



A Comparative Study to Understand the Significant Difference in Depression Among Males and Females During Secondary Board Exams.

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ABSTRACT

Background: Depression is a disorder associated with group of symptoms like lowering of a person's mood, persistent feeling of sadness, loss of interest in things and activities that you once enjoyed Objective: The study is conducted to check the significant difference in depression among males and females of 11th and 12th class students of Model Academy (Jammu) Method. Total number of samples that were taken for the study were 30 out of which 15 were males and 15 were female. The samples were collected from class 11th and 12th of Model Academy School B.C Road Jammu and they were selected through random sampling. Result & conclusion. The results shows that there was significant difference in depression among males and females and reasons for this can be career tension, exams stress, parents expectation from students , students expectation from themselves

TERMINOLOGY

DEPRESSION: Depression is a common mental disorder that affect how one person feel or act.

MALES: Male is a term refer to a Man or a boy.

FEMALES: Female is a term that is used to refer a women or a girl.

SECONDARY BOARD EXAMS: Secondary board examination is the public examination conducted at the end of 10th or 12th class.

Depression is a disorder associated with group of symptoms like lowering of a person's mood, persistent feeling of sadness, loss of interest in things and activities that you once enjoyed. It is one of the mood disorder that is characterized by feeling of extraordinary sadness or dejection. The diagnostic criteria for depression also known as major depressive disorder require that a person should have symptoms that are persistent (not interwoven with period of normal mood). Person affected with depression must experience depressed moods or loss of interest in the activities that he once enjoyed very much. Depression can affect people of any group.

Etymological derivation: The term depression is derived from the Latin word "**Deprimere**" which means "**to press down**."

DEFINITIONS

According to WHO "Depression is a common mental disorder. global , it is estimated that 5% of adults suffer from the disorder".

According to Aron T Beck "People who are depressed possess a negative self schema that leads them to process personal information in a negatively biased and distorted fashion."

CAUSAL FACTORS IN DEPRESSION: There are various causes of depression. They can be classified under: biological and psychological.

BIOLOGICAL CAUSE : It has been long known that variety of drugs and diseases can affect the person's mood that sometimes lead to depression also.

1. Genetic factors: Various family studies have proved that the prevalence of depression is more among blood relatives. Various attempts have been made to find out which gene is more responsible for genetic influence of depression but not attempt was successful in this although there were some promising leads. The very promising candidate for specific gene that can be implicated is serotonin transplant gene. serotonin gene transplant is a gene involved in the transmission of serotonin that is the key neurotransmitter for depression. This means that depression is mainly caused due to deficiency of serotonin.
2. Neurochemical factors: It has been observed that depression may arise from imbalances in the neurotransmitter substances that regulate the activity of brain's cells. Other researches has also suggested that the dysfunctions of dopamine play an important role in some forms of depression.

3. Abnormalities in regulation of hormones and immune system: In recent years many studies have shown that depression is accompanied by dysregulation of immune system. The endocrine axis that is related to depression is hypothalamic pituitary thyroid axis because certain disturbance to this axis is linked to mood disorder. Example people with low thyroid levels can sometimes become depressed.
4. Neurophysiological and neuroanatomical influences: various Neurophysiological researches have suggested that damage to the left anterior prefrontal cortex leads to depression. This gives an idea that people who suffer from depression but do not have any damage to this area might be have lower level of brain activity in this area.
5. Sleep and other biological rhythm : People suffering from depression may have sleep problems that may be early awakening, periodic awakening during night and some difficulties in sleeping.
6. Circadian rhythms: Some of the circadian rhythms like body temperature, propensity to REM sleep and secretion of cortisol , thyroid stimulating hormone growth hormone. The dysfunction in this circadian rhythms may play an important role in many of the clinical features of depression .
7. Sunlight and seasons: One of the major causal factor of depression is seen in people with seasonal affective disorder, in which most people affected seem to be responsive to the total quantity of available light in the environment . most people become depressed in the fall and winter and normalize in summer .

BIOLOGICAL CAUSE FOR SEX DIFFERENCE: It has been observed that for majority of women hormonal changes do not cause depression. However for minority of group who are at risk of hormonal fluctuation may trigger depressive episode . Even some studies have also supported the fact that girls have higher degree of depression as compared to boys.

PSYCHOLOGICAL CAUSES: Some of the psychological causes of depression are as:

1. Stress: Some of the psychological stressors are involved in depression. **EXAMPLE** People with depression sometimes generate various stressful life events through their interpersonal problem solving (such as being unable to solve conflict with spouse) .
2. Severity of the stressful events: mildly stressful events are often sometimes associated with onset of depression
3. Grief and loss: people who are grieving on the loss of the loved one may also experience many of the same symptoms of depression, like Trouble in sleeping, poor appetite, and a loss of pleasure or interest in activities are a normal response to loss.
4. Psychodynamic theory: Freud believed that depression can occur in response to imagined or symbolic responses **EXAMPLE**; students who fail in exam may consider themselves failure and also experience this symbolically as loss of his parents.

Some other causes of depression are

1. Brain chemistry
2. Medical conditions
3. Drug abuse
4. Pain
5. Early childhood trauma Feelings of sadness, tearfulness, emptiness or hopelessness

SYMPTOMS OF DEPRESSION

- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts
- Unexplained physical problems, such as back pain or headaches etc.

PREVALANCE OF DEPRESSION; The epidemiological results from National Comorbidity Survey-Replication (NCS-R) states lifetime prevalence rates of depression at nearly 17%. Moreover rates of depression are always more in women than in man.

OBJECTIVES:

To know the difference in depression among males and females during secondary board exam.

The objective of this study is to identify systematically and also appraise the best evidences on gender disparity in prevalence of depression among school going student during examinations.

HYPOTHESIS:

H1: There is significant difference in the degree of depression among males and females during examination.

METHODOLOGY

METHOD: Survey method was done on the students of class 11th and 12th students.

SAMPLING Random sampling method was done to choose the sample for the study.

SAMPLE SIZE: 30 students were selected from classes 11th and 12th. 15 females were selected and 15 males were selected.

SITE: The samples were selected from the 11th and 12th class of Model Academy School Jammu.

INSTRUMENT: The instrument to conduct the study was Beck's Depression Inventory (rating scale 1961). BDI was developed by Dr. Aaron. T. Beck in 1961. This tool is used to check the severity of depression. The BDI consists of 21 items each of which corresponds to symptom of depression the respondent is required to respond between 0-3 for scoring procedure we have to add the responses. Scores ranging between 1-10 mean ups and downs are normal, 11-16 means mild mood disturbances, 17-20 means borderline clinical depression, 21-30 means moderate depression 31-40 means severe depression and over 40 means extreme depression. The BDI is mostly used in clinical practices and research studies. It is one of the most reliable and valid tool.

STAISTICAL ANALYSIS USED: For the derivation of the results of the study following statistical methods are used

- Mean
- Standard deviation
- T test

DATA ANALYSIS:

After the collection of data the raw data as analyzed by using T-Test. T-test is one of the statistical test used to check whether there is any significant differences between the two groups or not.

Larger t score means -more difference between the groups under research

Smaller t score means - more similarity between the two groups

The formula for t test is

$$\frac{|M1-M2|}{\sqrt{(\sum X^2_1 + \sum X^2_2 / (N1+N2) - (N1+N2) / (N1 \times N2))}}$$

Here $X_1=19.26$

$X_2=20.27$

$\sum x^2_1=759.24$

$\sum x^2_2= 992.05$

$N_1= 15$

$N_2= 15$

After the calculation is over following results were found

GROUPS	SAMPLES TAKEN (30)	MEAN	t	DF
MALES	15	992.06		
FEMALES	15	759.24	0.35	28

After finding out t scores and df we use the t test table to evaluate the scores at two levels

0.05 level = 2.05

0.01 level = 2.76

From the above results it can be interpreted that the value at 0.01 level is (2.76) which is higher than the value at 0.05 level (2.05). Thus it could be interpreted that there is highly significant difference among both the groups taken for study. Our hypothesis was framed to test that there is a significant difference among both the groups. Thus our hypothesis get accepted.

DISCUSSION AND CONCLUSION:

The present study is mainly based on the school students of Model Academy School (Jammu) who were selected for assessment of depression among males and females . Comparing both the groups it can be analyzed from the above **table**. That there is significant difference between male and females. With this our hypothesis also gets accepted and justified and latest researches and studies taken for reference also supports our study. This study also focus various factors responsible for the depression among students.

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