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## **Review on Depression among College Students in India**

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### **ABSTRACT**

This review aims to evaluate the prevalence of depression among students studying in colleges affiliated with the Indian University. Due to high academic stress and social expectations, college students in these colleges are at a higher risk of experiencing these mental health problems.

The study seeks to gather data on the incidence of anxiety and depression among students, factors contributing to the prevalence of these conditions, and the use of antidepressant medications. The research is significant in shedding light on the impact of anxiety and depression on the mental health of college students in Indian Universities and affiliated colleges.

The data gathered in this study can help identify the need for mental health support services and develop effective strategies for prevention and treatment. The findings of this research can also raise awareness about the importance of mental health support services and promote good mental health among college students.

In summary, this study is a valuable contribution to the field of mental health research among college students in Indian Universities and affiliated colleges. It is hoped that the findings will stimulate further research and result in the development of more effective interventions to address mental health issues among college students.

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**Keywords:** depression, anxiety, college students.

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### **INTRODUCTION**

During their college years, students face various physical, social, and emotional challenges that require more emotional and mental support than other stages of education. This vulnerability puts them at risk of developing mental health problems such as stress, anxiety, and depression, which can adversely impact their academic performance and overall

well-being. Furthermore, female students may be more susceptible to these challenges due to biological factors and academic pressure from exams and study load.

Medical students are particularly vulnerable to mental health disorders due to the stressful nature of their training, including clinical practice and financial concerns. Anxiety and depression can negatively impact their academic performance and quality of life, which may ultimately impact patient care. Previous studies have also shown that anxious medical students may exhibit less empathy and enthusiasm when caring for patients.

Therefore, it is crucial to understand the prevalence of anxiety and depression among students in India. This research can help identify at-risk students and provide timely assistance and intervention to promote mental health and academic performance. It can also aid in designing appropriate intervention strategies to enhance learning abilities and improve patient care.

However, the use of psychoactive drugs, such as antidepressants, by medical students is a sensitive issue that can potentially impact their health and performance. The long-term and uncontrolled use of antidepressant medicines can lead to addiction with serious consequences on health and professional performance. Indian colleges must ensure that they provide appropriate educational programs on antidepressant abuse and promote a healthy lifestyle.

They can also consider organizing structured programs that have been shown to reduce anxiety and the use of related medicines.

The findings of this study can help set certain policies to improve medical circumstances and ensure that medical and non medical students are encouraged to adopt responsible attitudes towards the use of antidepressants. By considering this data, schools can create an environment that encourages responsible medication use and provides support to students struggling with mental health disorders.

In conclusion, understanding the prevalence of anxiety and depression among pharmacy students in India, is crucial for medical schools to develop appropriate intervention strategies and provide support to at-risk students. By promoting wellness programs and responsible medication use, medical schools can create a safe and supportive environment that promotes mental health and academic success.

## STUDY METHODOLOGY

This project aims to investigate depression in college students in India. The study methodology includes a systematic review of all relevant research papers on the topic, discussions with students and medical professionals, and utilizing the internet as a resource.

### 1. Systematic Review of Literature:

The first step in this study methodology is to conduct a comprehensive search for all relevant research papers on depression in college students in India. This will involve a systematic search of electronic databases such as PubMed, Scopus, and Google Scholar. The search terms will include "depression," "college students," and "India." The inclusion criteria will be limited to studies published in English and conducted in India.

### 2. Data Extraction and Analysis:

Once all the relevant research papers are identified, the next step is to extract the data and analyze it. This will involve extracting data such as the study population, sample size, research methods, and key findings. The data will then be analyzed using statistical software to identify any patterns or trends in the data.

### 3. Discussions with Students and Medical Professionals:

To complement the systematic review of literature, this study methodology also includes discussions with college students and medical professionals. The discussions will be conducted through interviews and focus groups. College students will be asked about their experiences with depression, including the symptoms they have experienced and the impact it has had on their lives. Medical professionals will be asked about their experiences in treating depression in college students in India.

### 4. Utilizing the Internet:

Finally, this study methodology includes the utilization of the internet as a resource. This will involve searching for relevant information and resources related to depression in college students in India. This may include online support groups, blogs, and social media groups.

### 5. Conclusion:

This study methodology aims to gather and analyze data to better understand the prevalence and impact of depression in college students in India. By utilizing a comprehensive approach that includes a systematic review of literature, discussions with students and medical professionals, and utilizing the internet as a resource, this study methodology aims to provide a comprehensive understanding of depression in college students in India.

## RESULT

In the present study, demographic variables such as sex, course of study, and locality were analyzed for a total of 171 participants.

52% (89) of the participants were male, while 48% (82) were female.

46.8% (80) of the participants were studying medical courses, while 53.2% (91) were studying non-medical courses.

55% (94) of the participants belonged to urban areas, while 45% (77) belonged to rural areas. The gender distribution was slightly skewed towards males, with a difference of 4%.

The majority of participants were studying non-medical courses.

Urban areas were represented slightly more than rural areas, with a difference of 10%.

The demographic variables provide important insights for understanding the sample population and interpreting the study results.

The findings suggest that the sample population is diverse in terms of demographic variables.

Further analysis is required to understand the implications of these demographic variables on the study outcomes.

Demographic Variables	Category	Frequency
Sex	Male	89
	Female	82
Course	Medical	80
	Non -Medical	91
Locality	Urban	94
	Rural	77

Table No.1 Frequency Distribution Of Demographic Variables

Table 2 displays the frequency distribution of the Beck Depression Inventory (BDI) scores in six categories for the study participants.

The first category, "normal ups and downs," had 19.9% (34) of the total sample fall into this range.

The mild level of depression had 22.2% (38) of participants fall into this category. The borderline category had 17% (29) of participants fall into this range.

The moderate level of depression had the highest percentage of participants, with 31% (53) falling into this category.

The severe level had 8.2% (14) of participants fall into this category. The extreme level had 1.8% (3) of participants fall into this category.

These findings provide insights into the distribution of depression severity levels in the sample population

Variables	Category	Frequency	Percent
BDI	Normal up down	34	19.9
	Mild	38	22.2
	Borderline	29	17.0
	Moderate	53	31.0
	Severe	14	8.2
	Extreme	3	1.8

Table No.2 The frequency distribution of the Beck Depression Inventory (BDI)

The study analyzed the differences in depression levels among students based on three demographic variables: gender (male and female), course of study (medical and non-medical), and locality (rural and urban).

The findings could provide insights into the impact of these demographic variables on depression levels in students.

Analyzing these differences could help identify groups of students who may be at a higher risk of experiencing depression.

The results could also be used to develop targeted interventions and support systems for students experiencing depression.

Further statistical analysis and interpretation would be required to understand the full implications of these demographic differences.

Variable	Category	Frequency	Percent
Sex	Male	89	52
	Female	82	48
Course	Medical	80	46.8
	Non-Medical	91	53.2
Locality	Urban	94	55
	Rural	77	45

Table 3: Difference among students' depression level on the basis of gender and course of study

A study found no significant difference in depression between male and female college students, but variations were noted in different levels of depression.

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In the normal ups and downs, the total percentage was 19.9, with males at 22 percent and females at 17 percent.

In the mild level, 16 percent were male and 28 percent were female out of a total of 22 percent.

The total percentage in the borderline level was 17 percent, with 13 percent being male and 20 percent being female.

The highest percentage of 31 was found in the moderate level of depression, with males at 33 percent and females at 28 percent.

In the severe level, 8 percent of the total sample was found to be depressed, with males being more affected than females.

In the extreme level, 1.8 percent were found, with males also being more affected.

Overall, females were found to be more depressed in the mild and moderate levels, while males were more affected in the moderate, severe, and extreme levels.

The study supports WHO's findings that mild chronic depression is more common in females.

Another study by Haskilic, Aslan, and Kazancioglu in 2013 also found no significant difference between male and female students in terms of depression.

The juvenility of the students may be a factor, as the transition from high school to higher education is a critical aspect of the process of transitioning to adulthood.

During this period, college students experience growth, spend more time with peers, and review values and lifestyle, which may not disturb the balance between male and female differences.

The present study found that depression was more prevalent among non medical college students than medical students, supported by a previous study. Uncertainty about future job prospects and the perception of non medical as secondary to medical may contribute to this trend. Non medical students may also have a poorer academic record and often choose it as a secondary option.

The present study reveals that rural college students experience more depression than urban students. A previous study also supports this trend, with possible contributing factors including limited access to educational, recreational, and public health resources in rural areas.

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## FINDINGS

1. No significant difference was found between male and female college students in terms of depression levels.
2. There was a significant difference in the level of depression between medical and non medical college students.
3. A significant difference in depression levels was observed between rural and urban college students.

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## CONCLUSION-

The present study analyzed the demographic variables and depression severity levels among students. The demographic variables, including sex, course of study, and locality, showed a diverse sample population. The gender distribution was slightly skewed towards males, with a difference of 4%. The majority of participants were studying non-medical courses. Urban areas were represented slightly more than rural areas, with a difference of 10%. These findings provide important insights for understanding the sample population and interpreting the study results. Further analysis is required to understand the implications of these demographic variables on the study outcomes.

The study also analyzed the distribution of depression severity levels in the sample population. The majority of participants fell into the mild to moderate categories, with 31% of participants falling into the moderate category. These findings highlight the prevalence of depression among students and suggest the need for targeted interventions and support systems to address the issue.

The study further analyzed the differences in depression levels among students based on three demographic variables: gender, course of study, and locality. The findings suggest that these demographic variables may impact depression levels in students, and further analysis is required to understand the full implications. Analyzing these differences could help identify groups of students who may be at a higher risk of experiencing depression and inform the development of targeted interventions and support systems.

In conclusion, the present study provides important insights into the demographic variables and depression severity levels among students. The findings suggest the need for targeted interventions and support systems to address the prevalence of depression among students. Further analysis is required to understand the implications of demographic variables on depression levels and inform the development of effective interventions. The study highlights the importance of addressing mental health issues among students and underscores the need for continued research in this area.