence.

Depression level of undergrad students: BDI scale(2018) Reza E Rabbi Shant,Israt Rayhan

As a person goes through the period between adolescence and adulthood, they maybe come depressed as roles and responsibilities change.Sometimes few factors cause serious mental consequences for students. Therefore, this study seeks to find out the levels of depression among university students. Gender, place of residence, cumulative grade point average (CGPA) and year of study are considered factors influencing depression.

119 students have been taken from different years from Statistical Research and Training institute , University of Dhaka, Bangladesh. The Beck Depression Inventory (BDI) scale is used to analyze the level of depression. A significant relationship between categorical variables is measured using the chi-square test. After the analyses, it turns out that gender and residential status have a significant effect on depression. Most of the students are in border countries. Off-campus girls and students are found to be more depressed than on-campus boys and students. The level of depression varies depending on the school year. During the academic years, it gradually decreases, but in the last academic year, interestingly, it increases.

Depression among the College Students: An Empirical Study, Tapas Karmakar and Santosh Kumar Behera(2017)

Depression is the most prevalent psychological issue among college students. Depression is a major problem in the world today. Every country spends a lot of money trying to find solutions for psychological issues, depression included. Ten to twenty percent of college students report having psychological issues (stress, anxiety, and depression), according to research on students' experiences at universities. Thus, those kinds of issues are posing a challenge to overall development. Student depression is a serious illness, and depression that lasts a long time has mental disordered causes. The purpose of this study was to assess depression in college students and determine the importance of differences in depression between male and female, rural and urban, science and art, and Hindu and Muslim students. The purpose of

this study is to determine the relevance of differences in depression that exist based on social class, academic attainment, and job satisfaction. A representative sample of 160 students from the arts and science streams was selected to assess the degree of depression using the Beck Depression Inventory (BDI), which is used to measure depression in the general population. According to the findings, which showed the prevalence of depression among college students, 16.88% of the 160 students had minimal depression, 35.62% had mild depression, 41.25% had moderate depression, and 6.25 percent had high depression. It is discovered that there are notable differences in depression between college students from rural and urban areas. According to the study, there isn't a noticeable difference.

Prevalence of depression and its associated factors using Beck Depression Inventory among students of a medical college in Karnataka
Ganesh S. Kumar, Animesh Jain , Supriya Hegde (2012) .

The issue of depression among medical students is becoming more and more prominent globally. The purpose of this study was to evaluate the prevalence of depression and risk factors associated with it in medical students. Supplies and Procedures: Researchers used a stratified random sample of 400 students to administer the Beck Depression Inventory. Univariate analysis was used to examine relationships between depression and social factors such as drug and alcohol addiction, family issues, depression in the family history, and living away from home. The overall prevalence of depression was 71.25%. The majority (80%) of those suffering from depression had mild or moderate depression. The study showed that 46.3% (132) of the depressed patients were women and 53.7% (153) were men. According to the final scores, 111 (27.8%) students received normal (10-18), 117 (29.3%) average (19-29), 30 (7.5%) students received 115 (29.8) as severe (30-40) and 27 (6.7%) as very severe (>40) depression. The prevalence of depression was relatively lower among 1st and 2nd year medical students (57% and 50% respectively) and the difference between the

degree of depression and the year of study was found to be significant ($\chi^2= 122$).

OBJECTIVE OF THE STUDY

The study is conducted with the following objectives:

Association between depression status among the college students in different classes.

Level of depression 1 and 2nd years college students.

HYPOTHESIS OF THE STUDY The hypothesis for the present study is as follows:

There will be high level of depression in first year students as compared to 2nd year among college students .

SAMPLE 200 college students selected from two different classes of college by using simple random sampling technique. 100 students from 1st year students and 100 from 2nd year students.

METHODS

Data has been collected from college students of district solan with regard to depression. Population of the Study consist of all the college students (UG level) from Himachal pradesh are comprised the population of this study.

STATISTICAL ANALYSIS Data has collected on excel and analysed by using SPSS .Qualitative variables represent inform of frequency and percentages. Chi square has used for association between depression of students in terms of different classes. Result considered to be as statistically significant if $p < 0.05$.

TOOL USED

Instrument utilized for gathering data is a standardized Beck Depression Inventory (original BDI, Beck et al., 1961) .

RESULTS

Table 1 represent which consist 100 (50%) students from 1st year and 100 (50%) students from 2nd year. Fig 1 showed graphical presentation of distribution of students according to their classes .

Table 1

Year	Frequency	Percentage
1 st year	100	50%
2 nd year	100	50%

Fig 1

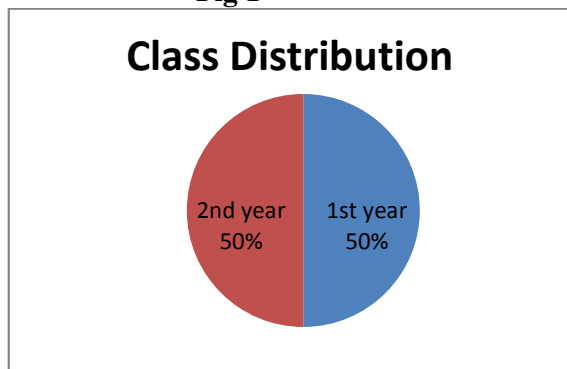


Fig 2

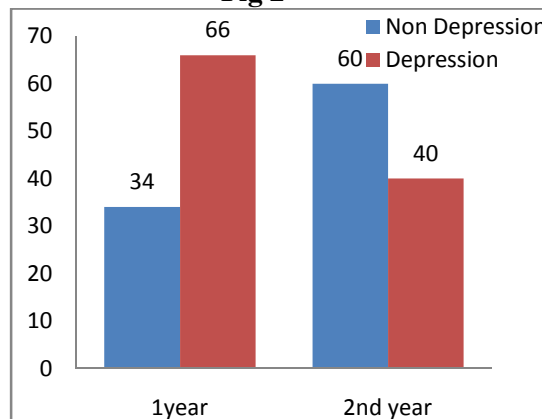


Table 2(Fig 2) represent depression status among 1st year(100 students) and 2nd year (100 students)from college. It consist of 94 students from Non Depression and 106 from depression. Out of 94 students (34 students from 1st year, 60 students from 2nd year), 106 students (66 students from 1st year ,40 students from 2nd year). The major findings of this study revealed that association between depression of students in different classes is statistically significant with chi square value as 13.56 (p<0.05).

Table3(Fig3)showed depression level among college students. The major findings of this study revealed that out of 200 students 94 students(34 students from 1st year and 60 from 2nd year) have no depression, 50 students (26 from 1st year and 24 from 2nd year)have developed mild depression, 30 students (17 from 1st year and 13 from second year)have suffer from moderate depression and finally 30 students (23 from 1st year and 3 from 2nd year)are affected by severe depression. The major findings of this study revealed that association between depression level of students in different academic classes is statistically significant with chi square value as 23.18 (p<0.05).

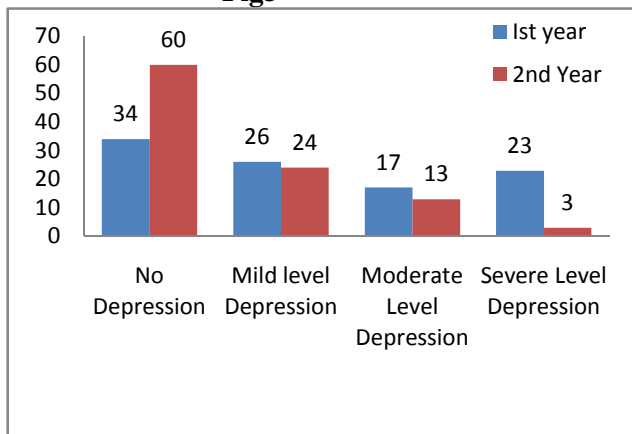
Table 2

Depression status	1 st year	2nd year	Total	Chi square
Non Depression	34	60	94	13.56
Depression	66	40	106	
Total	100	100	200	

Table 3

Depression Level	Ist year	2nd Year	Total	Chi square
No Depression	34	60	94	23.18
Mild level Depression	26	24	50	
Moderate Level Depression	17	13	30	
Severe Level Depression	23	3	26	
Total	100	100	200	

Fig3



CONCLUSION

Its clearly seen in this study as 1st year students are more prone to develop depression as compared to 2nd year students. Newly joined students (freshers) have various pressure that effect their mental health in many ways .Out of 106 students from depression (66 from 1st year and 40 from second year) and 94 from non depression (34 from 1st year and 60 from 2ndyear).Its has showed there is significant association of depression status and depression levels with different academic classes with chi square as13.56 and 23.18 respectively with($p < 0.05$).

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RECOMMENDATIONS

It is suggested that Colleges must plan for counselling sessions , special lectures on mental health for fresher(Junior) students in college so that their academic achievements could not suffer because of such important issues. The development of mental health in educational environments should be prioritized through implementation of strategies like educational advice and counseling, instruction in life skills, and psychotherapy. There is an urgent need to pay more attention to depression of students.

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