

A Comparative Study of Depression between School and College Students

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ARTICLE DETAILS

Article History

Published Online: 10 November 2018

Keywords

Depression, School, College

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ABSTRACT

The present study has been designed to investigate the depression of the school and college going students. For accomplish the study total 100 students (50 students of school and 50 students of college) were selected through random sampling as subjects of this study. All the samples were selected from Rohtak district, Haryana. The age of the sample were ranged from 15 to 25. To accomplish the study PHQ-9 is multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression test was used. It was developed by Dr. Robert L. Spitzer, Janet B.W. Williams, and Kurt Kroenke. SPSS version 20 was used to apply all statistical terms and t test was applied to compare the results. The level of significance was set at 0.05. A significant difference was observed between school and college students in their depression level. We find out that college students are more depressed in comparison of school students.

1. Introduction

Depression is a common psychiatric disorder experienced by people with depressed moods, loss of interest or pleasure, feelings of guilt or low self-esteem, trouble sleeping or hunger, low energy and poor concentration. Depression is also a medical condition that can affect a student's ability to work, study, interact with colleagues or take care of themselves. There are many possible causes of depression. Trauma in early childhood can lead to depression. This is because some incidents affect the way the body responds to fear and stressful situations. Some people develop depression because of their genetics. If you have a family history of depression or any other mood disorder, you are more likely to develop it. There is a recipe for depression among college students, lack of sleep, poor eating habits and little exercise. The stress that comes with academic - financial concerns, the pressure to get a good job after school and unsuccessful relationships. For some students it is enough to leave college or make them worse.

2. Objectives of the study

- The main objective of the study is to compare the depression between school and college students.

3. Hypothesis of the study

- There would be no significant difference in depression between school and college students.

4. Research process and methodology

- The sample for the present study was 50 students of school and 50 students of college were randomly selected as samples.
- All the samples were selected from Rohtak district, Haryana.
- The age of the sample were ranged from 15 to 25.
- To accomplish the study PHQ-9 is multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression test was used. It

was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, and Kurt Kroenke.

5. Tools and techniques

To accomplish the study PHQ-9 is multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression test was used. It was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, and Kurt Kroenke. This questionnaire is consisting of 9 items which measure the level of depression of individuals. Depression Severity: 0 to 4 none, 5 to 9 mild, 10 to 14 moderate, 15 to 19 moderately severe, 20 to 27 severe.

Scoring

The PHQ-9 was consisting of 9 statements related to depression. The scoring of each statement was based on four grades i.e. **Not at all, several days, More than half the days, and Nearly every day** respectively.

Table no 3.3

Statements	Scoring			
	Not at all	Several days	More than half the days	Nearly every day
	0	1	2	3
		+	+	+
=Total score				

For obtain the total score of the depression add up all the checked boxes on PHQ-9. The score were ranged from 0 to 27 maximum.

6. Statistical Method

- The obtained data were analyzed by applying t test in order to determine the depression of school and college students.
- The level of significance was set at 0.05.

Table no. 1
MEAN DIFFERENCE BETWEEN SCHOOL AND COLLEGE STUDENTS IN THEIR DEPRESSION
(N = total numbers of students)

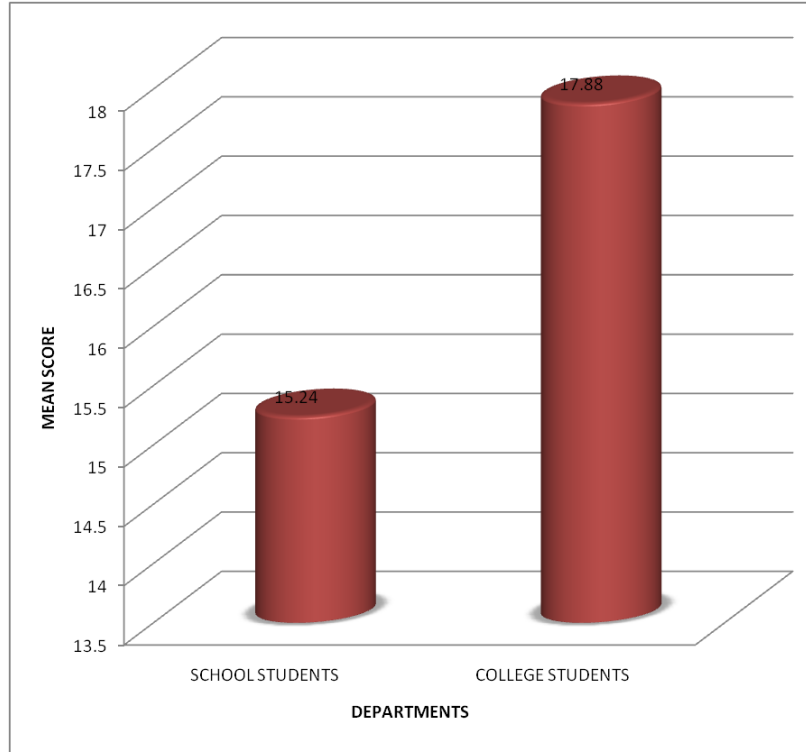
S.NO	VARIABLES	GROUP	N	MEAN SCORE	SD	Df	t-value
1	PHQ-9	School students	50	15.24	4.79	98	3.29*
2		College students	50	17.88	3.02		

* Significant at 0.05 level

Table 1. Shows that 't' value (3.29). The mean score of school students and college students is higher than the table value 0.05. The mean score of school students (15.24) is lower

than the mean score of college students (17.88), which shows a significant difference. We find out that college students are more depressed in comparison of school students.

Figure 1
MEAN DIFFERENCE BETWEEN SCHOOL AND COLLEGE STUDENTS IN THEIR DEPRESSION



7. Result

A significant difference was observed between school and college students in their depression level. That is why hypothesis-1 **“There would be no significant difference in depression between school and college students.”** which

was formulated earlier was rejected. We observed that college students are more depressed in comparison of school students.

References

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