



A Gender Difference Study on Depression in College Students

¹Dr. Daljit Singh, ²Mr. Simran Monga

¹Assistant Professor, Govt. College for Women, Sirsa daljit.skabra@gmail.com

²Student, Kirori Mal College Delhi monga.simran5@gmail.com

ABSTRACT

The goal of this study is to figure out how common mental depression is among college students in Sirsa, Haryana. The subjects for this study were 100 (N=100), 50 male and 50 female, aged 18 to 25, enrolled in a government college (from commerce program). The purposive sample approach was used to complete the study's objectives. After being made aware of the objectives of the study, all participants consented and decided to participate. The subjects responded to 50 of the questionnaire's questions from L.N. Dubey. A scale for measuring mental depression was used to test the theory. The research revealed that while female college students have considerable depression rates, male college students experience comparatively modest rates of mental depression.

Key words: Gender difference, Depression

Introduction:

The most prevalent psychiatric condition affecting college students is depression. At the moment, depression is the most important issue facing the planet. Every nation invests a significant amount of money in the treatment of mental illnesses, including depression. Due to negative perceptions of oneself, reality, and the future in general, depression symptoms impair life satisfaction and might cause people to have a pessimistic outlook on the future.

Depression is one of the leading causes of illness burden worldwide. In particular, depression, which is the most common mental illness in general practice and mental health settings, is a serious public health concern. The second biggest factor in the number of years spent with a disability is unipolar depression.

Depression is also referred to as "living in a black hole" or as a sense of impending doom. However, some persons with depression don't even experience sadness at all; instead, they may feel lifeless, empty, and indifferent. Men in particular may even experience anger, aggression, and restlessness.

Definitions of depression and concepts that are closely related to it are useful for fully comprehending adolescent depression. The Oxford English Dictionary defines depression as "a mental disorder characterized by strong feelings of inadequacy and hopelessness, usually accompanied by a lack of energy and interest in life." It's typical of people to experience depression. But the issue of how to spot depression has been brought up.

Depression is a condition that affects more than 350 million people worldwide and is referred to by the World Health Organisation (W.H.O.) as a "hidden burden." (M. Simpson, 2012; see also www.aphaih.org/2012/10/10/who-videos-depression-and-world-mental-health-day/).

In most societies, depression is a relatively common condition, especially among students. These factors bar students from amazing opportunities for success, a fulfilling profession, and a bright future (Avison & McAlpine, 1992; Bhave & Nagpal, 2005).

Depression is a common mental condition that manifests as low mood, lack of interest or pleasure, diminished energy, guilt or feelings of low self-worth, interrupted sleep or food, and difficulty concentrating.

The understanding of depression among medical professionals has significantly increased during the previous few decades. Many different factors can contribute to depression. According to Beck (1979), some individuals have negative cognitive schemas about who they are and what they have experienced since an early age, which makes them more susceptible to depression. This negative thinking habit may cause depression symptoms. Depression is believed to be an adaptive response to psychological stress rather than a disease.

Depression, whatever its symptoms, differs from regular melancholy in that it consumes your daily life and impairs your capacity to work, study, eat, sleep, and have fun. There is little, if any, relief from the overwhelming and unrelenting feelings of worthlessness, hopelessness, and helplessness.

Low mood and reluctance to action are symptoms of depression, which can negatively impact a person's thoughts, behavior, feelings, worldview, and physical health. People who are depressed may experience a variety of negative emotions, including sadness, anxiety, restlessness, worry, helplessness, and worthlessness.

Review of the literature

According to Khalil et al. (2010), clinical depression in young women revealed that exhaustion and low energy (more than 80%) were the primary causes of depression. There are numerous potential causes in the current environment of high stress and continuous activity, but occupational stress is likely the most important one. Researchers that did the study in a private primary school came to the conclusion that the degree of stress there is higher (Reddy, 2012).

The overall prevalence of depression among students was 74.60%, according to Kumar S. et al. (2019). Of these, 40% of men and 58% of women had severe depression.

The risk factors for depression are influenced by a variety of aspects of college life. Many pupils lack the necessary skills to succeed in college. Students today are heavily indebted. Compared to earlier generations, they also have less employment opportunities following graduation. College students may experience depressive episodes as a result of these extra worries. Given the overpopulation issue, which has a significant impact on the psyche of young students, every student dreams for a bright future and seeks blue collar work after receiving their respective degree. (Kerr,S 2017).

Objective of the Study

To determine whether there is a substantial gender difference in college students' rates of depression.

Hypothesis of the Study

There is no discernible gender-related difference in the mean of depression among college students.

Sample :

50 males and 50 women from Sirsa, Haryana, participated in the study. Those in this sample ranged in age from 18 to 25. The purposive sample approach was used to complete the study's objectives. After being made aware of the objectives of the study, all participants consented and decided to participate

Tool used in the study:

The researcher employed L.N. Dubey's standardized tool for the current investigation. L.N. Dubey, a professor at Saraswati Shiksha Maha Vidyalaya in Jabalpur, created the Mental Depression Test (M.D.S.). The person taking the test must fill out the questionnaire with their personal details. After that, the respondent must check the yes/no box next to the question. There are 50 statements with two boxes next to each.

Result and Discussion

Table: Showing Descriptive statistics and t-value of Depression

Variable		N	Mean	SD	t-value
Depression	Male	50	10.40	6.50	3.001
	Female	50	16.10	11.74	S .005

The study's findings offer important new information on how much depression both male and female individuals experienced. To comprehend the central tendency and variability of depression scores in both groups, descriptive statistics, such as means and standard deviations, were computed. The average depression score among the 50 male participants was 10.40, with a standard deviation of 6.50. The average depression score for the female participants (N=50) was greater at 16.10, but the standard deviation was higher at 11.74.

A t-test was performed to further evaluate the significance of these changes. With a significance level of $p < 0.005$, the t-value obtained, which was 3.001, shows a statistically significant difference in depression levels between the male and female groups. This shows that, on average, the study's female participants experienced more depression than the study's male participants. The results highlight the significance of taking gender into account when assessing and treating depression because it indicates that there may be gender-related differences in how depressive symptoms are experienced and expressed. It is necessary to conduct more study to examine the underlying causes of these variations and how they can affect interventions for mental health.

References:

- Avison, W.R. & McAlpine, D.D. (1992). Gender Differences in symptoms of depression among adolescents. *Journal of Health and Social Behavior*, 33, 77-96.
- Beck, A. T. (1979). *Cognitive Therapy of Depression*. New York: Guilford Press.
- Bhave, S. & Nagpal, J. (2005). Anxiety and depressive disorders in college youth. *Pediatric Clinics of North America*, 52, 97-134.
- Kerr LK, Kerr LD., Jr Screening tools for depression in primary care: the effects of culture, gender, and somatic symptoms on the detection of depression. *West J Med*. 2001; 175(5):349–352.

Kumar, Santosh & Natarajan, Kavitha & B, Yogesh & Chandra, Rishita. (2019). Assessment of depression and its correlates among college students in Rishikesh Uttarakhand. *Indian Journal of Community Health*. 31. 220-225. 10.47203/IJCH.2019.v31i02.011.

Khalil, A.H., Rabie, M.A., Abd-El-Azz, M.F., et al. (2010) Clinical Characteristics of Depression among Adolescent Females. A Cross Sectional Study. *Journal of Child and Adolescent Psychiatry*.4.26 <https://doi.org/10.1186/1753-2000-4-26>.

Reddy, G. L., & Poornima, R. (2012). Occupational stress and professional burnout of University teachers in South India. *International Journal of Educational Planning & Administration*, 2(2), 109-124. Retrieved from <http://www.ripublication.com/ijepa.htm>

Online reference:

WHO Videos: Depression and World Mental Health Day, <https://aphaih.org/2012/10/10/who-videos-depression-and-world-mental-health-day>