



## Emotional Disturbances Among Adolescent Students Preparing for Common Entrance Test in Selected Coaching Classes of Mumbai City

### KEYWORDS

Adolescence, Depression, Anxiety, Stress.

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### ABSTRACT

*Background: Adolescence is a crucial phase in life and the presence of conditions like depression, anxiety and stress at this stage of life is a matter of concern. The purpose of this study was to assess the levels of emotional disturbances (Depression, Anxiety and Stress) among adolescent students preparing for CET examination in selected coaching classes of Mumbai city. Materials and Method: Quantitative non-experimental approach and Descriptive survey design was used to conduct the study. Data were collected from 80 adolescent students by using non probability convenient sampling. A self reported DASS – 42 Scale was used for the study. The data were analysed using descriptive and inferential statistics. Results: Findings indicated that about 16.25% of the adolescent students were having depression, 38.75% of them were having anxiety and 32.5% of the adolescent students were having stress. The adolescent students studying in private schools and in Urdu medium schools were having more levels of depression and anxiety ( $p < 0.05$ ). The male adolescent students were having more levels of anxiety and stress than the female adolescent students ( $p < 0.05$ ). Conclusion: It is concluded that significant proportion of the adolescent students were found to be having emotional disturbances and several demographic factors were found to be associated with them. The findings of the study highlighted the need to develop and implement adequate stress prevention and management measures for adolescent students.*

### INTRODUCTION

Stress affects everyone, no matter the age, sex, or the race. Stress is an inevitable part of life which everyone will experience at some point during their lives. Stressors come in many forms, some within the individual, and others in the environment. These stressors can be anything; from having to deal with a change in occupation to preparing for an exam in school.

Adolescence is a crucial phase in life and the presence of conditions like depression, anxiety and stress at this stage of life is a matter of concern. Depression in this population has been shown to be associated with increased risk of suicidal behavior, homicidal ideation, tobacco use and other substance abuse into adulthood.<sup>1</sup>

Jennifer Kemp<sup>2</sup> studied to recognize stress and coping strategies in adolescents. Adolescents face the challenges of stress nearly every day and often report that school, pressure to have good grades, money, relationships, parents, being a teen parent, jobs, sex, STDs/AIDS, violence and fighting, and friends are all contributing factors to raising stress levels. The amount of stress is often influenced by anger, anxiety, depression, and self-esteem. Teens further identified outside pressure coming from multiple combinations of school, athletics, clubs, work, church, friends, and family. Some teens choose unhealthy options to deal with stress and may smoke or use drugs, self-harm, become depressed, or give up on life altogether. Adolescents can recognize what is causing them stress and learn how to manage their stress in a healthy and productive manner. Students need to know there are positive ways to cope with the stressors in their lives, and being able to manage stress and cope with stressors may not only benefit the students, but may also help their academic performance too.

A survey conducted in Sri Lanka by Rodrigo<sup>3</sup> et al shows that a significant proportion of adolescents suffer from symptoms of anxiety and depression. These symptoms are mainly attributable to examination induced stress.

Schraml<sup>4</sup> et al surveyed Swedish adolescents to find out the incidence of stress symptoms and to investigate the related

gender differences, and to understand the factors that may contribute to stress symptoms. The study showed more than 30% of the high school students reported serious stress symptoms. Almost every second girl and every fifth boy reported that they felt stressed to a high degree. 8.2% were found to have severe stress symptoms, which would be considered a sign of chronic stress in adults.

The present study aimed at assessing the levels of emotional disturbances (Depression, Anxiety and Stress) among adolescent students preparing for CET examination in selected coaching classes of Mumbai city.

### MATERIALS AND METHODS

The present study was conducted at selected coaching classes of Mumbai city. Quantitative non-experimental approach and Descriptive survey design was used to assess the levels of emotional disturbances among adolescent students. The target population for the study was adolescent students preparing for CET examination. 80 subjects were selected by using non probability convenient sampling technique. The study was carried out in the month of April 2014. The research tool used consists of two sections, section- 1 contains demographic variables of adolescent students and section- 2 contains DASS – 42 Scale.<sup>5</sup>

The DASS is a 42-item questionnaire which includes three self-report scales designed to measure the negative emotional states of depression, anxiety and stress. Each of the three scales contains 14 items, divided into subscales of 2-5 items with similar content. Respondents are asked to use 4-point severity/frequency scales to rate the extent to which they have experienced each state over the past week. The DASS questionnaire has been used earlier among both school and university level adolescent students.<sup>6-7</sup> The validity and reliability of the DASS questionnaire in measuring the dimensions of depression, anxiety, and stress has been proved in different studies.<sup>8</sup> Data were analysed using frequency, percentage distribution and chi-square test for association.

**Results: Table 1: Distribution of subjects according to demographic variables**

(n=80)

	Demographic variables	Frequency	Percentage
Age	16 Years	36	45
	17 Years	28	35
	18 Years	14	17.5
	19 Years	2	2.5
Gender	Male	42	52.5
	Female	38	47.5
Education	11th std	0	0
	12th std	80	100
Type of School	Government	58	72.5
	Private	22	27.5
Medium of School	Marathi	2	2.5
	English	74	92.5
	Urdu	4	5
Type of Family	Nuclear	52	65
	Joint	28	35
Family Income	Up to 20000	4	5
	20001 to 30000	12	15
	30001 to 40000	22	27.5
	Above 40001	42	52.5
Religion	Hindu	25	31.25
	Muslim	49	61.25
	Christian	6	7.5
Area of residence	Urban	74	92.5
	Rural	0	0
	Slum	6	7.5
Percentage of marks in previous class	Up to 70%	20	25
	71 to 80%	28	35
	81 to 90%	30	37.5
	Above 90%	2	2.5

Table 1 shows that maximum (45%) of the adolescents were 16 years old followed by (35%) 17 years, while 52.5% of the adolescents were males and rest 47.5% were females. All of the adolescents were studying in 12<sup>th</sup> standard and majority 72.5% of them were studying in Government schools whereas most of the adolescents (92.5) were studying in English medium. Majority (65%) of them were from nuclear family, half (52.5%) of the subjects were having family income of above Rs. 40001 per month followed by (27.5%) with family income of Rs. 30001 to 40000. Majority (61.25%) of the adolescents were Muslim by religion, followed by (31.25%) Hindu religion and most of them (92.5%) were residing in urban area. (37.5%) of the adolescents scored 81 to 90% marks in previous examination followed by (35%) with 71 to 80%.

**Table 2: Levels of emotional disturbances experienced by Adolescent students**

(n=80)

Levels of Emotional disturbances	Depression		Anxiety		Stress	
	f	%	f	%	f	%
Normal	67	83.75	49	61.25	54	67.5
Mild	7	8.75	14	17.5	14	17.5
Moderate	4	5	10	12.5	10	12.5
Severe	2	2.5	5	6.25	2	2.5
Extremely Severe	0	0	2	2.5	0	0
Total	80	100	80	100	80	100

The above Table 2 shows that majority (83.75%) of the adolescent students had no depression, 8.75% of them had Mild depression, 5% had moderate depression and rest 2.5% of them had severe depression levels while maximum (61.25%) of the adolescent students had no anxiety, 17.5% of them had Mild anxiety, 12.5% had moderate anxiety, 6.25% had severe anxiety and rest 2.5% of them had extremely severe anxiety levels whereas 67.5% of the adolescent students had no stress, 17.5% of them had Mild stress, 12.5% had moderate stress, and rest 2.5% of them had severe stress levels.

**Table 3: Association between Depression and selected demographic variables using chi-square test**

(n = 80)

Variables	Group	No Depression	Depression	df	X <sup>2</sup> Cal
Age in Years	16 Years	29	7	3	1.564339
	17 Years	23	5		
	18 Years	13	1		
	19 Years	2	0		
Gender	Male	34	8	1	0.508504
	Female	33	5		
Type of School	Government	53	5	1	9.020439*
	Private	14	8		
Medium of School	Marathi	1	1	2	10.82695*
	English	65	9		
	Urdu	1	3		
Type of Family	Nuclear	45	7	1	0.848841
	Joint	22	6		
Family Income	Up to Rs. 20,000	3	1	3	3.745906
	Rs. 21,000 to 30,000	8	4		
	Rs. 31,000 to 40,000	20	2		
	Rs. 41,000 & above	36	6		
Percentage of marks in previous class	Up to 70%	14	6	3	5.244109
	71 to 80%	23	5		
	81 to 90%	28	2		
	Above 90%	2	0		

\*Significant at 5% level (P&lt;0.05)

Table 3 shows that type of school ( $X^2 = 9.02$ ,  $P < 0.05$ ) and medium of school ( $X^2 = 10.82$ ,  $P < 0.05$ ) were found to have significant association with Depression. The other variables were not associated with Depression.

**Table 4: Association between Anxiety and selected demographic variables using chi-square test**

(n = 80)

Variables	Group	No Anxiety	Anxiety	df	X <sup>2</sup> Cal
Age in Years	16 Years	21	15	3	4.461582
	17 Years	21	7		
	18 Years	6	8		
	19 Years	1	1		
Gender	Male	19	23	1	9.551331*
	Female	30	8		
Type of School	Government	40	18	1	5.289902*
	Private	9	13		
Medium of School	Marathi	2	0	2	6.482323*
	English	47	27		
	Urdu	0	4		
Type of Family	Nuclear	31	21	1	0.167259
	Joint	18	10		
Family Income	Up to Rs. 20,000	3	1	3	3.531373
	Rs.21, 000 to 30,000	5	7		
	Rs. 31,000 to 40,000	16	6		
	Rs. 41,000 & above	25	17		
Percentage of marks in previous class	Up to 70%	11	9	3	1.722938
	71 to 80%	18	10		
	81 to 90%	18	12		
	Above 90%	2	0		

\*Significant at 5% level ( $P < 0.05$ )

Table 4 shows that gender ( $X^2 = 9.55$ ,  $P < 0.05$ ), types of school ( $X^2 = 5.28$ ,  $P < 0.05$ ) and medium of school ( $X^2 = 6.48$ ,  $P < 0.05$ ) were found to have significant association with Anxiety. The other variables were not associated with Anxiety.

**Table 5: Association between Stress and selected demographic variables using chi-square test**

(n = 80)

Variables	Group	No Stress	Stress	df	X <sup>2</sup> Cal
Age in Years	16 Years	28	8	3	4.098946
	17 Years	18	10		
	18 Years	7	7		
	19 Years	1	1		
Gender	Male	23	19	1	6.539997*
	Female	31	7		

Variables	Group	No Stress	Stress	df	X <sup>2</sup> Cal
Type of School	Government	39	19	1	0.00643
	Private	15	7		
Medium of School	Marathi	2	0	2	4.267498
	English	51	23		
	Urdu	1	3		
Type of Family	Nuclear	35	17	1	0.002505
	Joint	19	9		
Family Income	Up to Rs. 20,000	3	1	3	1.165254
	Rs.21, 000 to 30,000	9	3		
	Rs. 31,000 to 40,000	13	9		
	Rs. 41,000 & above	29	13		
Percentage of marks in previous class	Up to 70%	13	7	3	0.933388
	71 to 80%	18	10		
	81 to 90%	22	8		
	Above 90%	1	1		

\*Significant at 5% level ( $P < 0.05$ )

Table 5 shows that Participant's gender ( $X^2 = 6.53$ ,  $P < 0.05$ ) was found to have significant association with Stress. The other variables were not associated with Stress.

## DISCUSSION

Emotional disturbances are inevitable part of everybody's life which everyone will experience at some point during their lives. Stress is the major health problem in the adolescent students which occurs due to various causes. The present study used the Quantitative non-experimental approach and Descriptive survey design to assess the levels of emotional disturbances among adolescent students preparing for CET examination in selected coaching classes of Mumbai city. Data were collected from 80 adolescent students preparing for CET examination in selected coaching classes of Mumbai city using non randomized convenient sampling technique.

Findings of the study indicated that about 16.25% of the adolescent students were having depression, 38.75% of them were having anxiety and 32.5% of the adolescent students were having stress. Type of school ( $X^2 = 9.02$ ,  $P < 0.05$ ) and medium of school ( $X^2 = 10.82$ ,  $P < 0.05$ ) were found to have significant association with Depression. Similarly gender ( $X^2 = 9.55$ ,  $P < 0.05$ ), type of school ( $X^2 = 5.28$ ,  $P < 0.05$ ) and medium of school ( $X^2 = 6.48$ ,  $P < 0.05$ ) were found to have significant association with Anxiety. Participant's gender ( $X^2 = 6.53$ ,  $P < 0.05$ ) was found to have significant association with Stress. The adolescent students studying in private schools and in Urdu medium schools were having more levels of depression and anxiety than the other adolescent students. The male adolescent students were having more levels of anxiety and stress than the female adolescent students.

The findings of the present study are consistent with the findings of the study conducted by Rodrigo<sup>3</sup> et al. A total of 445 students were assessed (male-54.4%, female 45.6%). Thirty six percent screened positive for depression (mild depression-17%, severe depression-19%) and 28% screened positive for severe anxiety. Females screened positive for depression and anxiety significantly more than the males ( $p = 0.0001$ ,  $0.005$  respectively). Examination related issues (36%) were the most commonly cited problem. They concluded that a significant proportion of adolescents aged 14 - 18 years suffer from symptoms of anxiety and depression and

these symptoms are mainly attributable to examination induced stress.

## CONCLUSION

Study findings revealed that about 16.25% of the adolescent students were having depression, 38.75% of them were having anxiety and 32.5% of the adolescent students were having stress. It is concluded that significant proportion of the adolescent students were found to be having emotional disturbances and several demographic factors were found to be associated with them. The findings of the study highlighted the need to develop and implement adequate stress prevention and management measures for adolescent students.

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