



# DEPRESSION AMONG COLLEGE STUDENTS DURING THE PERIOD OF COVID-19

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## ABSTRACT

The present study aimed to know the depression among college students during the period of covid-19. It also aimed to check depression with reference to gender and residence area. The Jansari Depression Scale by Jansari A. (2018) was used. The sample constituted total 120 college students out of which 60 were from boys students (30 urban area and 30 rural area) and 60 from girl students (30 urban area and 30 rural area). The data was collected from normal population of Banaskantha District. The data was scored, analyzed as per the manual. The 'F' test was being calculated. The result showed that 1.. There is significant difference between the mean score of the depression among boys and girls. The girls college students is having more depression than boys college students group, 2.. There is no significant difference between mean score of the depression among college students of urban area and rural area and 3.. There is no significant difference between interactive effect of the mean score of the depression among gender and area.

**Keywords:** *Depression, Boys and Girls, Students of Urban Area and Rural Area.*

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## Introduction :

What is depression?

According to the World Health Organization (WHO), depression is currently the world's fourth leading cause of disability, and by 2023 it is expected to be the second. Research conducted among the general population in the US has shown that the percentage of people suffering from depression has seen a significant increase: of those Americans born before 1905, only 1 percent had suffered from major depression by the age of 75; of those born since 1955, 6 percent had become depressed by the age of 24. Research conducted in the US during the 1990s showed that 20 to 25 percent of adults in the general population had suffered from depression.

Today depression is present all over the world and is experienced by an increasing number of people. It can be said that the 20<sup>th</sup> century was the century of fear and anxiety, while the 21<sup>st</sup> century is a century of depression and melancholy. An estimated 20 to 25 % of adults in the general population are currently suffering from strong symptoms of depression.

Depression manifests itself in the form of many symptoms: mood swings, loss of interest, anhedonia (inability to experience pleasure), fatigue and weariness, feelings of worthlessness and guilt, and difficulty concentrating and making decisions. On the physical level, these changes are followed by appetite, sleep, and psychomotor disorders.

### Depression:

- ❖ Feeling sad or having a depressed mood
- ❖ Loss of interest or pleasure in activities once enjoyed
- ❖ Changes in appetite weight loss or gain unrelated to dieting
- ❖ Trouble sleeping or sleeping too much
- ❖ Loss of energy or increased fatigue
- ❖ Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- ❖ Feeling worthless or guilty
- ❖ Difficulty thinking, concentrating or making decisions
- ❖ Thoughts of death or suicide.

Rahul Gajanan Kamble and Vikas S. Minchekar (2018) had investigated the academic stress and students. There are lots of cases reporting by media about the college students' suicide in daily newspapers government. Keeping in this view it is today's need to investigate the causal factors that affecting psychologically on students running inside the mind of students, because of this, the academic stress and depression among college students. 360 participants (180 male, 180 female) age ranged 17 for College Students (descriptive statistics, student 't' test and Pearson's Product Moment Correlation Coefficient. Re revealed that there is a significant gender difference college students. There is a significant positive among college students. The level of academic stress findings from present study help to recover the students suffering from academic stress and depression.

### Objective

The objectives are:

1. To know whether depression is more among boys and girls.
2. To know whether depression is more among college students of urban area and rural area.
3. To know whether there is any difference among the depression among college students gender and area.

## METHODOLOGY

### Hypothesis

1. There will be no significant difference between mean score of the depression among boys and girls.
2. There will be no significant difference between mean score of the depression among college students of urban area and rural area.
3. There will be no significant difference between interactive effect of mean score of the depression among gender and area.

### Sample

The sample of the present study constituted total 120 college students out of which 60 were from boys students (30 urban area and 30 rural area) and 60 from girl students (30 urban area and 30 rural area).

### Research Design

A total sample of 120 college students equally distributed between gender and area from Banaskantha District selected for the research study.

### Showing the table of Sample Distribution

Area	Gender		Total
	Boys	Girls	
Urban Area	30	30	60
Rural Area	30	30	60
<b>Total</b>	60	60	120

### Variable

#### Independent Variable

1. **Gender** : Boys and Girls.
2. **Type of Area** : Urban Area and Rural Area.

**Dependent Variable** : Depression Score.

#### Tools

The Jansari Depression Scale by Jansari A. (2018). The total 40 items. The scoring is on a four point alternatives, viz., too much, much, little and too little. Reliability of this test is computed by test – retest method. Reliability shown there is 0.4803 and the split-half reliability is 0.6201.

#### Procedure

The data was collected by making use of social media. The test was posted and only fully completed test responses was considered. The responses were scored and results were calculated.

## Result and DISCUSSION

**Table : 1** The Table showing sum of variance mean 'F' value and level of significance of gender and area.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS <sub>A</sub>	1	2650.80	4.57	0.05
SS <sub>B</sub>	1	224.13	0.39	N.S.
SS <sub>A*B</sub>	1	1968.30	3.39	N.S.
SS <sub>Error</sub>	116	580.56	—	—
SS <sub>Total</sub>	119	72187.97	—	—

\*0.05=3.92, \*\*0.01=6.84, N.S.= Not Significant

A = Gender,

A<sub>1</sub> = Boys

A<sub>2</sub> = Girls

B = Area

B<sub>1</sub> = Urban Area

B<sub>2</sub> = Rural Area.

**Table : 2 The Table showing the Mean Score of depression among boys and girls.**

	A (Gender)		'F' value	Sign.
	A <sub>1</sub> (Boys)	A <sub>2</sub> (Girls)		
M	84.98	94.38	4.57	0.05
N	60	60		

The above table no.2 shows the mean score of depression among boys and girls. The mean score of boys students group is 84.98 and girls students group is 94.38. The 'F' value is 4.57 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to depression and gender. It should be remembered here that, according to scoring pattern, higher score indicate higher depression. Thus from the result it could be said that, the girls college students is having more depression than boys college students group. Therefore the hypothesis no.1 that, "There is no significant difference between the mean score of the depression among boys and girls" is rejected.

**Table : 3 The Table showing the Mean Score of depression among college students of urban area and rural area**

	B (Area)		'F' value	Sign.
	B <sub>1</sub> (Urban Area)	B <sub>2</sub> (Rural Area)		
M	91.05	88.35	0.40	N.S.
N	60	60		

The above table no.3 shows the mean score of depression among college students of urban area and rural area. The mean score of college students of urban area group is 91.05 and college students of rural area group is 88.35. The 'F' value is 0.40, which was found to be not-significant. The hypothesis no.2 that, "There is no significant difference between the mean score of the depression among college students of urban area and rural area" is accepted

**Table : 4 The Table showing the interactive effect of the Mean Score of depression among gender and area.**

			A		'F' value	Sign.
			A <sub>1</sub>	A <sub>2</sub>		
M	B	B <sub>1</sub>	99.80	82.30	3.39	N.S.
		B <sub>2</sub>	88.97	87.67		
N			60	60		

The above table shows the interactive effect of the depression among gender and area. The result was found to be not-significant from table no.4 shows that 'F' value 3.39 is not-significant. This means that the two group interaction effect under study differ significantly in relation to depression, gender and area. The mean score is 99.80 for the boys students of urban area group, the mean score is 88.97 for the boys students of rural area group, the mean score is 82.30 for the girls students of urban area group, and the mean score is 87.67 for the girls students of rural area group. The hypothesis no.3 that, "There is no significant difference between interactive effect of the mean score of the depression among gender and area" is accepted.

## CONCLUSION

1. There is significant difference between the mean score of the depression among boys and girls. The girls college students is having more depression than boys college students group.
2. There is no significant difference between mean score of the depression among college students of urban area and rural area.
3. There is no significant difference between interactive effect of the mean score of the depression among gender and area.

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