



Physiotherapy

DEPRESSION, STRESS, ANXIETY AMONG 1ST YEAR PHYSIOTHERAPY STUDENTS

Dr. Camy Bhura (PT), Assistant professor, BITS Institute of Physiotherapy

Dr. Paras Bhura* (PT), Assistant professor, BITS Institute of Physiotherapy *Corresponding Author

ABSTRACT Various studies have emphasised that students undertaking professional courses are subjected to higher stress. Excessive stress can lead to psychological symptoms such as depression and anxiety. The objective of the study was to assess stress among physiotherapy. This cross-sectional study was conducted among students using a convenience sampling technique. Data were collected by a questionnaire survey. Study findings suggested that male students have more stress than female; students in higher study having stress from physical/mental and emotional factors; students who take a student loan also have more stress than those who do not.

KEYWORDS : Physiotherapy Students, Stress, Depression, Anxiety

Introduction:

College life is memorable experience in an adolescent's life. During this they enjoy the company of friends, various academic and co-curricular activities and prepare adolescent for adulthood¹. Adolescence is a dangerous period of time where young people experience self-organization and role confusion. For them, stress mainly comes from academic tests, interpersonal relations, relationship problems, life changes, and career exploration, that may cause psychological, physical, and behavioural problems¹. World Health Organization (WHO) considered mental health as an important component of human health. Although the onset of depression can be at any stage of life, the prevalence of major depression is increasing during adolescence and young adulthood¹. The adverse effect of psychological distress among students reduces their self-esteem which might cause many problems at both personal and professional levels leading to college dropout, impaired ability to work effectively, poor academic, disturbed relationship and suicide. Depression, Anxiety, and Stress Scale 21 (DASS-21) have been used to assess effect of depression, anxiety, and stress among different population, age-groups and to discriminate between anxiety and depression. Thus, purpose of the study is to assess stress among student.

Material and Method:

Study design: Cross sectional Study
Study group- BPT Students
Sample Size: 50

Inclusion Criteria:

1. Age between 18-20
2. Students of Physiotherapy

Exclusion criteria:

1. Other than Physiotherapy Students

Collection of samples: Purpose and study was explained properly to students. Students were selected based on inclusion and exclusion criteria. Informed consent was taken from the students. Standardized scale was used, which are self-administrable such as DASS 21 (depression, Anxiety and Stress scale). Based on result, scoring has been done.

Statistical Analysis: SPSS software was used to process the data.

Result:

50 students participated in the study. The mean age was 19 Years and 10 Students were Male and 40 students were female.

DASS 21:

Prevalence of symptoms of Stress, Anxiety and Depression were 70.4%, 89.3% and 82.2% respectively. Based on Severity of Symptoms, it was found that 18.1,22.3,26.1,17.0 were fell in mild, moderate, severe and extremely severe grades and 16.5% were found in normal range. With respect to anxiety symptoms, 6.5%,31.7%,18.4%,38.6% were classified as mild, moderate, severe and extremely severe anxiety and mere 4.8% were found under normal range. In relation to stress, 22.0%, 26.2%, 19.3%, 1.2% having mild, moderate, severe and extremely severe stress whereas 31.3% fell under normal range.

Discussion:

DASS -21 is widely used scale to measure depression, anxiety and stress. Result indicate that students are in higher state of stress among first year students. It is necessary for them to remain psychologically and mentally health in order to achieve success and better future.

Salam A et al. had done study in medical students, they found that 41.9% of the medical students were having emotional disorders. Stress can occur due to various reasons like social environment, relationship, pressure to secure a high mark in exams. The ability to adapt to stress depends on the individual coping strategies. Overexposure to stress can lead to physical, emotional and mental health problems⁵. Niemi PM & Vainiomaki P had done study on coping strategies. They found that there was significant association between emotional disorders and students' relationship with their parents, siblings and lecturers, as well as level of pressure prior to exam⁴. As shown in Table 1. level depression, anxiety and Stress

Table:1 Depression, anxiety and Stress among Students

Rating	Stress (%)	Depression (%)	Anxiety (%)
Normal	31.3	16.5	4.8
Mild	22.0	18.1	6.5
Moderate	26.2	22.3	31.7
Severe	19.3	26.1	18.4
Extreme Severe	1.2	17.0	38.6

Conclusion:

Early interventions required to improve the quality of life and reduce the stress students. Various factors may be responsible for stress such as lack among of motivation, class work, transformation from school to college, language barrier can lead to stress and anxiety. To overcome their difficulties in their academic life by enhancing the mentor/mentee programs and implement them on regular basis. We can help study by continuous motivation, encouragement and proper counselling. Constant watch should be on frequency and difficulty of the tests that are given to students so that the students are not overburdened which may exhaust them physically and mentally.

Conflict of interest: None

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Ethical Clearance: Ethically cleared

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