A STUDY OF DEPRESSION OF HIGHER SECONDARY SCHOOL STUDENTS OF AHMEDABAD

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Abstract

 Present Study has been done to know depression of Higher Secondary Schools Students. Effect of standard and academic achievement were checked. Total 301 students of higher secondary school were selected from the Ahmedabad City. To know depression of higher secondary schools students self prepared depression inventory was used. On the basis of the score obtain by the students mean, standard deviation, quartile and t-values were calculated for data analysis. No Effect of standard and academic achievement found on depression. Thus, standard and academic achievement is NOT affecting variable on depression of higher secondary schools students.

Keywords : Depression, School, Education

1. Introduction: Depression is widely observed and treatable mental disorder. It is third leading disease counted globally. In India, Depression is a major public health problem contributing to significant morbidity, disability as well as mortality, along with significant socioeconomic losses. Globally, an estimated 322 million people were affected by depression in 2015.In India, in 2015 the number of people with depressive disorder was over 56million, translating to 4.5% of entire population. If the current scenario will remain as it is depression will become leading disease by 2030.

In its mildest form, depression can mean just being in grief. It doesn't stop person running his/her typical life but makes everything tougher to do and seem less significant. At its most severe, depression can be fatal because it can make you feel morbid or simply give up the will to live.

According to WHO -Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks. In addition, people with depression normally have several of the following: a loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.

According to The American Psychiatric Association (APA) Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

With inclusion of mental health in UN's Sustainable Development Agenda in 2015, there is increased awareness about behavioural, developmental and neurological disorders in general but depression and other mental health related issues in adolescence are still greatly ignored. The key factor contributing to this ignorance is the inherent difficulty in identifying such cases in the early stages.

Now a days, increasing rate of depression amongst students is alarming cause that we need to consider sooner than later. And this is most prevalent in higher secondary students as they are being constantly told that others have great expectations from them with very little guidance on how to carry out these expectations. Combining this with biological, psychological and social developmental transitions makes them very susceptible to myriad of psychology complexes such as Inferiority complex, Adonis complex, Indecisiveness Complex and Complex of an excellent student which could easily turn into a case of depression if effective measures are not taken.

An adolescent student experiences several biological, physical, cognitive, social, and psychological changes. These developments, associated with peer pressure, parental pressure, environmental pressure and the students' own expectations of themselves, make this phase of adolescent a very volatile and stormy. Hence, we conducted this study in an attempt to understand the issues that could lead to depression among adolescent students.

According to data collected by National crime records bureau (NCRB) Gujraties are prone to killing themselves, with most suicide victims being age group of 16 – 25 and the greatest number of suicide cases involve lovelorn youths, jobless men and depressed students unhappy with poor performance in exams. Out of 5,580 total suicide in Gujarat 69 were by students who failed in exam. This makes academic depression sixth popular overall and second most deadly cause for the age group 16-25 only placing after love affair in all suicide causes.

In India, due to highly unbalanced distribution of mental health resources, about 90% of people with mental disorders (PWMDs) are undiagnosed and untreated. There is an urgent need to estimate the occurrence of depression and other in areas where prevalence studies have never before been conducted and hence it is necessary to talk about it and combat the evil of depression and other mental health related problems.

2. Statement of the Problem

Problem statement for the present study is as follows: A STUDY OF DEPRESSION OF HIGHER SECONDARY SCHOOL STUDENTS OF AHMEDABAD

Present research is conducted to study depression among higher secondary school students with respect to standard and academic achievement with help of self-constructed Depression Inventory.

3. Objective of the Study :

The objectives of the present research study are as under:

1. To construct Depression Inventory.

2. To determine depression level of higher secondary school students.
3. To study depression of higher secondary school students in context with reference to standard.
4. To study occurrence of depression among higher secondary school students with reference to academic achievement.

4. Hypothesis of the Study :

H_{01} There will be no significant difference between mean score of depression among standard-11th and standard-12th students.

H_{02} There will be no significant difference between mean score of depression of high
   achiever and low achiever students of higher secondary school.

5. Research Method :

In the present research the researcher used Survey Method.

6. Population :
The researcher had decided to study the depression of higher secondary Schools students of English medium of Ahmedabad. Therefore, all the students of higher secondary schools students, Ahmedabad city of academic year 2019-20 became the population of the present study.

7. Sample of the Study :
Researcher had selected total 301 students of standard-11th and standard-12th from Higher secondary Schools were selected for the present study by using stratified random sampling and cluster sampling method. Details of Sample given in Table-1.

Table-1
Details of Sample

Sr. No.	Name of Schools	Gender		Total Students
		Boys	**Girls**	
1	Democratic High School, Gulab Tower	47	40	87
2	SKUM Higher Secondary School, Drive-In	96	73	169
3	Shayaona High School, Chandlodiya	39	06	45
	Total Students	**182**	**119**	**301**

8. Tools of the Study :
The following tools were employed for the present study :
1. Self Made Depression Inventory
2. Percentage of Students first term examination.

9. Methods of Data Analysis :
Collected Data were classified according to variables and frequency distributions were also prepared for different

groups. Based on the frequency distribution of each group, statistical measurements as below were carried out.
1. Mean and Standard Deviation
2. Significance of difference of means between groups(t-Value)
3. Quartile Deviation (Q_1 and Q_3) for levels of Depression
4. Percentage

10. Testing of Null Hypothesis:

Tabel-2
Mean, SD, SE_D, t-value for Standard

Standard	N	Mean	SD	SD^2	SEd	M. Diff	t Value	t Value
11	209	158.33	36.82	1355.77	4.38	8.39	1.92	NS
12	92	166.72	34.16	1166.91				

As shown in Table: 2, Mean scores achieved on the depression inventory by standard-11th students is 158.33 and standard- 12th students is 166.72; standard deviation is 36.82 and 34.16; standard error of mean difference is 4.38 and t-value is 1.92. So, it can be said that calculated t-value is lower than table value 1.96 at 0.05 level. So, Null Hypothesis **(Ho₁)** **There will be no significant difference**

between mean score of depression among standard-11th and standard-12th students is accepted.

Thus, it can be said that there is no significant difference found between students of standard-11th and standard-12th. So, Students of standard-11th and standard-12th having equal level of depression. So, standard is not affecting variable to depression of higher secondary schools students.

Tabel-3
Mean, SD, SE_D, t-value for Academic Achievement

Achievement	N	Mean	SD	SD^2	SED	M. Diff	t Value
High	268	161.28	35.84	1284.506	7.18	3.55	0.49
Low	33	157.73	39.29	1543.704			

As shown in Table-3,Mean of scores achieved on the depression inventory by high achievers is 161.28 and low achievers is 157.73; standard deviation is 35.84 and 39.29; standard error of mean difference is 7.18 and t-value is 0.49. So, it can be said that calculated t-value is lower than table value 1.96 at 0.05 level. So, Null Hypothesis H_{02} **There will be no significant difference between mean score of depression of boy and girl students of standard-11 is accepted.**

Thus, it can be said that there is no significant difference found between of students having high and low achievement. Thus, Students having high and low achievement both found to be equal as far as their depression concern and academic achievement is not affecting variable to Depression.

11. Findings of the Study :
1. Half of the students of sample having medium level of Depression.
2. Students of standard-11th and standard-12th having equal level of depression. So, standard is not

affecting variable to depression of higher secondary schools students.

3. Students having high and low achievement both found to be equal as far as their depression concern and academic achievement is not affecting variable to Depression.

12. Conclusion :

In conclusion, the current study indicated that the Depression of the English Medium Higher Secondary Schools students of Ahmedabad City affiliated with CBSE and GSEB. This Study may be very useful to the teachers, parents and counsellors to guide students for their future.

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