

Depression among adolescents of Kashmir division in relation to sex and residence dichotomy, J& k India

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Abstract

The study was undertaken to know the depression level among adolescents of Kashmir division in relation to sex and rural/urban dichotomy. The sample for the study was 600 adolescents of Kashmir division by using random sampling technique. For the measurement of depression among adolescents, a self-report scale developed by the centre for epidemiologic studies of the National Institute of Mental Health (NIMH) was used (Seligman19930). The analysis of the data showed that there was no significant difference between rural and urban adolescents on depression while it was found that male and female adolescents shows a significant difference on depression. Depression among female was found higher than that of male due to the reason that they feel insecurity in terms of status, power etc.

Key words: Depression, Adolescents, Male, Female, Rural, Urban

1. Introduction

Unless we lead a truly charmed existence, our daily lives bring some events that make us feel sad or disappointed. A poor grade, breaking up with one's romantic partner, failure to get a promotion---these and many other events tip our emotional balance toward sadness. When do such reactions constitute depression? Most psychologists agree that several criteria are useful for reaching this decision.

First, persons suffering from depression experience truly profound unhappiness, and they experience it much of the time. Second, persons experiencing depression report that they have lost interest in all the useful pleasures of life. Eating, sex, sports, and hobbies---all fail to provide the enjoyment they once did. Third, persons suffering from depression often experience significant weight loss (when not dieting) or gain .Depression may also involve fatigue, insomnia, feelings of worth-lessness, a recurrent inability to think or concentrate and recurrent thoughts of death or suicide. An individual who experiences five or more of these symptoms at once during the same two-week period is classified by the DSM-IV as under-going a major depressive episode.

Depression is very common. In fact, it is experienced by 21.3 percent of women and 12.7 percent of men at some time during their lives (Kessler et. Al.1994). This nearly two-to-one gender difference in depression rates has been reported in many studies (e.g., Culberton, 1997), especially in studies conducted in wealthy, developed countries; so it appears to be a real one.

Depression is widely regarded as a disorder of mood, but is an oversimplification. There are actually four sets of symptoms in depression. In addition to mood or emotional symptoms, there are thought or cognitive

symptoms, motivational symptoms and physical somatic symptoms. An individual does not have to have all these symptoms to be correctly diagnosed as “depression”, but the more symptoms he/she has and the more intense is each set, the more confident we can be that the individual is suffering from depression.

Why does depression exist? As noted by Strickland (1992), several factors account for this finding, including the fact that females have traditionally had lower status, power and income than males; must worry more than males about their personal safety; and are the victims of sexual harassment and assaults much more often than males. Gender differences in rates of depression may also stem, at least to a degree, from the fact that females are more willing to admit to such feelings than males, or from the fact that women are more likely than men to remember such episodes (Wilhelm & Parker, 1994).

Adolescence is the developmental stage that lies between childhood and adulthood. It begins and ends imprecisely, starting just before the teenage years and ending just after them. This imprecision reflects society's treatment of the period. Adolescents are considered no longer children, but not yet adults. Clearly, though, adolescence is the time of considerable physical and psychological growth and change. Adolescence is a time of emotional turmoil, mood liability, gloomy introspection, great drama and heightened sensitivity. It is a time of rebellion and behavioral experimentation.

2. Objectives

The main objective of this study is to compare the depression among adolescents of Kashmir division in relation to sex and rural/urban dichotomy.

3. Hypotheses:-

- There is no significant difference in depression between rural and urban adolescents.
- There is no significant difference in depression level between male and female adolescents.

4. Materials and methods

This study was descriptive in nature and conducted to know the depression level among adolescents of Kashmir division in relation to sex and rural/urban dichotomy.

4.1 Sample size

The sample for this study was collected from Kashmir division J & K. The sample consisted of 600 adolescents (both male & female) by using random sampling technique.

4.2 Tool used

For the measurement of depression, a self-report scale developed by the centre for epidemiologic studies of the National Institute of Mental Health (NIMH) was administered (Seligman 1993).

4.3 Statistical treatment

The data was subjected to the following statistical treatment

Mean, S.D, t-test

5. Analysis and interpretation:-

In order to achieve the objectives formulated for the study the data was statistically analyzed by employing t-test.

Table 1:- Showing mean comparison of rural and urban adolescents on depression (600).

Group	N	Mean	S.D	t-value	Level of significance
Rural	454	21.69	9.68	- 1.54	Insignificant
Urban	146	23.17	11.07		

Source: primary data

The table 1 depicts the mean score of depression between rural and urban adolescents. It indicates that there is no significant difference between rural and urban adolescents on depression. The calculated t-value

(-1.54) is less than the tabulated t-value (1.98) at 0.05 level of significance which clearly indicates that both the groups have similar level of depression. Hence the null hypotheses which reads as “there is no significant difference in depression between rural and urban adolescents” stands accepted.

Table2:- Showing mean comparison of male and female adolescents on level of depression(N=600).

Group	N	Mean	S.D	t-value	Level of significance
Male	300	20.49	9.26	- 3.83	Significant at 0.01 level of significance
Female	300	23.61	10.57		

Source: primary data

The table 2 depicts the mean score of depression between male and female adolescents .It indicates that there is a significant difference between male and female adolescents on depression. The calculated t-value(-3.83) exceeds the tabulated t- value(1.98) at 0.05 level of significance which clearly indicates that both the groups do not have the same level of depression. Females shows more depression level than males because they feel more insecurity in terms of status, power etc. than males. Hence the null hypotheses which reads as , “there is no significant difference in depression between male and female adolescents “stands rejected.

6. Conclusion:-

No significant difference in depression was found between rural and urban adolescents .It was found that female adolescents experience more depression than male adolescents. This has been supported by various studies (William R. Avison et. Al. 1992), Lewinsohn et.al.2002.

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