



A CASESTUDY ON DEPRESSION AMONG THE STUDENTS

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ABSTRACT

The purpose of this review is to ascertain how common depression is among Indian college students. Because of the intense academic pressure and social expectations at these campuses, college students are more likely to experience psychological issues. The impact of anxiety and depression on the mental health of college students at Indian universities and their affiliated institutions is revealed by this study, which makes it significant. The findings of this study may potentially promote college students' health and raise awareness of the value of mental health services. It is hoped that these results would inspire more investigation and lead to the creation of more effective solutions for college students' mental health issues.

Introduction

Students encounter several physical, social, and emotional obstacles at college, which call for greater drive and creativity than at previous educational levels. This drawback puts children at risk for psychological issues including stress, worry, and depression, which can have a negative impact on their well-being and academic performance. Because of the excitement and pressure associated with studying and testing, female students may be more susceptible to these difficulties. Financial concerns and clinical practice. Their education and quality of life may be impacted by anxiety and sadness, which may ultimately have an impact on patient care. Prior research has also demonstrated that anxious medical students may exhibit both satisfaction and discontent when treating patients. In order to support mental health and academic achievement, this research can assist in identifying students who are at-risk and in providing prompt assistance and interventions.

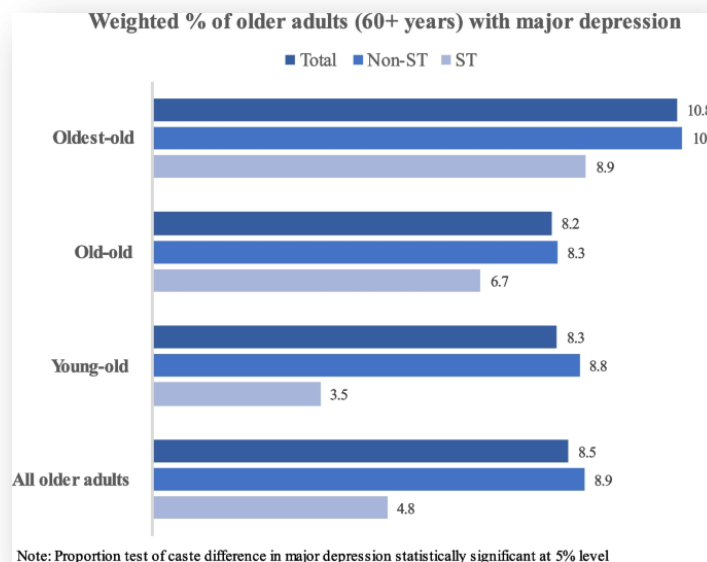


Fig.1

AIMS

1. To look into the prevalence of anxiety and depression among Indian students, namely medical and non-medical students.
2. Identify at-risk students and give timely treatments and interventions to improve their mental health and academic performance.

OBJECTIVE

1. A study was done to determine the prevalence of anxiety and depression among Indian college students, as well as the factors that contribute to these conditions.
2. Create intervention and support programs to help at-risk students manage their mental health and academic performance.

STUDY METHODOLOGY

The purpose of this project is to use a generic research approach to examine depression among Indian college students. This method makes use of internet resources, student and practitioner interviews, and an assessment of appropriate study literature.

1. Systematic Review of Literature:

The first step in this study was to find all research articles on depression among Indian college students by doing a qualitative search of internet databases like PubMed, Scopus, and Google Scholar.

2. Data Extraction and Analysis:

After finding relevant research data, the following stage is to collect and analyze it. Important data such as the study population, sample size, research, and findings will be extracted. Statistical software is used to examine data and identify patterns.

3. Discussions with Students and Medical Professionals:

To finish the literature evaluation process, research discussed with college students and medical professionals. These talks will be conducted through interviews and focus groups. University students will be encouraged to share their experiences with depression, including the symptoms they have and how it affects their life.

4. Utilizing the Internet:

Research demonstrates the importance of internet resources. Researchers will look into information and resources available online on depression among Indian college students. This could include visiting online support websites, blogs, and social media groups to get more ideas and viewpoints.

5. Conclusion:

The project's goal is to gain a better understanding of the pressures that Indian college students face through intensive research, which includes a literature review, interviews with students and doctors, and the use of web resources. This method enables data collection and analysis from numerous sources, resulting in a better knowledge of the prevalence and impact of depression in this particular community.

IMPACT OF DEPRESSION ON ACADEMICS

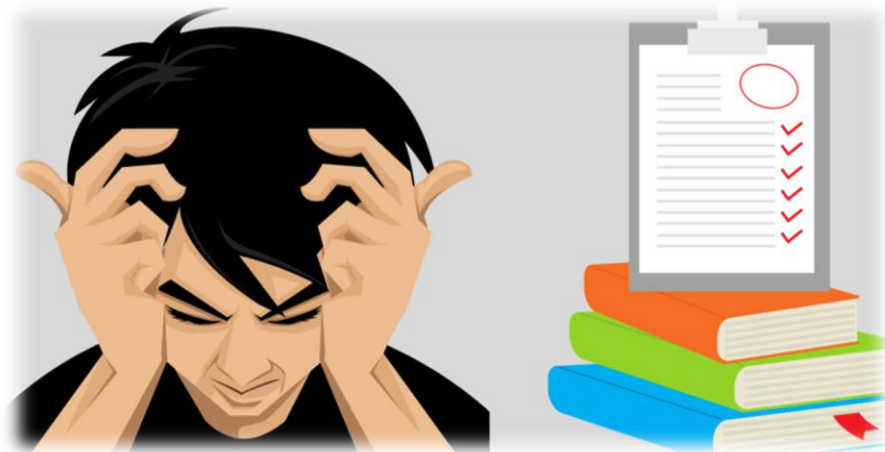


Fig . 2

1. Decreased Academic Performance:

Depression could affect the academic performance of Indian college students. It can impair thinking, memory, and problem solving, resulting in lower grades and poor performance in classes and tests.

2. Impaired Attendance and Punctuality:

Students with depression may struggle to attend class and arrive on time. Depression-related low motivation and energy levels might result in absences, late work, and unavailability.

3. Impacted Interpersonal Relationships:

Depression can harm relationships among Indian college students. They may have trouble mingling, making friends, and developing relationships. Isolation and exclusion from society might have an impact on their schooling and overall health.

4. Decreased self-esteem:

Depression can negatively affect a student's self-esteem, causing them to feel inadequate and lack self-confidence in learning.

IMPACT OF DEPRESSION ON SOCIAL LIFE :-

Fig. 3

1. Social Withdrawal:

Depression frequently causes students to withdraw from connections, isolate themselves, and avoid communicating with friends, peers, and strangers.

2. Strained Friendships:

Depression can damage existing connections by making it harder for students to form ties and communicate on a regular basis. Negative social connections can cause misunderstandings, disagreements, and feelings of social exclusion.

3. Negativity:

Depression can lead to poor social isolation, which increases social pressure and harms overall health. Understanding and providing a supportive environment is crucial for improving student well-being.

4. Impact on Romantic Relationships:

Depression has the potential to disrupt student relationships. Depression-related mood and behavior changes can cause communication issues, diminished social connections, and overall relationship troubles.

5. Limited Participation in Social Activities:

Depression symptoms, such as weakness, discouragement, and a lack of drive, can keep students from participating in social activities, events, or hobbies. They may miss meetings, parties, and group activities due to emotional reasons.

Common Types of Depression which are seen in students :-

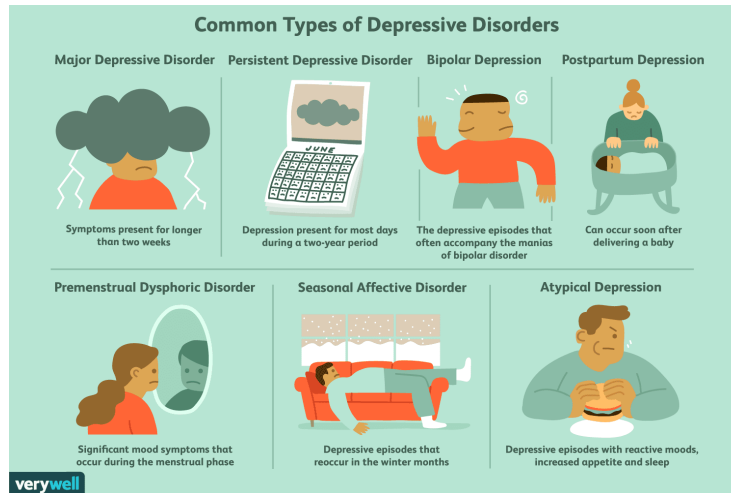


Fig. 4

1. Major Depressive Disorder (MDD) :-

The term "medical depression" usually refers to major depressive disorder (MDD).

- Depression
- Inability to enjoy usual activities
- Weight and book changes
- Feeling unworthy and guilty.
- Thinking about death and suicide.

2. Persistent Depressive Disorder (PDD)

Dysthymia, this illness now known as chronic depression, is a type of long-term depression that lasts longer than two years. It could be mild, moderate, or severe.

Student may experience depression for a brief period of time, although symptoms usually resolve within two months or less. Although the symptoms are not as severe as serious depression, they are many and persistent.

- Sadness
- Lack of satisfaction and happiness
- Fear and disappointment.
- Sense of guilt
- Feelings of hopelessness

3. Bipolar Disorder

Bipolar disorder is a mental condition marked by mania, an unstable mood state. These episodes can be moderate (hypomania) or severe, causing significant disruptions in a person's life, necessitating hospitalization, or affecting a person's sense of belonging. The majority of patients with bipolar disorder suffer from significant depression.

- Fatigue, sleeplessness, or somnolence.
- unexplained pain and psychomotor agitation.

- Loss of hope and confidence.
- Nervousness and Anxiety.
- Indecision and disorder.

4. Atypical Depression

Based on these symptoms, atypical depression (also known as depression with atypical features) may be diagnosed, which is a kind of depression that does not fit the disease's "classic" presenting pattern. Atypical depression is defined by a distinct collection of symptoms.

- Excessive eating or weight gain
- Excessive sleep
- Fatigue, weakness, and feeling "weighed down"
- Intense sensitivity to rejection
- Strongly reactive moods

5. Premenstrual Dysphoric Disorder (PMDD)

Common PMS symptoms include irritability, exhaustion, anxiety, restlessness, bloating, increased appetite, difficulties eating, discomfort, and breast tenderness.

PMDD symptoms can include:

- Extreme fatigue
- feelings of sadness, despair, or self-blame
- Anxiety or Stress Depression

Major effects of Depression in students:-

No of Students	DEPRESSION TYPE	OBSERVATION
1.	Major Depressive Disorder	Inability to enjoy usual activities
2.	Major Depressive Disorder	Feeling of sadness or loss of interest
3.	Major Depressive Disorder	Excessive hunger, Fatigue
4.	Major Depressive Disorder	Lack of Concentration, slowness in activity

NO OF STUDENTS	DEPRESSION TYPE	OBSERVATION
1.	Persistent Depressive Disorder (PDD)	Mood: Sadness, Anger
2.	Persistent Depressive Disorder (PDD)	Excessive hunger, Fatigue
3.	Persistent Depressive Disorder (PDD)	Excess sleepiness or insomnia
4.	Persistent Depressive Disorder (PDD)	Lack of concentration
5.	Persistent Depressive Disorder (PDD)	Slowness in activity
5.	Major Depressive Disorder	Weight Loss

No of Students	DEPRESSION TYPE	OBSERVATION
1.	Bipolar Disorder	Excess desire for sex

2.	Bipolar Disorder	Unwanted thoughts, racing thoughts
3.	Bipolar Disorder	Lack of Concentration ,slowness in activity
4.	Bipolar Disorder	Excess sleepiness or insomnia
5.	Bipolar Disorder	Weight Loss

No of Students	DEPRESSION TYPE	OBSERVATION
1.	Atypical Depression	Excessive sleepiness
2.	Atypical Depression	Heavy feeling in their arms or legs
3.	Atypical Depression	Feeling very sad or hopeless
4.	Atypical Depression	Being easily irritated
5.	Atypical Depression	Lack of Concentration ,slowness in activity

No of Students	DEPRESSION TYPE	OBSERVATION
1.	Premenstrual Dysphoric Disorder	Mood swings, sadness, anger
2.	Premenstrual Dysphoric Disorder	Excess sleep or insomnia
3.	Premenstrual Dysphoric Disorder	Irritability or crying
4.	Premenstrual Dysphoric Disorder	Panic attacks
5.	Premenstrual Dysphoric Disorder	Pain in breast, muscles or pelvis

Result :-

According to the above observation table, the key consequence noted in students during depression include lack of focus, excessive tiredness, slowness of activity, weight loss, and feeling sad or hopeless.

TREATMENT OPTIONS

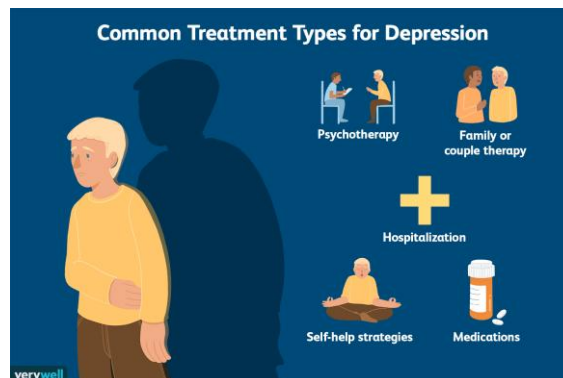


Fig. 5

1. Psychotherapy:

Psychotherapy (talk therapy) entails speaking with a psychologist. Your therapist assists you in identifying and changing unpleasant ideas, feelings, and behaviors. There are numerous types of psychotherapy, but cognitive behavioral therapy (CBT) is the most prevalent. Sometimes a brief treatment is sufficient. Other therapies can last for months or years.

2. Medication:

Antidepressants can help modify the chemicals in the brain that cause depression. There are numerous types of antidepressants available, and it may take some time to determine which one is right for you. Some medications have adverse effects that normally improve with time. If they don't, speak with your doctor. Different drugs could work better for you.

3. Brain stimulation therapy:

Psychotherapy can help people with major depression or depression with mental illness. Types of psychotherapy include electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and vagus nerve stimulation (VNS).

4. Home Remedies:

There are also things you can do at home to help improve depression symptoms, including: Getting regular exercise.
Getting quality sleep (not too little or too much).
Eating a healthy diet.

ROLE OF PHARMACIST IN MANAGING DEPRESSION


Fig. 6

Pharmacists play a vital role in treating depression by offering support and information to those seeking help. Some specific roles that a pharmacist can fulfill are :

1. Educating on Antidepressants:

Pharmacists can provide thorough information on several types of antidepressants, such as serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), and tricyclic antidepressants (TCAs). They may explain how these medications balance neurotransmitter levels in the brain and alleviate depressive symptoms.

2. Monitoring for Drug Interactions:

Pharmacists are aware of possible drug interactions between antidepressants and other medications or supplements that students may take. They can assess pharmaceutical regimens, detect potential interactions, and collaborate with doctors to make required changes to treatment plans.

3. Monitoring Medication Effectiveness:

Clinicians can examine the efficacy of antidepressant medication by interviewing students, analyzing their treatment response, and measuring improvement in depressive symptoms. If necessary, they can contact the doctor and give suggestions for adjustments or alternative treatments.

4. Managing Medication Discontinuation:

When it is acceptable to discontinue taking an antidepressant, pharmacists can inform students about the potential negative effects of abrupt withdrawal. They can teach students the significance of competition in medical care in reducing withdrawal symptoms and preventing relapse.

CONCLUSION :-

This investigation detected aberrant and severe depression in students. Demographic characteristics such as gender, education level, and geography reflect the sample population's diversity. The gender distribution is slightly skewed towards men, by 4%. The majority of participants took non-medical

courses. The urban rate is 10% greater than the rural rate. These findings are useful for understanding individuals' tendencies and analyzing learning outcomes. More research is needed to understand the effect of demographic characteristics on study outcomes. The majority of participants fell into the mild to moderate range, with 31% in the moderate category.

In conclusion, this study gives valuable information on student demographics and depression severity. The findings indicate the necessity for intervention and support programs to address the issues that students experience. More research is needed to understand how different demographic variables affect depression levels and to drive the development of effective therapies. This study stresses the necessity of addressing mental health concerns in students and the need for additional research in this area.

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