

Level of Depression, Anxiety and Stress among Final Year Engineering Students in a Private Sector

S.Usha*

PhD Scholar, PG & Research Department of Social Work, Bishop Heber College, Trichy

Dr. Daniel Solomon

Asst. Professor, PG & Research Department of Social Work, Bishop Heber College, Trichy

Abstract

In an every individual's life, the phase of college is considered to be one of the most exciting and memorable experience. Professional courses like Medical, Engineering, CA and MBA are considered to be one of the venerated courses in India. Parents and students prefer to do these courses, so that their life will be settled once they finish these courses. In the course of four years of learning, they get a new friends circle, have fun, they adapt themselves to a competitive environment, learn many skills, take active participation in both academic and extracurricular activities etc and groom themselves to be a successful person in the future. When the students enter into their final years, they have to struggle to get a job related to their field. During this progression of time, students get anticipate what life would be like and about their job and responsibilities, so they go through lots of problems like fear, anxiety, stress and depression. The main aim of the research is to find out the Depression, Anxiety and Stress level prevail among the final year of engineering students of a private university, consists of 1400 students. Among them the researcher collected 60 samples, have taken by using Simple random sampling by adapting lottery method. The researcher used descriptive research design. The data was collected by using standardized scale. The questionnaire consists of 42 questions and some personal information. Further the data was analysed and the finding reveals that the stress and depression level of the final year students are moderate but they are going through extremely severe anxiety.

Keywords: Depression, Anxiety, Stress

1. Introduction

Engineering is considered to be one of the most valued professional courses in India. With almost half of the country's younger population are heading towards getting an engineering degree. 10 years before, the carrier opportunities for engineers were not an issue. But currently the growing number of colleges and the number of outgoing students are large in number results in either unemployment or underrate employment; the study says that every year almost 1.5 million engineers are passing out in India, among which less number of students is getting hired in on & off campus interviews. The expectation of the family members, competition and the uncertainty about the future makes them to undergo tremendous stress and anxiety in their final year. Depression refers to an experience where we feel down most of the time which is called "low mood" and we have also lost interest in things we usually enjoy. We may also have changes in our sleep, appetite, feel guilty, de-motivated and generally withdraw from others. Stress is usually characterized by a sense of feeling overwhelmed. This feeling may be due to our coping capacity being over-stretched or having been under pressure for too long. Anxiety is a sense of fear or dread that something terrible is going to happen. Throughout the final year they are constantly under these stressful situations affect their mental well being and physical health.

2. Review of Literature

Priyadarshini V Ramteke, Rubeena J. Ansari (2016) conducted a study entitled "Stress and Anxiety among first Year and Final Year Engineering students". The study covers first year and final year both male and female students. The main objective of the study is to assess their stress and anxiety level among first and final year students. The study reveals that final year students go through lots of stress and anxiety and at the same time, first year students' anxiety and stress level is high.

Naveen S, Swapna M, JayanthKumar K, Shashikala Manjunatha (2015) conducted a study entitled "Stress, Anxiety and Depression among students of selected Medical and Engineering colleges, Bangalore – A comparative study. The study covers both medical and engineering students. The study was done to assess the amount stress, anxiety and depression among students from 2nd, 3rd and final years of MBBS and Engineering courses. It reveals that in different years of each of the professional course, 33.6% suffered from stress, 49.3% suffered from anxiety and 37.8% suffered from depression.

3. Research Methodology

3.1 Objectives of the Study:

1. To assess the proportion of students with Depression, Anxiety and Stress in their final years of

Engineering.

- To find out the impact of Depression, Anxiety and Stress in their life and to help them to overcome it.

3.2 Methods of Study

The study was conducted among final year students of a private engineering college. A total of around 60 undergraduate and post graduate engineering students were taken by using Simple random sampling by adapting lottery method. The researcher used descriptive research design. The data was collected by using standardized scale Depression Anxiety Stress Scale developed by the Australian Psychology Foundation, Sydney and approved by the WHO. The questionnaire consists 42 questions and some personal information. Informed consent was taken from all the students during data collection and they were assured that confidentiality would be maintained. Data was entered in Microsoft excel and analysed using SPSS.

4. Analysis & Interpretation

When we analyze the age it shows that less than half 48.3 percent of the respondent are in the age of twenty, less than half 43.3 percent of the respondent are in the age of twenty one and remaining 8.3 percent of the respondent are in the age of twenty two. When compare the religion more than half 56.7 percent of the respondent belong to Christian religion and less than half 43.3 percent of the respondent belong to Hindu religion. With regard to department less than half 41.7 percent of the respondents are studying ECE, one fourth 25 percent of the respondents are studying CST, less than one fourth 20 percent of the respondents are studying MECH and remaining 13.3 percent of the respondents are studying Civil. It is evident more than half 53.3 percent of the respondent are male and less than half 46.7 percent of the respondent are female.

When the researcher analysis the depression level of the students More than one third 35 percent of the respondent are normal less than one fourth 23.3 percent of the respondent have moderate level of depression, 23.3 percent of the respondent have mild level of depression, 13.3 percent of the respondent have severe level of depression and remaining 11.7 percent of the respondent have extremely level of depression. It is very clear while when the researcher analyze the anxiety level one fourth 25 percent of the respondent are normal at the same percent of students they have extremely anxiety level, 20 percent of the respondent have severe anxiety level, 18.3 percent of the respondent have moderate anxiety level and remaining 11.7 percent of the respondent have mild level anxiety. About stress more than one fourth 38.3 percent of the respondents are normal, less than one fourth 23.3 percent of the respondents have mild and moderate level of Stress, 11.7 percent of the respondents have severe level of Stress and remaining 3.3 percent of the respondents have extreme level of Stress

4.1. Major Findings Related To Hypothesis

Table -1

Karl Pearson Coefficient of Correlation between Age of the Respondent and Depression, Anxiety and Stress

Dimensions	Value	Correlation Value	Statistical Inference
Age & Depression	.109	Positive Low relationship	P < 0.05 Not Significant
Age & Anxiety	.116	Positive Low relationship	P < 0.05 Not Significant
Age & Stress	-.042	Negative Very Low Relationship	P < 0.05 Not Significant

There is no significant relationship between the age of the respondent and Depression, Anxiety and Stress. The table represents that there is a positive low relationship between age and with depression and Anxiety. There is negative very low relationship between age and stress.

Table -2

Z Test between Religion of the Respondent and Depression, Anxiety and Stress

Dimensions	Religion	N	Mean	Std. Deviation	Std. Error Mean	Statistical Inference
Depression	Hindu	26	11.69	7.974	1.564	Z = -2.165 Df = 58
	Christian	34	17.03	10.449	1.792	P < 0.05 Not Significant
Anxiety	Hindu	26	13.54	7.067	1.386	Z = -.403 Df = 58
	Christian	34	14.32	7.776	1.334	P < 0.05 Not Significant
Stress	Hindu	26	15.00	7.189	1.410	Z = -1.296 Df = 58
	Christian	34	17.88	9.432	1.618	P < 0.05 Not Significant

It is inferred from the above table that there is no significant difference between the religion of the

respondents and depression, Anxiety and Stress. However it is very clear explained from the mean that Christian have more depression, Anxiety and stress than Hindu students.

Table -3

Analysis of Variance among the Department of the Respondent and Depression, Anxiety and Stress

Dimension	Department	Sum of Squares	Df	Mean	Mean Square	Statistical Inference
Depression	Between Groups	437.658	3	G1 = 17.80	145.886	F = 1.579 P < 0.05 Not Significant
	Within Groups	5174.525	56	G2 = 13.08 G3 = 13.63 G4 = 11.47	92.402	
Anxiety	Between Groups	167.402	3	G1 = 15.68	55.801	F = 1.013 P < 0.05 Not Significant
	Within Groups	3085.582	56	G2 = 14.17 G3 = 12.88 G4 = 11.60	55.100	
Stress	Between Groups	312.835	3	G1 = 18.28	104.278	F = 1.446 P < 0.05 Not Significant
	Within Groups	4037.098	56	G2 = 17.25 G3 = 17.88 G4 = 12.73	72.091	

G1 = ECE G2 = MECH G3 = CIVIL G4 = CST

It is inferred from the above table that there is no significant variance among the department of the respondents and depression, Anxiety and Stress. It is clear from the mean value ECE students have more Depression, Anxiety and stress than other department and CST students have less Depression, Anxiety and stress when compare to other department.

Table -4

Z Test between Gender of the Respondent and Depression, Anxiety and Stress

Dimensions	Gender	N	Mean	Std. Deviation	Std. Error Mean	Statistical Inference
Depression	Male	32	14.69	9.914	1.753	Z = -.025 Df = 58 P < 0.05 Not Significant
	Female	28	14.75	9.747	1.842	
Anxiety	Male	32	13.88	7.636	1.350	Z = -.120 Df = 58 P < 0.05 Not Significant
	Female	28	14.11	7.315	1.382	
Stress	Male	32	16.53	8.397	1.484	Z = -.098 Df = 58 P < 0.05 Not Significant
	Female	28	16.75	8.951	1.692	

From the Z test it is very clear that there is no significant difference between the gender of the respondents and depression, Anxiety and Stress. At the same time the mean value reveals that female students have more depression, Anxiety and stress than male students.

5. Discussion

Anxiety and stress are part and parcel of our life. Every day we go through these in various situations. But when it crosses the normal level, it needs to be addressed immediately. Otherwise it will affect the mental wellbeing of every individual who are going through this. The study reveals that the final year students are going through moderate stress and anxiety level but they are going through extremely severe level of anxiety which needs to be addressed. At the end of the final year, most of the engineers either they remain as an unemployed or

6. Suggestions

1. The study concluded that the final year students go through tremendous amount of anxiety level means extremely high when compare to their stress and depression level. Students are anxious about their job and responsibilities towards their family and society.
2. Institutes are required to conduct stress management programmes well in advanced, so that students will know how to balance their stress level.
3. Colleges needs to encourage and arrange personal counselling to those students, so that they will know that they are worth and have a better future.
4. We can suggest for mentorship programmes which is well practised in foreign colleges and also some of

the popular Engineering institutions in India.

5. Institutes have to organize skill oriented programmes for students from their first year onwards, so that they will update themselves with necessary skills which the companies seek for.

7. Conclusion

From the above results and discussion it's very clear that the final year engineering students go through huge level of anxiety, moderate level of stress and depression. According to the study, in the year 2020, the major population of India is going to be youth. And here the study clearly says that the students comes under the age of 20 is going through significant amount of anxiety, stress and depression. We need to address the problem immediately otherwise we may end up having dissatisfied and frustrated youth in the future. So it's high time that we need to address this issue, so that students will emerge as a confident, buoyant person. It will be good if the institutes provide holistic approach to students, so that not only academics, even their physical and mental health will be taken care.

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