

Depression in College Students with Relation to Their Gender

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ABSTRACT

Depression is a common mental disorder that present with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. An attempt has been made to measure depression level of college students with relation to their gender. The sample consisted of 120 students including 60 boys and 60 girls of Kalol and Kadi city in Mehshana district of Gujarat. The level of depression is measured by Jotwani's "Minnesota Multiphasic Personality Inventory" developed in Gujarati. The outcomes of the result revealed that there is no significant difference between the depression level of the students with their gender.

Key words: - Depression, Gender.

Background

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Depressed people can feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details, or making decisions, and may contemplate, attempt, or commit suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains, or digestive problems may also be present. One out of five adults has suffered from major depression at least once in their lifetime. Chances of suffering with

major depression are higher for adults with coronary heart disease. Depression is one of the leading sources of disability. World Health Organization has stated that in the depression may have a shot at becoming the leading cause of disability while competing with coronary heart disease.

Depression may occur due to existence of other mental or physical diseases (and also from the medications for those illnesses), hormonal disorders, and malnutrition.

Depressed mood is not always a psychiatric disorder. It may also be a normal reaction to certain life events, a symptom of some medical conditions, or a side effect of some drugs or medical treatments.

Depressed mood is also a primary or associated feature of certain psychiatric syndromes such as clinical depression.

Objective

The purpose of the present investigation was to measure depression level of college students with relation to their gender.

Hypothesis

There is no significant difference between the depression levels of college students with relation to their gender.

Method

Sample

Total 120 students pursuing their under graduation in 60 boys and as well as 60 girls students were randomly selected from Kalol and Kadi city in Mehsana district of Gujarat.

Tools

The level of depression is measured by Jotwani's Minnesota Multiphasic Personality inventory's (MMPI) depression scale among the different scales of MMPI. A total of 54 statement given the answer for which may be in 'Yes' or 'No'. The reliability of the test is 0.82 as per the method of "Test-re-test" as per Brownman's formula it is 0.90. The validity of depression scale is reported to be significant at 0.05 level.

Procedure

The sample of 120 under graduate students was selected randomly and was administered on depression scale. The permission for data collection was taken from the concerned authorities of the under graduate college from Kalol and Kadi city in Mehsana district of Gujarat. The entire participants were approached at their college. They were told that the data collection is only for a research and their responses would be used for research purpose only. The collected data was analyzed by mean, s.d. and 't' test.

Result and Discussion

As pointed out previously that the prime aim of the study is to measure depression level of college students with relation to their gender. Here further the researcher would like to mention that the score obtained on depression scale by Jotwani's Minnesota Multiphasic Personality Inventory.

As reported table, girls exhibits lower mean score (21.25) then the students of boys (22.32) and 't' value of 0.56 clearly indicate that no significant differences between the two groups on depression scale.

Group	N	Mean	SD	't'	Significant
Boys	60	22.32	13.70	0.56	NS
Girls	60	21.25	05.30		

* Significant level of 't' value: 0.05 level 1.98(df=118), 0.01 level 2.62 (df=118)

Conclusion

From the data available in table I easily come to conclusion that students who are from college have great adjusted in their environment. The result shows that just because the students belong to a particular gender does not mean that it is determining factor for depression. In this investigation gender is not effects to depression in college students it means boys and girls are not depressed. Thus, the result supports hypothesis. The limitation of my study is very limited because I have studied only in Kadi and Kalol city so it becomes little bit difficult for me to conclude. In the future study the sample size select more than 60 and many area wise, stream wise so it is available to more research.

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