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Prevalence of Depression Among Post Graduate Psychology Students in Periyar University

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ABSTRACT

This paper examines the prevalence of depression among PG psychology students in Periyar University. Data collected N=60 from psychology department in the Periyar university. Ranging in age from 21 to 25 and mean age of population were 23. The purposive sampling method adopted by researcher. Self report measure the Beck depression scale used for measured depression and the scale was developed by Aron Beck. The results of the study revealed that both male and female got low level depression. There is no significant difference between male and students.

INTRODUCTION

A study based on the World Mental Health (WHO) survey initiative has said that India has the highest rate of major depression in the world. Depression is more common in women than men (Grover 2010). The lifetime prevalence of MDD is 10-25% for women, and 5-12% for men revealed by WHO Depression is one of the world leading diseases among people and WHO says that depression will be the second leading cause of disease by 2020. Moreover, 350 million people worldwide suffer from depression. Between 10 to 15 percent of teenagers have some symptoms of depression at any one time. Depression is widely prevalent in women in all age groups especially in India where 1.2 billion population lives Neena Bohra et al (Neena Bohra. et al., 2015).

A recent large population based on the study from south India, which screened in Chennai using patient health questionnaire (PHQ)-12 reported overall prevalence of depression to be 15.1% after adjusting for age using the 2001 census data. Depressive disorders are associated with a range of psychosocial impairments and comorbid symptomatology (Cicchetti & Toth, 1998; Peterson et al., 1993) approximately 20 percent of teens will experience depression before they reach adulthood. Despite rapid urbanization and the trend of migration to cities, more than half the adolescents (10-19 years) and youth (15-24 years) in Tamil Nadu live in rural areas, show Census 2011 figures Hence, Earlier identification of depression helps to promote healthier life style among youths and psychology students are dealing with psychological issues especially anxiety, depression and stress so they have to feel free from psychological issues. Present study tries to find out the prevalence of depression among Psychology PG students in Periyar University.

OBJECTIVES
- To assess the prevalence of depression among PG psychology students
- To find out the difference between male and female students in depression
- To examine the difference between first year and second year students in depression.

HYPOTHESIS
Ho1. There will be significance difference between male and female students in depression.

Ho2. There will be significant difference between first year and second year students in depression.

METHOD

SAMPLE
The sample was selected through convenience sampling method. The sample consisted of 60 post-graduate psychology students from Periyar University department of psychology. The age range between 21 to 24 years with a mean age (22.5 years) the reason and importance of the present study were explained by the researcher. After getting approval, the researcher interacted with the students and briefed about the purpose of the study. The instructions were given to the respondents by researcher. After that inventories were distributed to a group. The investigator ensured that all the relevant information was filled by the respondents. The data was collected personally by the researcher.

TOOLS USED
The scale consists of 17 statements and the each statement has numeric values from 0 to 3. These equals statement are labeled (a & b) to indicate that they are the same value. Self report rating inventory that measures characteristics attitudes and symptoms of depression. The BDI has been developed in different forms. Internal consistency for the BDI ranges from .73 to .92 with a mean of .86 and .81 for psychiatric and non-psychiatric population respectively.

- 0-16 Low level of depression
- 17-32 Mild level of depression
- 33-48 Moderate level of depression
- 49 and above Severe level of depression

RESULTS AND DISCUSSION
Table I: Shows that frequency and percentage of the sample demographic variable

S.no	Variable	Category	Frequency	Percentage
1	Age	21	26	43.3
		22	28	46.7
		23 above	6	10.0
2	Gender	Female	45	75.0
		Male	15	25.0
3	Class	Ist year	31	51.7
		IInd year	29	48.3

Table I represents the demographic summary of the sam-

ple. The sample consisted of 60 PG psychology students. The age of the students are (43.3 %) belong to the 21 years and (46.7) students belong to 22 years and remaining (10.0%) belong to above 23 years. Based on the gender (75 %) students were female and remaining 25% were male. Finally 51 % students belong to first year and 29% belong to second year.

Prevalence of depression among PG psychology students
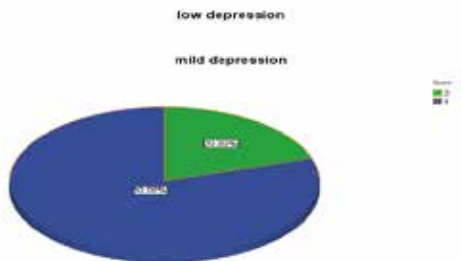
The charts shows that 20% of students have mild level depression and remaining students have low level of depression based on Beck depression scale among PG psychology students.

Table II: Represents a significant relationship between depressions among gender.

Variables	Gender	N	Mean	SD	t- value
Depression	Male	15	1.38	1.52	.789
	Female	45	1.07	.25	

Significance at ***** P < 0.05 level

From the above table II it is revealed that the t-value between male and female on depression is .789. The mean score and SD of male is 1.38 and 1.52 respectively, the mean and SD score of female is 1.07 and .25. This indicates that the mean value of male is higher than female students. In general female are more expressive their emotions than male students because of culture influence. Moreover, in this study male were less compared with female that might have reason for difference occurred.

Table III: Represents a significant relationship between depression among year of study

Variables	Year of study	N	Mean	SD	t- value
Depression	First year	31	1.42	1.80	.722
	Second year	29	1.17	.384	

Significance at ***** P < 0.05 level

Table III shows significant relationship between depressions among the year of study. From the results, the mean and SD score of first year student is 1.42 and 1.80 respectively, the mean and SD score of second year students is 1.17 and 0.38. This indicates that there is no significant relationship between depressions among year of study. They have just one or two year age difference among them may the reason there was no significance difference based on year of study.

CONCLUSION

The present study assesses the prevalence of depression among PG psychology students in Periyar University. Based on gender comparison between female and male students, the male students got higher depression level. In addition that based on year of study the results found that there is no significant relationship between first year students and second year students. Overall findings states that 80% of the students have suffered low level depression and 20% of the students

have suffered mild level depression. Longitudinal data indicate that an episode of depression is a substantial risk factor for subsequent episodes both within adolescence and into adulthood (Birmaher et al., 1996; Harrington & Vostanis, 1995), perhaps because depressive episodes appear to negatively impact future emotional, social, and occupational functioning (Bardone, Moffitt, Caspi, Dickson, & Silva, 1996; Rohde, Lewinsohn, & Seeley, 1994). India has highest youth population in universe so early identification can help them to protect from depression and help them to move healthier life transition.

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