

A Study on Depression of VIII Class Students in Guntur District of Andhra Pradesh

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INTRODUCTION

The word depression in common usage means sad, frustrated, fed up, bored pessimistic. Adolescents students mood are sometimes healthy reactions to life event. The mood of depressed person is much lower at his best moment, then the mood of normal person at his worst (Chandra Sekhar 1985) Depression is the state of mind or more specializing a mental disorder characterized by lowering of the individual's vitality, mood, desires, hopes aspiration and self-esteem. It is a feeling of powerlessness, frustration, inadequacy, guilt and loneliness. It may range from no more than a feeling powerlessness and sadness to a most profound state of apathy with complete psychotic disregarded for reality. It can affect people of any age group (Father & Brien, 1986). Depression is associated with a constellation of psychological behavioral and physical symptoms as well (Cassane & Fava, 2002). Although the figure is not very prominent in India but is increasing at an alarming rate. Adolescence is the most crucial stage of development in individual life. Steinberg (1996), defined adolescence as the time of growing up and moving from immaturity of childhood to maturity to adulthood. The major concerns and issues of this stage arising because of changing need of adolescents as well as their parents. Communication is one of the most crucial aspects of family and social relationships during these crucial aspects of development. Depressed children tend to be socially withdrawn and have minimal conversational skills, rare friend and long-lasting socially isolated life style (France cristoff, Crimmins & Kelly, 1983)

REVIEW OF RELATED LITERATURE

Saini and Saini (2009) conducted a study on "Effect of stress and Depression in Treatment out Come of Alcoholics" to investigate the effect of stress and depression among 300 (150 male urban area and 150 from rural area) Literate alcoholics patients were selected on the basis of selective quota sampling. The subject is administering Langer's Stress Scale and Bech's Depression Inventory. Intervention techniques mainly included chemotherapy, behaviour therapy individual and group counseling. To find out the relation between stress and depression and treatment outcomes among alcoholics point bi-serial correlation is computed. The finding of the study showed that individual with high stress are significantly different from those who have low stress in affective state and other psychological function.

Sibnath and Anjan (2009) carried out study on " Self - Esteem of Depression Patients" and out that Depression was a strong mood involving sadness, discouragement, despair of hopelessness that lasts for weeks, months or even longer. People with depression tend to have negative and self - critical thoughts. The broad objective of the present study was to ascertain the self - esteem of depressive patients. A group of 118 depressive patients was covered in the study and they were selected from different Government and private Health Care Centers following incidental sampling Technique. Data were collected by Background information Schedule and Self Esteem Inventory. Three hypotheses were formulated and were verified by applying suitable statistical tests. Finding revealed that self esteem of depressive patients and normal population of same age group differed significantly ($p < 0.01$) which indicate that depressive patients have low self-esteem. Again findings significantly ($p < 0.01$), which indicates that male depressive patients possess high self-esteem than those of female depressive patients Further, self esteem of depressive patients across chronicity of the disease also differed significantly ($p < 0.01$) which indicate that the depressive patients who were suffering from depression for more than last one year possessed low self esteem as compared to the depressive patients who were suffering from depression for the last one year.

Srivastava and Asthana (2009) carried out a study on "Role stress and Mental Health in working women of Different occupational Levels" The objectives of this study was to assess and compare mental health in three categories of working women and to find out relationship between mental health and role stress. For this purpose a sample of 150 working women [(clerks, teachers (secondary education) and lecturers (Degree college)] from various government institute of Varanasi. The age range of the sample was from 25-50 years are selected. Mental Health is measured with the help of Mental Health Inventory by Jagdish and Srivastava (1983) and to measure the Organizational Role Stress by Pareek (1983) is used. Results revealers better mental health in lecturers in comparison to teachers. A Significant negative correlation ($r = -0.496$) reveals that working women experiencing role stress have poor mental health.

Sharma and Yadaya (2011) conducted a study on "Parental Styles and Depression among Adolescents" In this research the researchers selected a total sample of 200

respondents which are taken including 100 parents and 100 adolescents (50 male and 50 females) who were studying in IX and X standard. The age range of the adolescents sample is from 14 to 16 years. Children Depression Inventory (CDI)- (Kovacs, 1981) tool was used for measuring the level of depression among adolescents. Parenting Authority questionnaire (PAQ-R), Rittman et.al 2002) was used for measuring Authoritarian, Authoritative and permissive parenting styles. The data were analyzed by using Pearson’s Product Moment method of correlation and t-test for mean comparisons, the sample of parents was classified into two extreme groups’ i.e. High vs low (mean + 1 S.D) on the basis of their scores on parenting style and depression scores of their wards were compared. The results showed that (i) Authoritarian Parenting Style has significant positive correlation with depression (ii) Permissive Parenting style has significant negative correlation with depression (iii) there is a significant difference between males and females on measures of depression. (iv) The two extreme groups (high vs. low) showed significant difference on their depression levels.

Venkatesan and Ravindranath (2011) carried out a study on “Depression in Institutionalized and Non-Institutionalized Elderly”. A demographic data sheet and 28 - item General Health Questionnaire was used to carry out individual interviews among the elderly. The results indicate satisfactory psychometric qualities for the GHQ -28 in this tested sample for reliability and inter-correlations of its sub-scales. The findings paint a rather grim picture of the most typical institutionalized female hailing from low socio economic status group with complaints of felt anxiety counterpart of the non institutionalized aged familial male, preferably with the spouse, from a high socio economic status whose scores consistently better on all health dimensions as measured in the study. The results were discussed in the light of the need and

their implications for improving the quality of life the institutionalized elderly in the contemporary Indian society.

Camara and Calvete (2012) conducted a study on ‘The effects of early maladaptive schemas (EMS) would make students more vulnerable to symptoms of depression and anxiety’ It was hypothesized that abandonment, emotional deprivation defectiveness, and failure schemas would interact with stressful events to predict depressive symptoms. The gender differences in EMS and depressive and anxiety symptoms, expected that sex would act as a moderator of the relationships between EMS and symptoms. Result of this study showed that the presence of EMS constitutes a vulnerability factor for both, depressive and anxiety symptoms and this effect was also moderated by sex.

OBJECTIVES OF THE STUDY

1. To find out the difference of VIII Class students with respect gender.

METHODOLOGY OF THE STUDY

To find out depression on the basis of gender of VIII Class students in Guntur District the Researcher took 400 hundred students sample from Guntur District. THE CHILDREN DEPRESSION INVENTORY (CD) KOVACS, 1981 have been used to find out depression among the sample. The researcher apply mean, standard deviation and t-test for measuring gender impact on VIII Class students in Guntur District.

ANALYSIS OF THE STUDY

The following table shows the depression among VIII Class students in Guntur District.

Difference Between Depression of male and female VIII Class students.

Variable	Groups	N	Mean	SD	df	t-value	Significant
Depression	Male	150	30.02	3.75	375	-1.48	Not Significant
	Female	150	31.41	3.91			

It is clear from table that there is no significant difference in male and female with regard to depression as t value given in table is 1.48 which is not significant. So it is clear from the

differential analysis that gender difference has no relevance regarding occurrence of depression of VIII Class students in Guntur District.

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