



A STUDY OF ANXIETY, DEPRESSION AND STRESS AMONG COLLEGE GOING ADOLESCENTS

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Abstract:

In today's fast-paced society, stress, anxiety, and depression are becoming increasingly common. Many people are living on autopilot, reacting to events and stressors in an automatic manner. The demands of modern life, including rapid technological changes, can be overwhelming, leading to feelings of anxiety, depression, and stress. However, these words are often overused and misconstrued, leading people to overlook or ignore their symptoms.

The main aim of the study is to compare and find out the difference in Anxiety, depression and Stress gender-wise. The sample for the present study was constituted of 100 students gender-wise (50 female students, 50 male students) of 10+2 of Nagpur city. All the data was collected from various schools in Nagpur. The random sampling method was used. Anxiety Depression and stress scale by P. Bhatnagar, M. Singh, M. Pandey, Sandhya, Amitabh. The study found that there is a significant difference exists between female and male students on stress scores. The other finding reveals there is no significant difference was found in the score of Anxiety and Depression.

Key words: adolescents, anxiety, depression, individuals, problems, relationship, stress

Introduction:

In today's fast-paced society, stress, anxiety, and depression are becoming increasingly common. Many people are living on autopilot, reacting to events and stressors in an automatic manner. The demands of modern life, including rapid technological changes, can be overwhelming, leading to feelings of anxiety, depression, and stress. However, these words are often overused and misconstrued, leading people to overlook or ignore their symptoms. Despite psychiatric interview schedules, there should be a way to assess anxiety, depression, and stress in the common man, especially those in marginalized groups.

Even well-adjusted individuals can break down when faced with a torturous or stressful situation. Everyday problems such as workplace pressures, public speaking, highly demanding schedules, or writing an exam can lead to a sense of worry, even fear. Anxiety and depression often occur together, and there exists a close relationship between their symptoms.

Depression is the most common mental disorder, and it is pervasive worldwide. Recent estimates suggest that depression ranked fourth among 150 health conditions in terms of the 'Disease Burden' to society. Furthermore, by 2020, it was forecast to be the single leading cause of death. Depression accounted for 4.5% of the worldwide total burden of disease in 2002, and 15% of the population of most developed countries suffers severe depression. In addition, 30% of women are depressed.

A discouraged mindset is the experience of depression or pain. Sorrow may include sentiments of being dismal, feeble, disillusioned, baffled, miserable, vulnerable, and sad



(Sarason and Sarason 2002). Many discouraged people might be not able to perform well in scholarly life since they don't have fearlessness in what they are doing. They may feel that they are not arriving at the standard of execution set for them.

Both anxiety and depression are the results of stressful situations. For many people, stress is so commonplace that it has become a way of life. Stressful life events are closely associated with depression, and such events are more common in the lives of women. Everyone faces a different mix of adjustive demands in life, and any of us may break down if the going gets tough. Such situations can lead to stress.

Stress can have adverse health effects on adults, with 43% of all adults suffering from stress-related ailments. 75 to 90% of all patients' visits to physicians are for stress-related ailments and complaints. Stress is linked to the six leading causes of death, including heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

To cope with stress, anxiety, and depression, individuals need to be aware of their symptoms and take steps to manage them. This can include seeking support from friends and family, participating in stress-reducing activities such as meditation and exercise, and seeking professional help if necessary.

Moreover, society needs to acknowledge the prevalence of stress, anxiety, and depression and provide better support systems for individuals. This includes ensuring that marginalized groups have access to mental health resources and that mental health is destigmatized.

In conclusion, stress, anxiety, and depression are common in today's society, and many individuals are living on autopilot, reacting to events and stressors in an automatic manner. These conditions can be misconstrued and left unattended, leading to disorders if overlooked for an extended period. Everyone faces different challenges in life, and any of us may break down if the going gets tough. Therefore, it is essential to be aware of symptoms and take steps to manage them, seek support when necessary, provide better mental health resources and destigmatize mental health.

Umari, (2010) studied the prevalence of stress among children between the age of 4-17 and found that when boys and girls are compared, the majority of girls were found to have more stress than boys.

Tung and Chahal (2005)[5] examined the relationship between stress and adjustment and found no significant causal relationship between stress and adjustment. However, the direction of the results implied that the level of adjustment influences the number of stressful events and the amount of stress experienced by them

TheresWirback reported in his study (2018) that low social position in childhood increases the risk of depression in adolescence, and of a more burdensome depression (worse psychosocial functioning and/or psychiatric comorbidity) amongst adolescents with depression. The social differences were more evident in self-reported depressive symptoms compared to diagnosed depression, and in a more burdensome depression (among adolescents with depression) compared to depression only.

Method:

Objective:

- To study Anxiety, depression and Stress of male and female Adolescents.



- To compare and find out the difference in Anxiety, depression and Stress gender-wise.

Hypotheses:

On the basis of the objective of the study, the following hypotheses have been formulated-

- There is a significant difference in the level of Anxiety among male and female Adolescents
- There is a significant difference in the level of Depression among male and female Adolescents
- There is a significant difference in the level of Stress among male and female Adolescents

Sample:

The sample for the present study was constituted of 100 students gender-wise (50 female students, 50 male students) of 10+2 of Nagpur city. All the data was collected from various schools in Nagpur. The random sampling method was used.

Tools Used:

The following test was used for adjustment:

1. Anxiety depression and stress scale by P. Bhatnagar, M. Singh, M. Pandey, Sandhya, Amitabh. The scale comprised 48 items divided into 3 subscales which are
I. Anxiety Subscale-It comprises 19 items covering various symptoms that are the manifestation of anxiety.
II. Depression Subscale-It consists of 15 items representing the different symptoms of depression.
III. Stress Subscale-It is a scale having 14 items and they are covering the symptoms that people experience in the state of stress.

Scoring of the scale: Scoring-Each item is scored 1 if endorsed "Yes" and 0 if endorsed "No". The range of the score is 0-19 for the anxiety subscale, 0-15 for the depression subscale and 0-14 for the stress subscale. A higher score indicates experiencing greater anxiety, depression and stress and vice-versa.

Statistical Technique Used:

In order to find out the significant difference between mean, and standard deviation, t-statistics has been used in the study.

Findings and Discussion:

In order to test the hypothesis framed with reference to the objective of the study, data were analyzed using a t-test. The researcher arranged the data obtained by students. These results are shown in the following table:

Table 1:

Mean, SD and t Ratio of a group of male and female Adolescents on the total score of Anxiety (N= 100)

Groups	N	Mean	SD	t	sig.
Male Students	50	8.34	3.21	0.56	NS
Female students	50	7.98	3.10		

****p<.01, *p<.05, NS= Not significant**

Interpretation:

Table no 1 indicates the Mean, SD and t Ratio of a group of male and female Adolescents on the total score of Anxiety (N= 100)



The 't'- value of female and male adolescents with Anxiety is 0.56, not significant at 0.05 level. It means, significant mean difference was not found between male and female high Adolescents on Anxiety score. Male adolescents have shown slightly higher mean scores than female adolescents (8.34 > 7.98) but this is a negligible difference. We can say that there is no significant difference between male and female adolescents in the level of Anxiety.

Table 2:

Mean, SD and t Ratio of a group of male and female Adolescents on the score of Depression (N= 100)

Groups	N	Mean	SD	t	sig.
Male Students	50	8.74	2.98	0.98	NS
Female students	50	8.18	2.78		

****p<.01, *p<.05, NS= Not significant**

Interpretation:

Table no 2 indicates the Mean, SD and t Ratio of a group of male and female Adolescents on the score of Depression (N= 100)

The 't'- value of female and male adolescents with Depression is 0.98, not significant at 0.05 level. It means, significant mean difference was not found between male and female high Adolescents on Depression score. We can say that there is no significant difference between male and female adolescents on the level of Depression.

Table 3:

Mean, SD and t Ratio of a group of male and female Adolescents on the total score of Stress (N= 100)

Groups	N	Mean	SD	t
Female Students	50	9.68	1.14	2.10*
male students	50	8.86	2.33	

****p<.01, *p<.05, NS= Not significant**

Interpretation:

Table no 3 indicates the Mean, SD and t Ratio of a group of male and female Adolescents on the total score of Stress (N= 100), df 98

The 't'- value of female and male students of stress is 2.10, which is significant at 0.05 level (t Value 2.10 > crit t 1.66) It means, a significant mean difference was found between Female and Male adolescents on overall Stress score. Female adolescents have shown a higher mean score than male adolescents (9.68 > 8.86). There is a significant difference exists between female and male students on stress scores. **Females show a higher level of stress than males, which means that, on average, females tend to report experiencing higher levels of stress than males. This could be due to various factors such as hormonal differences, social expectations, and experiences.**

Conclusion:

The main aim of the study is to compare and find out the difference in Anxiety, depression and Stress gender-wise. It found that There is no significant difference was found in the score of Anxiety and Depression. There is a significant difference exists between female and male students on stress scores. If females show a higher level of stress than males, it means that, on average, females tend to report experiencing higher levels of stress than males. This



could be due to various factors such as hormonal differences, social expectations, and experiences. However, it is important to note that gender is just one factor that can contribute to stress levels, and individual experiences can vary widely. Not all females experience more stress than all males, and some males may also experience high levels of stress. It is also important to recognize that stress is a complex phenomenon, and many other factors can influence an individual's stress levels, including personality traits, coping strategies, social support, and environmental stressors. Therefore, it is important to approach stress management on an individual basis, taking into account the unique circumstances of each person.

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