Depression among the College Students: An Empirical Study

Tapas Karmakar[1] and Santosh Kumar Behera[2*]

[1]Department of Education, Nistarini College, Purulia, West Bengal, India
[2]Department of Education, Sidho-Kanho- Birsha University, Purulia, West Bengal, India

Corresponding author: santoshbehera.skbu@gmail.com

ABSTRACT

The most common psychological problems of college students are depression. Today depression is the serious issue in the world. Every nation invest a lot of money to solve psychological problems, depression is one of them. Research survey on college student's reports there will be 10 to 20 % of student population suffering from psychological problems (Stress, Anxiety & Depression). So those kinds of problems are creating a barrier on the way of all round development. Depression is a serious illness among the students and long time depression has the causes of mental disorder. The aim of this study was to measure the depression among the college students and find out the significance of difference between male-female, rural-urban, science-arts, Hindu-Muslim students with regard to depression. The aim of this study also finds out the significance of difference on the basis of social class, academic years and job satisfaction with regards to depression. Beck Depression Inventory (BDI) was employed to measure the degree of depression and 160 students in arts and science streams were taken as representative sample of the whole population. The results presented that level of depression among college students and found that out of 160, 16.88 % students are Minimal Depression, 35.62% students are Mild Depression, 41.25% students are Moderate Depression and the percentage of High level of Depression is 6.25. It is found that there is significant difference exists between Rural and Urban College students with regard to depression. The study revealed that there is no significant difference exists between gender (Male & Female), religion (Hindu & Muslim) and Stream (Science & Arts) students with regards to depression. The study also revealed that there is no significant difference on the basis of social class, academic years and job satisfaction with regards to depression.

Keywords: Depression, college Student

"...Every ray of hope destroyed and not a wish to gild the gloom".

— **Robert Burns (1759-1796)**

According to the World Health Organization (W.H.O.) "Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration" (http://www.who.int/topics/depression/en/). The Oxford English Dictionary defines depression as "a mental condition characterized by severe feelings of hopelessness and inadequacy, typically accompanied by a lack of energy and interest in life." According to the World Health Organization (W.H.O.) Depression is a common mental disorder with more than 350 million people suffering from this "hidden burden" world-wide. (M. Simpson, 2012; www.aphaih.org/2012/10/10/who-videos-depression-and-world-mental-health-day/). Depression is a common factor of human being. But this question has been arisen that how you know that you are in depressed. According to the DSM-V, a manual used to diagnose mental disorders, depression occurs when you have at least five of the following symptoms for at least two week (www.webmd.com/depression/guide/what-is-depression):

- A depressed mood during most of the day, particularly in the morning.

- Fatigue or loss of energy almost every day.

- Feelings of worthlessness or guilt almost every day.

- Impaired concentration, indecisiveness.

- Insomnia (an inability to sleep) or hypersomnia (excessive sleeping) almost every day.

- Markedly diminished interest or pleasure in almost all activities nearly every day.

- Recurring thoughts of death or suicide (not just fearing death).

- A sense of restlessness or being slowed down.

- Significant weight loss or weight gain.

We live in a changing society which is changing every time. Time to time we face various kinds of challenges to fulfill our needs. But when we failed to fulfilled our needs then we are in depressed. Depression is a common mental illness or disorder which is affected both the mind and the body. Today depression is known as a universal and devastating problem amongst students affecting motivation level, concentration, mood and feelings of sense worth the occurrence rate of depressive symptoms among university students ranges from 10.2% to 71.2%, (Christensson, Vaez, Dickman & Runeson, 2011; Kumar, Jain & Hegde, 2012). Depression in India is becoming a major problem.

A study by the government of India shows that one out of every five Indians is suffering from depression. An alarming increase rates of depression by five percent of the population. It shows in spite of the suicides, stress related shootings, and students hanging themselves being the norm of the day. Depression is caused due to a variety of reasons. It depends on an individual. It can be due to life events such as neglect, physical abuse, financial difficulties, job problems, a medical related issue, loss of loved ones, relationship troubles and social rejection (http://indianissue.com/depression-india-statestics/). Depression is a major problem faced by many college students today.

Students with depression can have significant impairments in many areas of functioning, including social, academic, and occupational (Field *et al.,* 2012). Depression among college students is

extremely prevalent and widespread problem across the country. College students are a special group of people that are enduring a critical transitory period in which they are going from adolescence to adulthood and can be one of the most stressful times in a person's life. Undergraduate education is a sensitive period in an individual's life span, and this period is regarded by many as important for developing systems and intervention methods that may prevent or reduce mental problems (Gjerde, 1993). Depression is a disorder which is very frequent in most of the societies, especially among students. These causes refuse students from fantastic possibilities for success, career and an appealing upcoming (Avison & McAlpine, 1992; Bhave & Nagpal, 2005).

Depressive disorder is also mentioned as one the disposition issues and is becoming more frequent day by day. Thus, considering its side results on the soul and mind of people which may even go so far as to make them "commit suicide", the requirement to decline depression level of people is obvious. Many techniques have been presented and used by specialists to settle or reduce the level of this problem (Ghaedi *et al.,* Paffenbarger, Lee & Leung, 1994; Pataki, 2000). Today this is a psychological argue that who are more depressed males are more depressed then females or females are more depressed then males and is any significant difference are exists between rural and urban students with regard to depression. So various types of questions arisen about depression.

Statement of the Problem

The problem for the present study is specifically stated as below:

- "Depression among the College Students: An Empirical Study".

Literature Review

Singh, R. & Joshi, H. (2008) explored the association between suicidal ideation, depression, life stress and personality, and to find out linear combination of different predictors of suicidal ideation. Results demonstrated that suicidal ideation was positively associated with depression, stressful life events and two dimensions of personality i.e. extraversion and psychoticism. Stepwise Multiple regression analysis

found linear combination of three main predictors of suicidal ideation i.e. depression, extraversion, and stressful life events. Joseph, N. (2011) has conducted a study to find out the prevalence of depression among pre university students in Mangalore city. The study found that prevalence of depression was very high among pre university college students in the surveyed colleges. The prevalence and severity of depression levels was found to be significantly more in the older age group students.Students from commerce stream were found to suffer from depression significantly more than students from science stream. Depression levels were seen slightly more among males and students from Government College. Al-Qaisy Lama M. (2011) conducted a study to identify the impact of mood disorders, especially anxiety and depression among a sample of students for their academic achievement in Tafila Technical University. In addition, the study focused on knowing the difference between gender and the level of depression and anxiety they have.

It also investigates the difference between colleges and the levels of depression and anxiety. The results of the study indicate that females are more anxious than males, while males are more depressed than females. Sharma, M. *et al.* (2011) found that there is significant difference between males and females on measures depression. Moreira, D & Furegato, A (2013) conducted a study to identify the presence of stress and indicative signs of depression in students in the last semester of two undergraduate nursing courses, and to compare them, seeking associations between these variables.

The result indicated that of the total of 88 participants in the study, 69.8% have no depression, 18.2% presented dysphoria, 6.8% moderate depression, and 5.7% severe depression, which is a low rate compared to the general population. Medium stress levels were the most frequent (76.9%). There was no significant statistical difference in the stress score between the two groups of students (Student's t-test: p=0.295>0.05). The data showed a relation between the stress and the presence of indicative signs of depression, especially severe depression (Pearson: r-0.755 and p<0.01). Ahmad, A. & Mazlan, N. (2014) have conducted a study to compare the prevalence of stress and depression between men and women inmates, and to determine the association between stress and depression. It can be concluded that high

prevalence of stress and depression among inmates was associated, and male and female inmates had different level of stress and depression. Kaur, S. (2014) compares depression among rural and urban secondary school students in relation to their achievement motivation.

The study revealed that (1) there exist no significant gender difference on the variable of depression among secondary students. (2) There exists no significant difference between rural and urban secondary students on the variable of depression and achievement motivation. (3) The result indicated that the depression was not found to be significantly correlated with achievement motivation among rural and urban boys' and girls' secondary students. Manjari (2016) conducted a study to measure the depression level among college going students and to study it according to their age and gender. The study revealed that there is no significance difference in the level of depression among male and female college students, but female students are more depressed.

Delimitations of the Study

(A) Geographical Area

The investigation was delimited to only Purulia district of West Bengal.

(B) Level of Education

(i) The study was restricted to the college students (UG level) in Purulia district.

(ii) Among the College students, only the science and Social Science students were
considered as the subjects of the present study.

Objectives of the Study

The study was conducted with the following objectives:

◆ To ascertain the level of depression among the college students.

◆ To find out the difference between male and female college students on the criteria of depression.

◆ To find out the difference between rural and urban college students on the criteria of depression.

- To find out the difference between science and arts college students on the criteria of depression.

- To find out the difference between Hindu and Muslim college students on the criteria of depression.

- To find out the difference on the basis of academic year (1st year, 2nd year and 3rd year) of the college students with regard to depression.

- To find out the difference on the basis of social class (General, S.C., S.T., O.B.C.) of the college students with regard to depression.

- To find out the difference on the basis of parent's job (Service, Business, Farmer) of the college students with regard to depression.

Hypotheses of the Study

The null hypotheses for the present study are as follows:

- **Ho$_1$:** There will be high level of depression among the college students in Purulia district.

- **Ho$_2$:** There is no significant difference between male and female college students on the criteria of depression.

- **Ho$_3$:** There is no significant difference between rural and urban college students on the criteria of depression.

- **Ho$_4$:** There is no significant difference between science and arts college students on the criteria of depression.

- **Ho$_5$:** There is no significant difference between Hindu and Muslim college students on the criteria of depression.

- **Ho$_6$:** There is no significant difference on the basis of academic year (1st year, 2nd year, 3rd year) of the college students with regard to depression.

- **Ho$_7$:** There is no significant difference on the basis of social class (General, S.C., S.T. and O.B.C.) of the college students with regard to depression.

- **Ho$_8$:** There is no significant difference on the basis of parent's job (Service, Business and Farmer) of the college students with regard to depression.

Methodology

The present study is based on survey method, particularly, the normative survey research method.

Population of the Study

All the college students (UG level) in Purulia district of West Bengal (India) are comprised the population of this study.

Sample and Sampling

Three Colleges of Purulia district, West Bengal were selected randomly. The researchers selected 160 students randomly (Male 68 and Female 92). Here stratified random sampling technique was adopted. The sample profile is given in Table 1.

Table 1: Sample Profile

Male	Female	Rural	Urban	Science	Arts	Hindu	Muslim
68	92	93	67	66	94	150	10
Total 160		Total 160		Total 160		Total 160	

Tool of the Study

The Beck Depression Inventory (BDI) was used for screening of depression among the College students. Where 21 items and each of items have some alternative answers are present. When the test is scored, a value of 0 to 3 is assigned for each answer and then the total score is compared to a key to determine the depression's severity. Higher score is the indication of severe depression. The standard cut-off scores are as follows: 0–9: indicates Minimal Depression, 10–18: indicates Mild Depression, 19–29: indicates Moderate Depression and 30–63: indicates Severe Depression.

Statistical Techniques

Mean, Standard Deviation, ANOVA and 't' test were used to analyze the collected data and verify the hypotheses.

ANALYSIS AND DISCUSSION

Testing of Ho$_1$

From the Table 1 (A) it is found that out of 160 college students 27 students (16.88%) have

Table 1(A): Levels of Depression among the College Students & Male-Female Students

Depression Level	Scores	No. of Total Students	%	No. of Male	%	No. of Female	%
Minimal Depression	0-09	27	16.88	11	16.18	16	17.39
Mild Depression	10-18	57	35.62	22	32.35	35	38.04
Moderate Depression	19-29	66	41.25	30	44.12	36	39.13
Severe Depression	30-63	10	6.25	05	7.35	05	5.43
N		160	100%	68	100%	92	100%
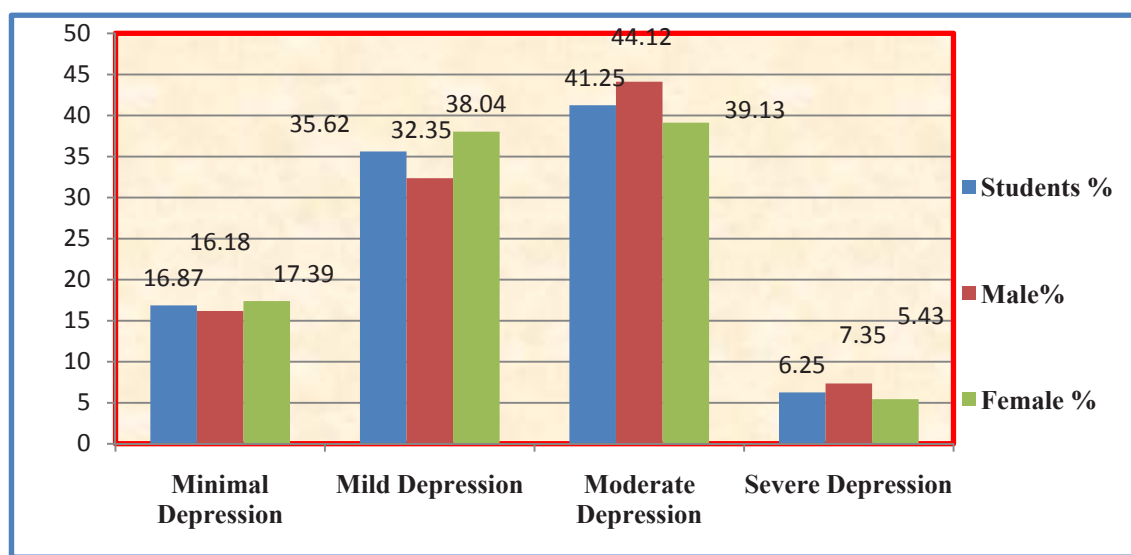
Total Students & Male-Female Students

Graph 1: Showing Graphical presentation on Levels of Depression among the College Students & Male-Female Students

Minimal Depression, 57 college students (35.62%) have Mild Depression, 66 students (41.25%) have suffer from relatively Moderate Depression and finally 10 college students (6.25%) are affected by Severe Depression. It is also found that maximum percentage of students (41.25%) have Moderate level of depression. It may be said that there is moderate level of depression among the college students. So, the H_{01} is rejected. From the above table it is also found that maximum percentages of Male college students (44.12%) have Moderate Depression and in case of female students 39.13% have Moderate Depression.

Testing of Ho_2

The mean depression scores for male college students is 18.45 (S.D= 8.70) and for female college students is 17.35 (S.D=8.37) respectively. From Table 2, it is observed that the calculated 't' value (0.80) is smaller than the table value (2.61 at 0.01 level & 1.98 at 0.05 level). That is to say that, the difference between the two groups (Male and Female) is not significant at 0.05 levels. Hence, the Ho_2 is accepted and the researcher's H_2 is rejected; that is to say that, there is no significant difference exists between Male and Female College students with regard to depression. The result corroborates with the findings of the study done by Manjari (2016). It is also found that the male college students are comparatively more depressed than female college students.

Testing of Ho_3

From Table- 2, the mean depression scores for rural college students is 19.25 (S.D= 8.43) and for urban college students is 15.83 (S.D=8.26) respectively. It is observed that the calculated 't' value (2.55) is greater than the table value (1.98 at 0.05 level). That is to say that, the difference between the two groups (Rural and Urban) is significant at 0.05 level. Hence, the H_{03} is rejected at 0.05 level; that is to say that, there is significant difference exists between

Table 2: Showing Significance of difference between Variables

Pair of Comparison	N	Mean	SD	SED	df	t-value	Remark
Male	68	18.45	8.70	1.05	158	0.80	NS #
Female	92	17.35	8.37	0.87			
Rural	93	19.25	8.43	0.87	158	2.55	S*
Urban	67	15.83	8.26	1.00			
Science	66	17.72	8.29	1.02	158	0.12	NS#
Arts	94	17.89	8.70	0.89			
Hindu	150	17.62	8.56	0.69	158	1.22	NS#
Muslim	10	21	6.86	2.17			

Significant at 0.05 level, # Not significant at 0.05 level.

Table 3: Showing the N, Mean and S.D of the Academic Year, Social Class and Parent's Job of college students

Academic Year	N	Mean	S.D
1st Year	54	15.91	9.13
2nd Year	53	18.81	7.49
3rd Year	53	18.96	8.48
Total	160		
Social Class	**N**	**Mean**	**S.D**
General	70	18.17	8.68
OBC	52	17.20	7.39
SC	29	17.11	9.65
ST	09	22.11	9.64
Total	160		
Parent's Job	**N**	**Mean**	**S.D**
Service	66	17.26	8.74
Business	63	17.59	8.42
Farmer	31	19.81	8.26
Total	160		

Rural and Urban College students with regard to depression. It is also found the rural college students are comparatively more depressed than the urban college students.

Testing of Ho$_4$

From Table 2, the mean depression scores for science college students is 17.72 (S.D= 8.29) and for arts college students is 17.89 (S.D=8.70) respectively. It is observed that the calculated 't' value (0.12) is smaller than the table value (2.61 at 0.01 level & 1.98 at 0.05 level). That is to say that, the difference between the two groups (Science and Arts) is not significant at 0.05 and 0.01 level of significance.

In view of the above H$_{04}$ is accepted and H$_4$ is rejected. It means that there is no significance

difference exists between science and arts students with regard to depression. It is also found the arts college students are comparatively more depressed than the science college students.

Testing of Ho$_5$

From Table 2, the mean depression scores for Hindu college students is 17.62 (S.D= 8.56) and for Muslim college students is 21 (S.D=6.86) respectively. It is observed that the calculated 't' value (1.22) is smaller than the table value (2.61 at 0.01 level & 1.98 at 0.05 level). That is to say that, the difference between the two groups (Hindu and Muslim) is not significant at 0.05 and 0.01 level of significance. In view of the above H$_{05}$ is accepted and H$_5$ is rejected. It means that there is no significance difference exists between Hindu and Muslim college students with regard to

depression. Here the Muslim college students are more depressed than Hindu college students.

Testing of Ho$_6$

From Table 3, the mean depression scores for 1st year college students is 15.91 (S.D= 9.13), 2nd year college students is 18.81 (S.D=7.49) and 3rd year college students is 18.96 (S.D= 8.48) respectively. From Table 4, it is observed that It is found that the computed 'F'-value among 1st year 2nd year and 3rd year students is found (2.173) is smaller than table value (0.05=3.06, 0.01= 4.75 level). Therefore it is not significant at 0.01 and 0.05 level of significance. Hence the null hypothesis Ho$_6$ is accepted and H$_6$ is rejected. It means that there is no significance difference exists among the 1st year, 2nd year and 3rd year college students with regard to depression. Here, 3rd year college students are more depressed than their counterpart.

Testing of Ho$_7$

From Table 3, the mean depression scores for general college students is 18.17 (S.D= 8.68), OBC college students is 17.19 (S.D=7.49) and SC college students is 17.10 (S.D=9.67) and ST college students is 22.11 (SD=9.63) respectively. From Table 4, it is observed that the computed 'F'-value among general, OBC, SC and ST students is found (1.003) is smaller than table value (0.05=2.66, 0.01= 3.91 level). Therefore it is not significant at 0.01 and 0.05 level of significance. Hence the null hypothesis Ho$_7$ is accepted and H$_7$ is rejected. It means that there is no significance difference exists among general,

OBC, SC and ST college students with regard to depression. Here SC college students are more depressed than their counterpart.

Testing of Ho$_8$

From Table 3, the mean depression scores for parent's job (Service) is 17.25 (S.D= 8.73), parent's job (Business) is 17.85 (S.D=8.41) parent's job (Farmer) is 19.80 (S.D=8.25) respectively. From Table 4, it is observed that the computed 'F'-value among the parent's jobs of the college students is found (1.005) is smaller than table value (0.05=, 3.06 and 0.01= 4.75 level). Therefore it is not significant at 0.01 and 0.05 level of significance. Hence the null hypothesis Ho$_8$ is accepted and H$_8$ is rejected. It means that there is no significance difference exists among parent's jobs of the college students with regard to depression. Here the son of Farmer College students are more depressed than their counterpart.

CONCLUSION

The major findings of this study revealed that the twenty seven students have developed minimal depression, fifty seven students have developed mild depression, sixty six students have suffer from relatively moderate depression and finally ten students are affected by severe depression. It is found that there is no significant difference exists between Male and Female College students with regard to depression. The result corroborates with the findings of the study done by Manjari (2016).

It is also found that the male college students are comparatively more depressed then female college

Table 4: Summary of ANOVA

Sl. No.	Variables	Source of Variation	df	Sum of Square	Mean Square	F-value
1	Academic Year	Between Groups	2	305.6511	152.8255	2.173#
		Within Groups	157	11037.44	70.30218	
		Total	159	11343.09		
2	Social Class	Between Groups	3	221.092	73.697	1.003#
		Within Groups	156	11453.35	73.418	
		Total	159	11675.27		
3	Parent's Job	Between Groups	2	146.014	73.00699	1.005#
		Within Groups	157	11400.73	72.61611	
		Total	159	11546.74		

Significant at 0.05 level, #Not significant at 0.05 level

students. It is also found that there is significant difference exists between Rural and Urban College students with regard to depression. The study revealed that there is no significance difference exists between science and arts students with regard to depression. It is also found the arts college students are comparatively more depressed than the science college students. The study also revealed that there is no significance difference exists between Hindu and Muslim college students with regard to depression. Here the Muslim college students are more depressed then Hindu college students. It is found that there is no significance difference exists among the 1st year, 2nd year and 3rd year college students with regard to depression. Here, 3rd year college students are more depressed than their counterpart. The finding of this study is also corroborated with other findings of the studies done by Joseph, (2011).

It is found that there is no significance difference exists among general, OBC, SC and ST college students with regard to depression. Here SC college students are more depressed than their counterpart.

It is found that there is no significance difference exists among parent's jobs of the college students with regard to depression. Here the son of Farmer College students are more depressed than their counterpart.

However, Depression is a serious health problem that can affect people of all ages, including children and adolescents. It affects the education of the students. Teacher and parent play an important role for reducing depression among the students.

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Online Resources

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

http://www.who.int/topics/depression/en/

http://www.webmd.com/depression/guide/what-is-depression

http://indianissue.com/depression-india-statestics/