A STUDY TO ASSESS THE LEVEL OF DEPRESSION AMONG THE HIGH SCHOOL STUDENTS IN SELECTED SCHOOLS OF PUNE CITY.

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Abstract

According to WHO, Depression is a common mental disorder. World-wide, it is approximation that 5% of adults suffer from depression. Depression is a leading cause of disability globally and is a major contributor to the overall worldwide burden of disease. More women are affected by depression than men. Depression can lead to suicide. There is effective treatment for mild, moderate, and severe depression. Although there are known, effective treatments for mental disorders, more than 75% of people in low- and middle-income countries receive no treatment.[2]Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders, in countries of all income levels.

The present study title:"A study to assess the level of depression among the high school students in selected schools of Pune City."

Material and Methods: In present study, researcher adopted descriptive research design .It was carried out on 200 samples. The Non-probability purposive sampling method was used to collect data using demographic profile and clinical profile. Data analysis was done mainly using descriptive statistics.

Result: Result revealed the level of depression among high school students. Majority 92% were having mild level of depression, 7%were having moderate level & 1% were having severe level of depression among high school students.

Conclusion : Age, type of family, no of sibling, education, father and mother occupation, residence, duration of sleep are not associated with knowledge of level depression among high school students with the significant level value of 0.05.

Keywords: assess, level of depression, high school students

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1. Introduction

Depression is the feelings of severe despondency and dejection:" or self-doubt creeps in and that swiftly turns to depression" According to WHO, Depression is a common mental disorder. Worldwide, it is approximation that 5% of adults suffer from depression. Depression is a leading cause of disability globally and is a major contributor to the overall worldwide burden of disease. More women are affected by depression than men. Depression can lead to suicide. There is effective treatment for mild, moderate, and severe depression.

Depression is a frequent illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years[1]. Approximately 280 million people in the world have depression [1]. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Particularly when repeated and with moderate or severe intensity, depression may become a serious health problem . It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Over 700 000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15-29-year-olds. Although there are known, effective treatments for mental disorders, more than 75% of people in low- and middle-income countries receive no treatment [2]. Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders. In countries of all income levels, people who experience depression are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants.Mental disorders contribute to a huge proportion of disease burden across all societies Among them, depression, anxiety and stress are the leading causes of illness and disability among adolescents .

Need of the Study

A community-based studies carried out in high school students of various parts of Nepal have reported a wide range of prevalence of symptoms of depression and anxiety. The prevalence of depressive symptoms has been reported to range from 27% to 76%. Mostly studies carried out in Nepal have figuring the proportion of symptoms of anxiety to range from 10% to 57% [7. A countrywide survey conducted in Nepal revealed the prevalence of mental distress among adolescents (13-17years) to be 5.2%. The Global School Health Survey which was a nationwide survey conducted in 2015 reported anxiety among 4.6% of the students .[7] According to the American Psychological Association, anxiety and depression are both emotional responses leading to a very similar set of symptoms, including difficulty sleeping, fatigue, muscle tension and irritability. Whereas stress is usually caused by an external factor and can be short-term, anxiety is persistent, even in the absence of a stressor. Depression is characterized by a set of symptoms including a lack of interest in daily activities, significant weight loss or gain, sleep pattern alterations, lack of energy, loss of concentration, feelings of worthlessness or guilt and even recurrent thoughts of death. Most mental health problems happen by early adulthood, yet young adults rarely get any support for their mental health.

Aim of the Study

The aim of study is to "A study to assess the level of depression among the high school students in selected schools of Pune City."Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents.

2. Methodology

In this study, the objective was to assess the level of depression among the high school students in selected schools and associate the findings with selected demographic variables. Researcher adopted quantitative approach with descriptive research design .Proir permission was taken for the study.The study carried out on 200 samples with non-probability purposive sampling technique. Primary data was collected using demographic profile and structured questionnaire. Reliability done on 20 sample by using test retest method and result was 0.87 and it is reliable.Pilot study was conducted on 20 sample.Data analysis was done mainly using descriptive statistics and feasible to conduct further study.

3. Result

SECTION I: DESCRIPTION OF DEMOGRAPHIC PROFILE:
Majority 68.5% are from 12.1-14 years of age, 23% are from 14.1-16 years & 8.5% are from 16.1-18years of age. Majority 54.5% fathers are working in private, 20% are having govt. job, 8.5% are self employed ,4.5% are doing farming, 7% are labor & 5.5% are unemployed as a occupation. . Majority 36.5% mothers are working as a homemaker, 26% are labor, 19.5% are private job ,6% are self employed & 4.5% are unemployed as a occupation. Majority 82% are day schooler and 18% are hostelite. Majority 72% are from nuclear family, 19.5% from joint & 8.5% from extended family. Majority 50.5% having 1 sibling, 41% having 2 sibling & 8.5% are having no siblings. Majority 50.5% are from 8th standard, 44.5% are from 9th standard and 5% are from 10th standard. Majority 64% are getting 6-8 hrs sleep, 255 are having < 6hrs

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& 11% are having >8hrs sleep. Majority 94% are having no knowledge regarding depression and 6% are having knowledge regarding depression.

SECTION II: To assess the level of depression among the high school students in selected schools

Table 1: Majority 92% were having mild level of depression, 7% were having moderate level & 1% were having severe level of depression among high school students.

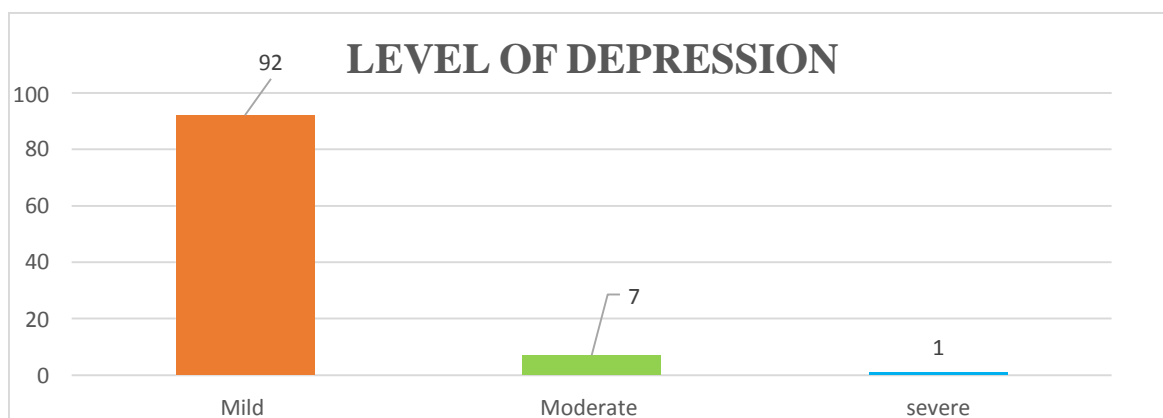| Level of Depression	Frequency	Percentage	Mean	SD
Mild	184	92	6.71	2.02
Moderate	14	7		
severe	2	1		

Figure 1: Bar diagram showing level of depression among high school students

SECTION III: To associated between the level of depression and selected demographic variables.
Age, type of family, no of sibling ,education, father and mother occupation , residence, duration of sleep, are not associated with level of depression with the significant level value of 0.05.

4. Discussion

Majority 68.5% are from 12.1-14 years of age, 23% are from 14.1-16 years & 8.5% are from 16.1-18years of age. Majority 54.5% fathers are working in private, 20% are having govt. job, 8.5% are self employed ,4.5% are doing farming, 7% are labor & 5.5% are unemployed as a occupation. . Majority 36.5% mothers are working as a homemaker, 26% are labor, 19.5% are private job ,6% are self employed & 4.5% are unemployed as a occupation. Majority 82% are day schooler and 18% are hostelite. Majority 72% are from nuclear family, 19.5% from joint & 8.5% from extended family. Majority 50.5% having 1 sibling, 41% having 2 sibling & 8.5% are having no siblings. Majority 50.5% are from 8th standard, 44.5% are from 9th standard and 5% are from 10th standard. Majority 64% are getting 6-8 hrs sleep, 255 are having < 6hrs & 11% are having >8hrs sleep. Majority 94% are having no knowledge regarding depression and 6% are having knowledge regarding depression.

This study can be discussed with Rodrigo Vasquez Lopiga regarding level of depression among selected senior high school students in a state university in sta. Mesa, Manila. One thousand and twenty students were tested for their level of depression using the Becks Depression Inventory. The objective of this study is to assess the level of depression of the students in senior high school in order to come up with a program for the respondents and other stakeholders of the school. Results revealed that among the 1,020 respondents only 27.35% were normal, 24.41% were within mild mood disturbance, 18.72% were with moderate depression, 16.27% were with borderline, 8.98.% were with severe to extreme depression in which medical and psychological attention are needed. Suggested program of action were mentioned at the discussion section of this study.[1]

5. Conclusion

Study concluded that statistically there is no significant association found between the level of depression among high school students. Although the students were having mild depression . So, there is need of empathize more on this topic in the syllabus under the subject mental health nursing and community health nursing. More emphasis should be given for health education to create awareness about depression & coping strategies for students in

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the community by the health care professionals.Result revealed the level of depression among high school students. Majority 92% were having mild level of depression, 7%were having moderate level & 1% were having severe level of depression among high school students.Age, type of family, no of sibling ,education, father and mother occupation , residence, duration of sleep, are not associated with level of depression with the significant level value of 0.05. It was necessary to assess the knowledge both health professionals and the community must receive information about depression in a variety of ways.Enhance nursing students', nursing staff, and health workers' knowledge of stress management techniques in order to equip them with knowledge that will enable them to communicate with the community more effectively.

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