

A STUDY OF RISE IN DEPRESSION AMONG STUDENTS IN SOLAPUR CITY

Abstract

Depression is considered a common and serious mood disorder which results in a sudden change in feelings, sadness, fear, hunger, no-hunger, mood swings and hopelessness, depression results in various aspects which is the interrelation of psychological, social, and biological factors. Depression leads to weight gain and weight loss, difficulty sleeping, loss of energy, difficulty thinking, improper communication, lack of concentration, feelings of worthlessness, loneliness, excessive guilt, and attempts to suicide. Depression is among one of the top mental health concerns, and the rate of depression among people continues to rise in their life depending upon the situations which occur around them and within them. The increasing rates of depression may be due to increased awareness or increased incidence not yet cleared, but it is leading to a serious problem in the life of humans.

Students face new challenges in their academic duration, such as making independent decisions, about their lives, and studies, adjusting to the academic challenges, environment, job seeking and interacting with various range of new people in universities and hostels. For academic fulfilment, many students mostly leave their homes for the first time and stay in hostels, which distances them from their family & friends' support and many of them fail to adjust to new situations. These certain life changes can affect the mental health and well-being of students. The possibility of experiencing common psychological problems, such as depression, anxiety, and stress, which increase right from adolescence and get quite critical in early adulthood around age 25-30. This research paper highlights the

Authors

Pratik Anil Kamble

PhD scholar

P.A.H Solapur University

Solapur, Maharashtra, India.

pratik734@gmail.com

Prof. Dr. Nisha C Waghmare

Professor & Head

Department of Social Work

Walchand College of Arts and Science

(Autonomous)

Solapur, Maharashtra, India.

cnishaw@gmail.com

rise in depression among students, to calculate the depression researcher has used a standardised scale of ZUNG SELF-RATING DEPRESSION SCALE, which helped the researcher to study the rise in depression among students.

Keywords: Depression, Students, Mental Health, Social Work Intervention

I. INTRODUCTION

Mental Health: Mental health is a state of well-being in which a person knows his/her abilities, to cope with the stresses of life, work more efficiently, and contribute to his/her community. Physical and mental health are the result of a complex interplay between many individual and environmental factors, which includes:

- Family history of illness, disease/genetics
- A lifestyle which includes a daily schedule, diet, addiction, smoking, and exercise.
- Personal and workplace stress
- Exposure to toxins
- Exposure to trauma
- Personal life circumstances and history
- Access to support (e.g., timely healthcare, social support)
- Coping skills

II. TYPES OF MENTAL HEALTH ILLNESS & DISORDERS

Mental illness includes symptoms which can affect a person's thinking, perceptions towards others, mood or behaviour. For many people, mental illness makes it difficult to cope with work, relationships and other day-to-day things. A complex relationship is found between stress and mental illness. Most people succeed in managing their mental illness through medication, counselling, exercise, engaging themselves in hobbies, etc. **Anxiety.**

1. **Disorders:** Anxiety disorders are a type of mental health disorder which includes generalised anxiety disorders, social phobias, specific phobias, panic disorders, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder. If the anxiety is untreated it can lead to significant impairment in people's daily lives.
2. **Behavioural and Emotional Disorders in Children:** It is mostly observed in children include Oppositional Defiant Disorder (ODD), Conduct Disorder (CD) and Attention Deficit Hyperactivity Disorder (ADHD). Treatment includes therapy, games, activities, education and medication.
3. **Bipolar Affective Disorder:** It is a type of mood disorder called 'manic depression'. In these disorder person experiences depression. The person may not experience psychotic symptoms. The cause of the bipolar affective disorder is unknown.
4. **Depression:** Depression is related to mood disorder, there are various types and symptoms of depression which are identified as, feeling sad but also characterised by losing of mood, loss of interest and enjoyment, and reduced energy. severity and symptoms vary from person to person. The severity of depression can lead to an increased risk of suicidal thoughts or attempts at suicide.

III. SIGNS AND SYMPTOMS OF DEPRESSION

Some Possible Symptoms of Depression May Include:

- Frequent or constant feelings of sadness or anxiety
- Lack of motivation to partake in activities they previously enjoyed

- Irritability
 - Feeling easily frustrated or restless
 - Sleeping difficulties
 - Excessive sleeping or waking early
 - Eating habit changes or having a lack of appetite
 - Pain, headache, aches, or stomach problems
 - Concentration difficulties
 - Memory issues
 - Feeling tired, even after sleeping well
 - Feelings of guilt, worthlessness, or helplessness
 - Thoughts of suicide or self-harm
1. **Dissociation and Dissociative Disorders:** In this disorder, a person disconnects himself from his thoughts, feelings, memories or sense of identity.
 2. **Eating Disorders:** The eating disorder varies among individuals, it may be overeating or less eating, Eating disorders affect females and males which results in weight loss or weight gain which results in serious psychological and physical consequences.
 3. **Obsessive Compulsive Disorder (OCD):** It is an anxiety disorder. In which a person feels obsessions are recurrent thoughts, images or impulses which are irrelevant and unwanted. Treatments include cognitive behaviour therapy (CBT), and medications.
 4. **Paranoia:** People feel the irritation of feelings ‘out to get you’. Symptom of paranoia includes paranoid personality disorder, delusional (paranoid) disorder and schizophrenia. Treatment includes medications and psychological support.
 5. **Post-Traumatic Stress Disorder(PTSD):** It is a mental health condition which can develop as a response to people who have experienced traumatic events. This can be a serious accident, physical or sexual assault, war-related events or torture, or natural disasters such as bushfires or floods.
 6. **Psychosis:** In this disorder, people can experience delusions, hallucinations and confused thinking. It occurs in several mental illnesses, including drug-induced psychosis, schizophrenia and mood disorders. Medication and psychological support can be helpful for the individual to get out of it.
 7. **Schizophrenia:** It is a complex mental health disorder which is characterised by disruptions to thinking, and emotions, and a distorted perception of reality. Symptoms of schizophrenia may include hallucinations, delusions, thought disorder, social withdrawal, lack of motivation and impaired thinking and memory. People with schizophrenia have a high risk of suicide. Schizophrenia is not a split personality.

IV. RESEARCH METHODOLOGY

The objective of the study:

1. To know the profile of the respondents.

2. To study the rise in depression among students.
3. To suggest the social work intervention for the students for the counselling sessions.

V. RESEARCH DESIGN

For the present research study, the Descriptive Research Design was instrumented to conduct the study by the researchers.

VI. SAMPLING DESIGN

1. **Universe of the Study:** Students across Solapur city studying in various classes and colleges was the universe of the study.
2. **Sampling Size:** Totally 100 respondents have been selected.

VII. TOOLS FOR DATA COLLECTION

The tools of data collection were questionnaires using Google Forms.

VIII. DATA PROCESSING

The data were computed with the help of google forms analyse and an excel sheet.

IX. SCALE

Zung, WW (1965) A self-rating depression scale. Arch Gen Psychiatry 12,63 – 70
Zung Self-Rating Depression scale was used by the researcher which was designed by W. W. Zung to access the level of depression.

It is a short survey scale to measure depression. 20 questions are listed on the scale with 4 common answers, there are ten positively worded and ten negative worded questions. Every question is scored on a scale of 1 - 4 (a little of the time, some of the time, good part of the time, most of the time) the score ranges from 25 – 100, and based on the score the level of depression is classified as follows;

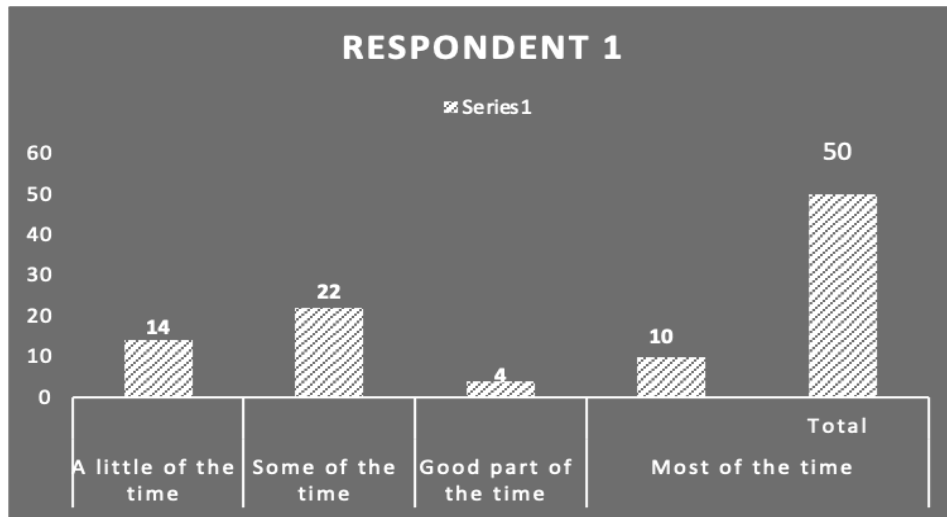
- 25 – 49 Normal Range
- 50 – 59 Mild Depressed
- 60 – 69 Moderately Depressed
- 70 and above Severely Depressed

X. DATA ANALYSIS AND INTERPRETATION

Data were collected from 100 students and computed, and among the computed data 80 students have been scored ranging between 25 to 49 which derives as normal mental health. The remaining 20 students scored between 50 & above, considering the score of 20 respondents the researcher has presented the detail of 20 respondents which indicated mild depression, moderate depression and severely depressed. The data of 20 respondents is as follows. Based on the score the data has been classified as (50 – 59) indicating Mild

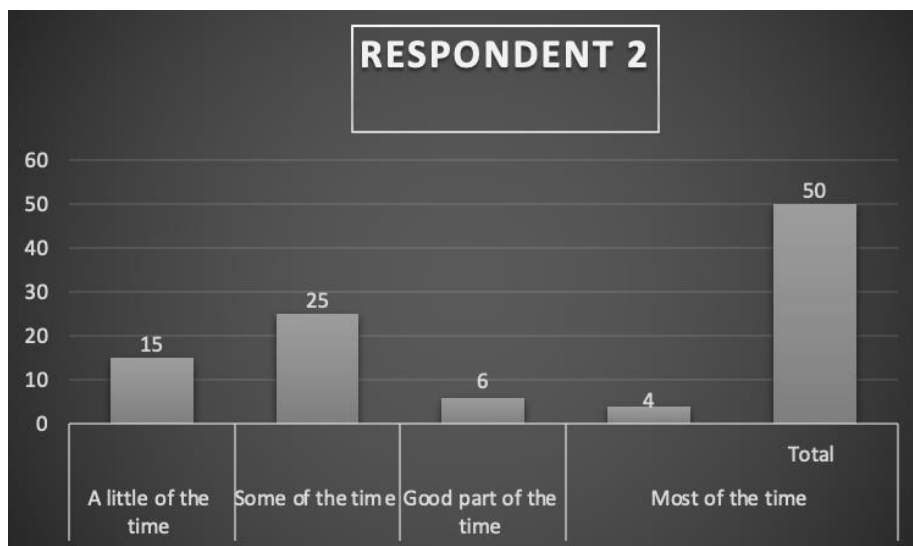
Depression, (60 – 69) indicating Moderately Depressed and 70 & above which indicated Severely Depressed.

Graph 1



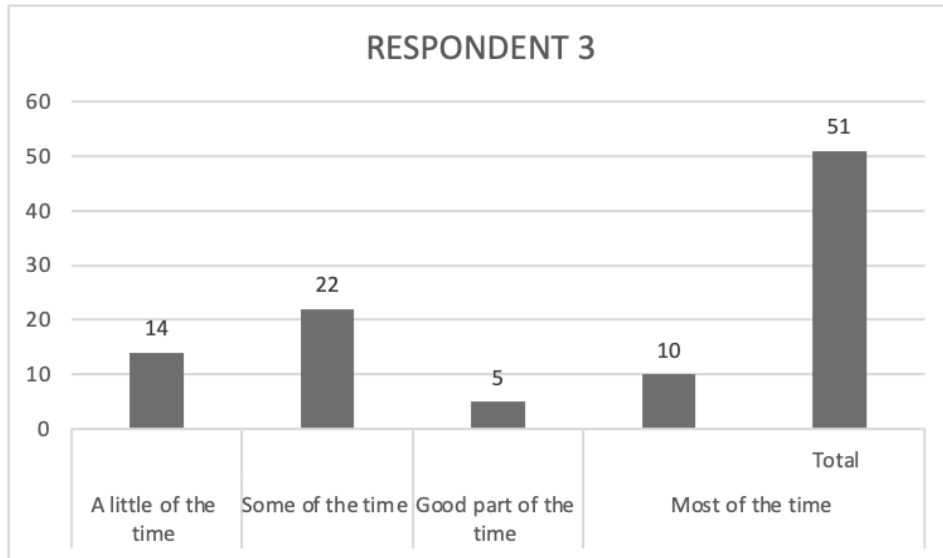
The above graph depicts that the 1st student scored 14 marks by responding to (A little of the time), 22 marks by responding to (Some of the time), 4 marks by responding to (Good part of the time) and 10 marks by responding to (Most of the time) which calculates the total of 50 marks which is termed as Mild Depression.

Graph 2



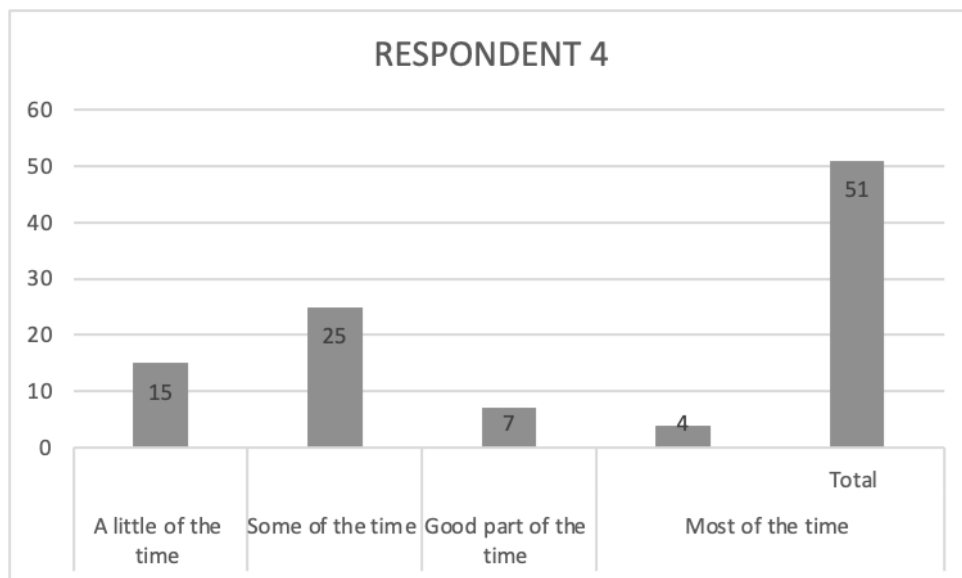
The above graph depicts that the 2nd student scored 15 marks by responding to (A little of the time), 25 marks by responding to (Some of the time), 6 marks by responding to (Good part of the time) and 4 marks by responding to (Most of the time) which calculates the total of 50 marks which is termed as Mild Depression.

Graph 3



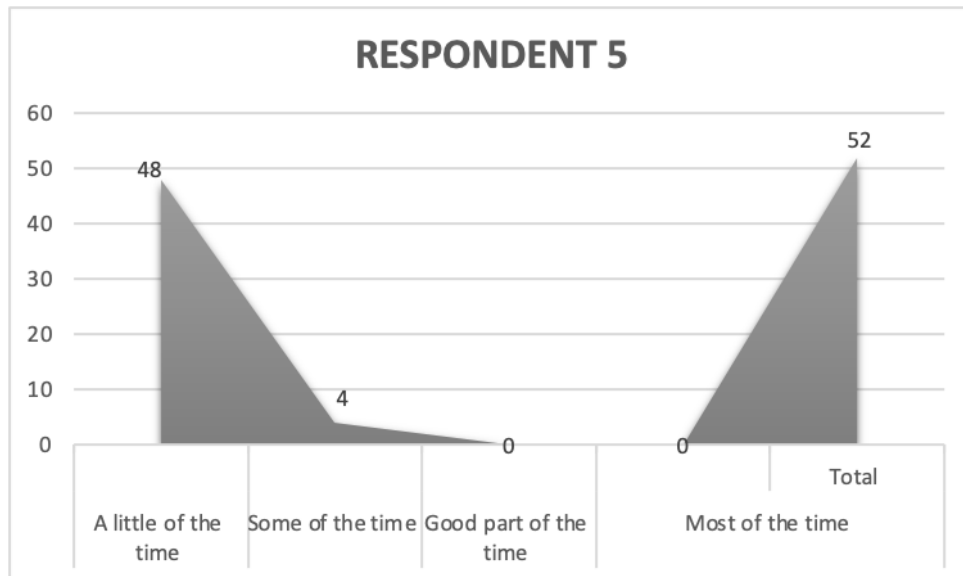
The above graph depicts that the 3rd student scored 14 marks by responding to (A little of the time), 22 marks by responding to (Some of the time), 5 marks by responding to (Good part of the time) and 10 marks by responding to (Most of the time) which calculates the total of 51 marks which is termed as Mild Depression.

Graph 4



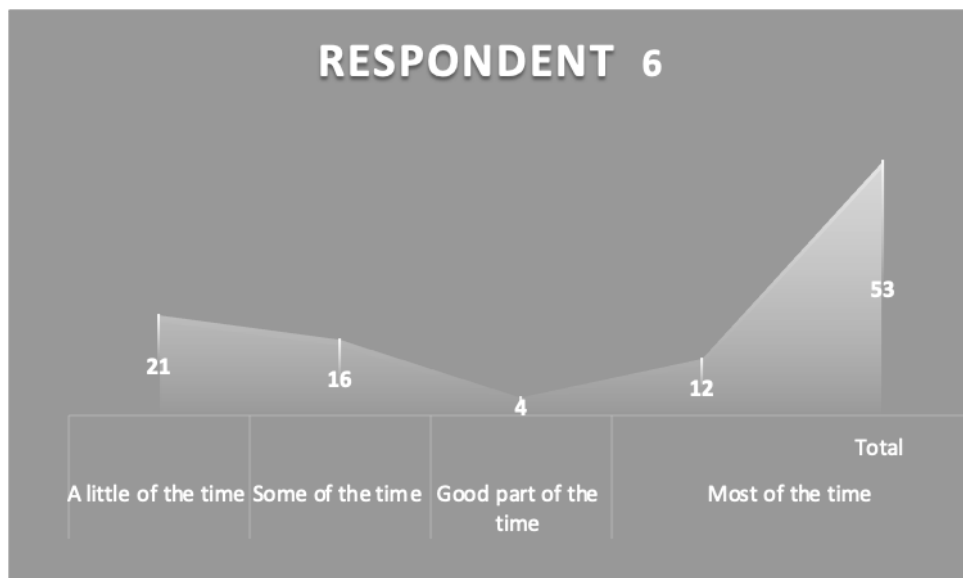
The above graph depicts that the 4th student scored 15 marks by responding to (A little of the time), 25 marks by responding to (Some of the time), 7 marks by responding to (Good part of the time) and 4 marks by responding to (Most of the time) which calculates the total of 51 marks which is termed as Mild Depression.

Graph 5



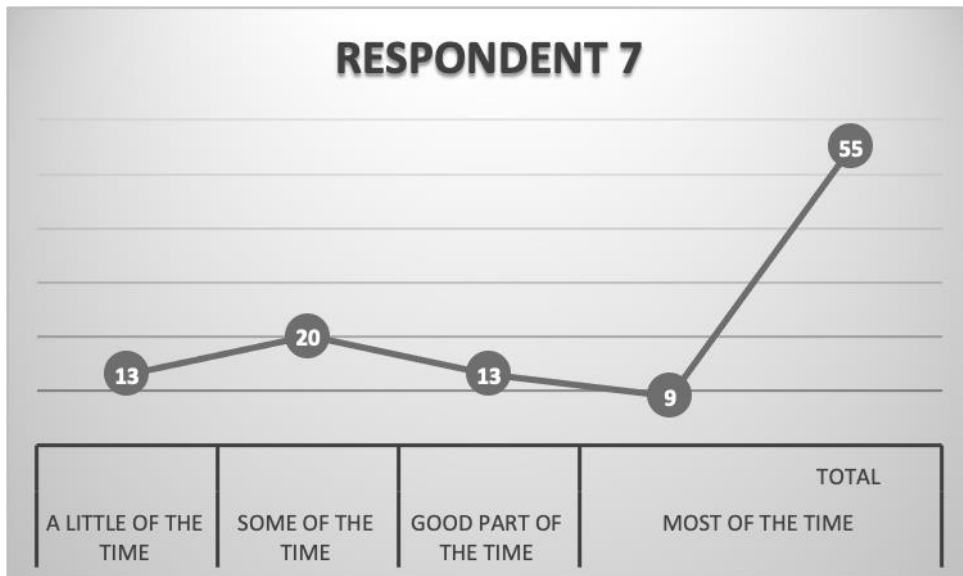
The above graph depicts that the 5th student scored 48 marks by responding to (A little of the time), 4 marks by responding to (Some of the time), 0 marks by responding to (Good part of the time) and 0 marks by responding to (Most of the time) which calculates the total of 52 marks which is termed as Mild Depression.

Graph 6



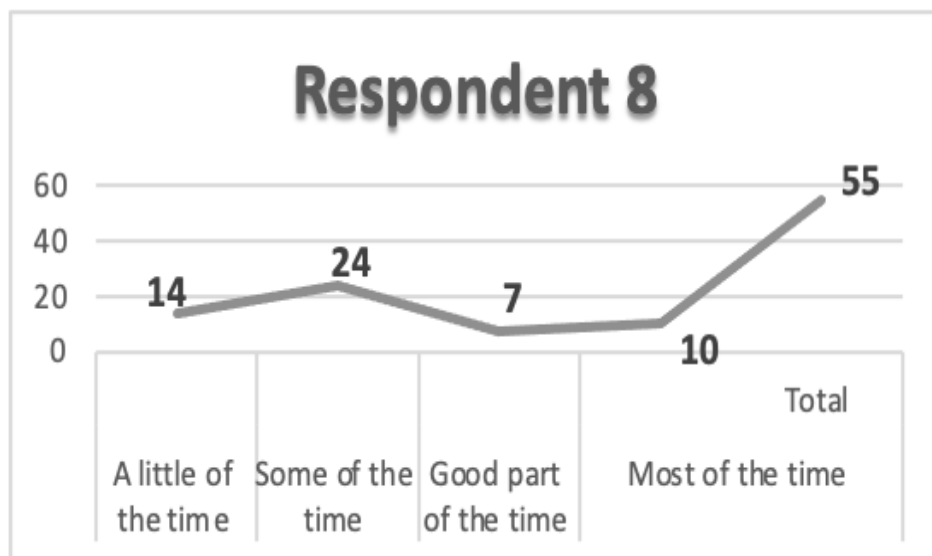
The above graph depicts that the 6th student scored 21 marks by responding to (A little of the time), 16 marks by responding to (Some of the time), 4 marks by responding to (Good part of the time) and 12 marks by responding to (Most of the time) which calculates the total of 53 marks which is termed as Mild Depression.

Graph 7



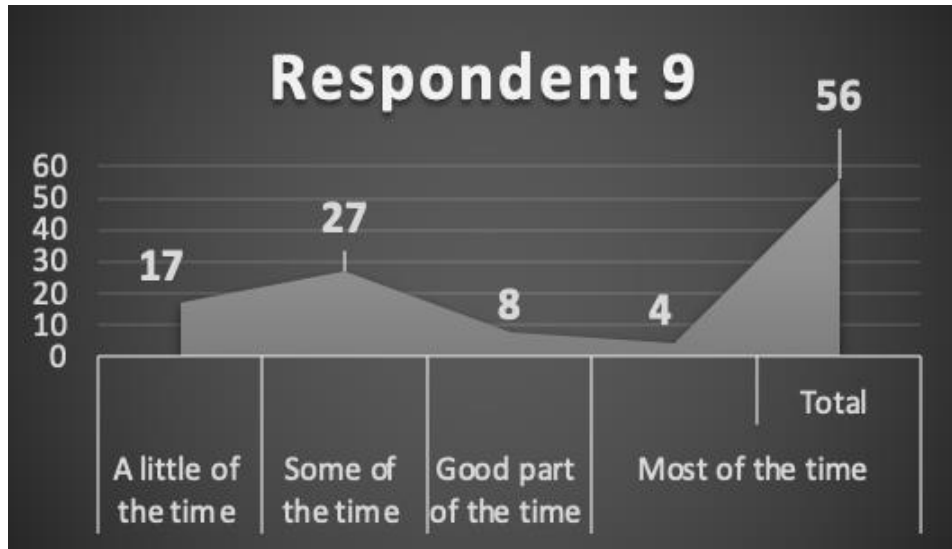
The above graph depicts that the 7th student scored 13 marks by responding to (A little of the time), 20 marks by responding to (Some of the time), 13 marks by responding to (Good part of the time) and 9 marks by responding to (Most of the time) which calculates the total of 55 marks which is termed as Mild Depression.

Graph 8



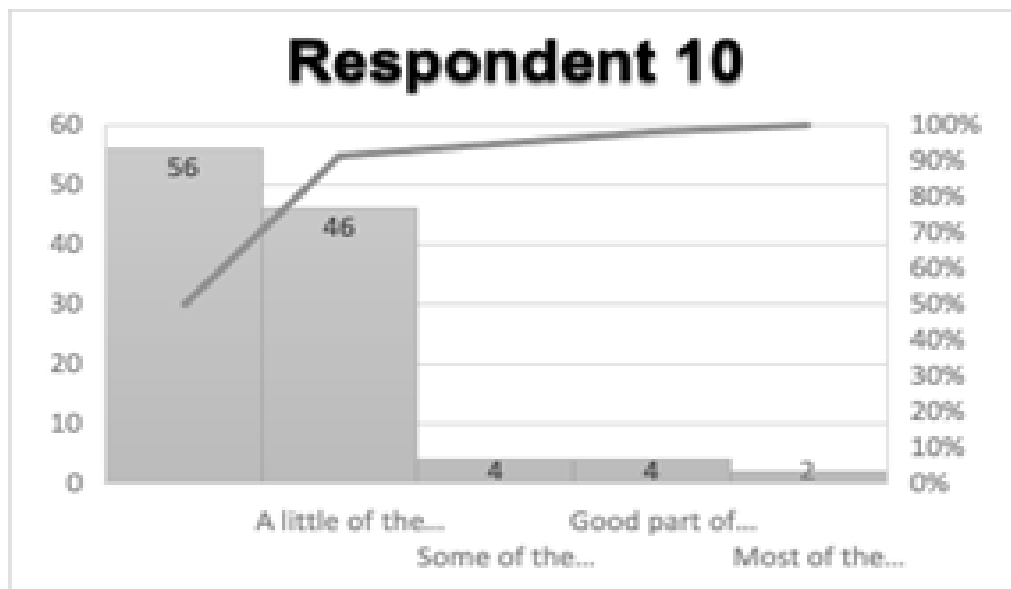
The above graph depicts that the 8th student scored 14 marks by responding to (A little of the time), 24 marks by responding to (Some of the time), 7 marks by responding to (Good part of the time) and 10 marks by responding to (Most of the time) which calculates the total of 55 marks which is termed as Mild Depression.

Graph 9



The above graph depicts that the 9th student scored 17 marks by responding to (A little of the time), 27 marks by responding to (Some of the time), 8 marks by responding to (Good part of the time) and 4 marks by responding to (Most of the time) which calculates the total of 56 marks which is termed as Mild Depression.

Graph 10



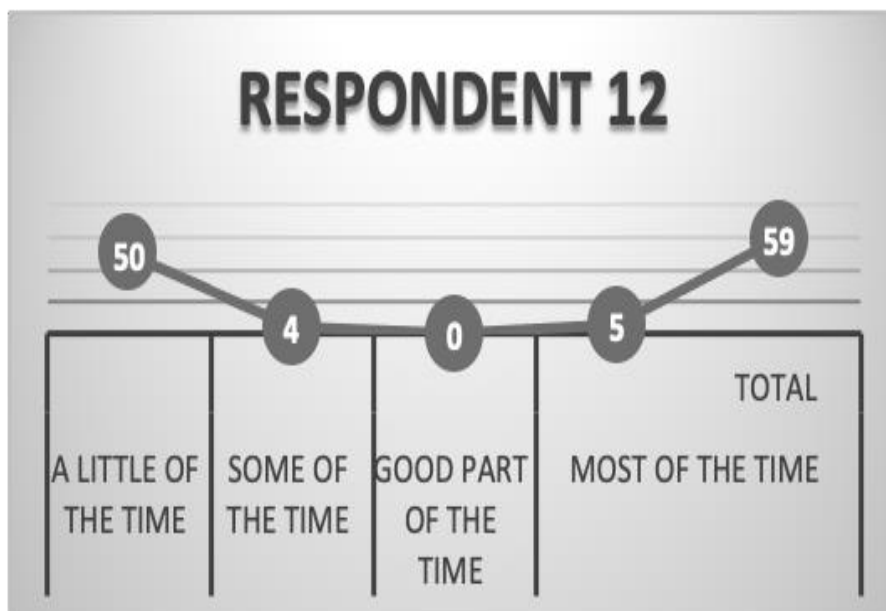
The above graph depicts that the 10th student scored 46 marks by responding to (A little of the time), 4 marks by responding to (Some of the time), 4 marks by responding to (Good part of the time) and 2 marks by responding to (Most of the time) which calculates the total of 56 marks which is termed as Mild Depression.

Graph 11



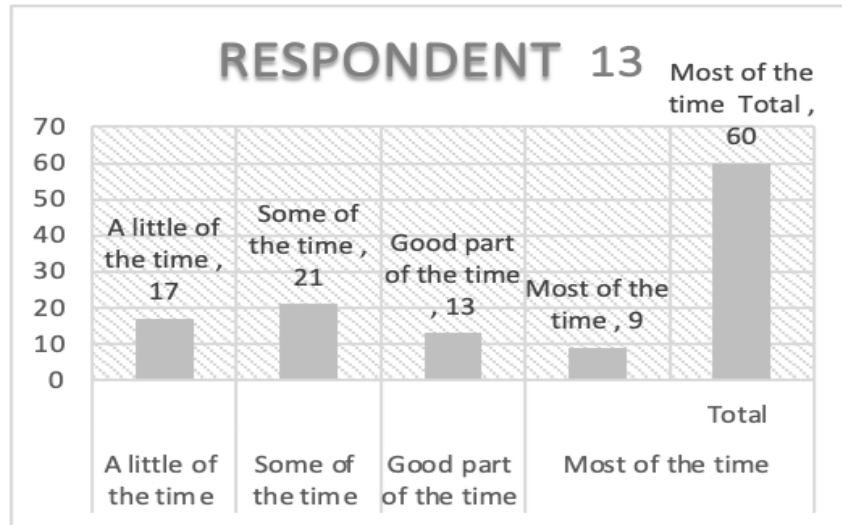
The above graph depicts that the 10th student scored 24 marks by responding to (A little of the time), 18 marks by responding to (Some of the time), 4 marks by responding to (Good part of the time) and 12 marks by responding to (Most of the time) which calculates the total of 58 marks which is termed as Mild Depression.

Graph 12



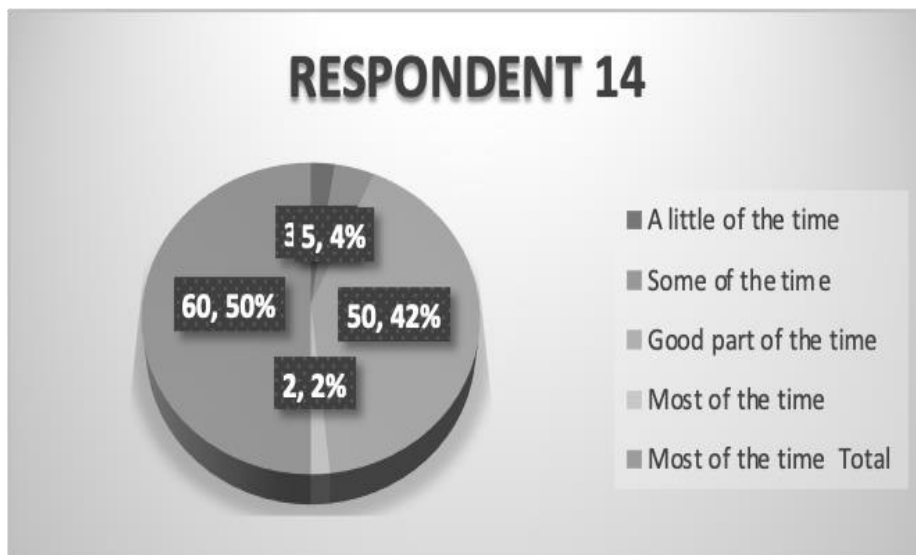
The above graph depicts that the 10th student scored 50 marks by responding to (A little of the time), 4 marks by responding to (Some of the time), 0 marks by responding to (Good part of the time) and 5 marks by responding to (Most of the time) which calculates the total of 59 marks which is termed as Mild Depression.

Graph 13



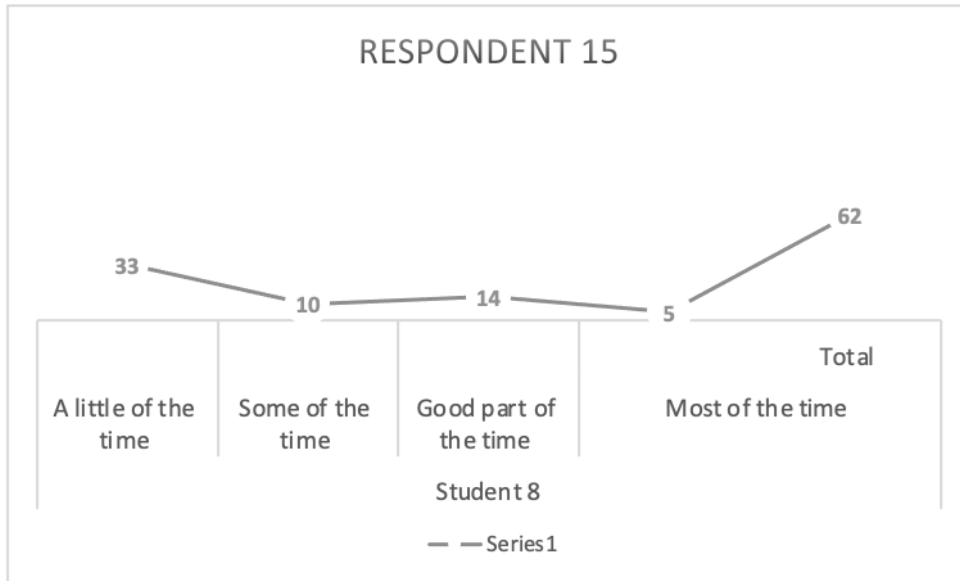
The above graph depicts that the 10th student scored 17 marks by responding to (A little of the time), 21 marks by responding to (Some of the time), 13 marks by responding to (Good part of the time) and 9 marks by responding to (Most of the time) which calculates the total of 60 marks which is termed as Moderate Depression.

Graph 14



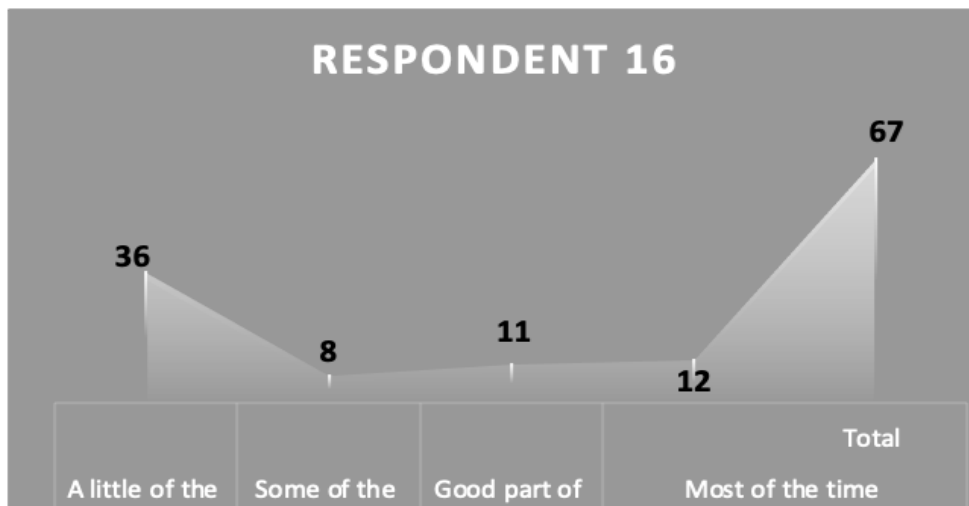
The above graph depicts that the 10th student scored 3 marks by responding to (A little of the time), 5 marks by responding to (Some of the time), 50 marks by responding to (Good part of the time) and 2 marks by responding to (Most of the time) which calculates the total of 60 marks which is termed as Moderate Depression.

Graph 15



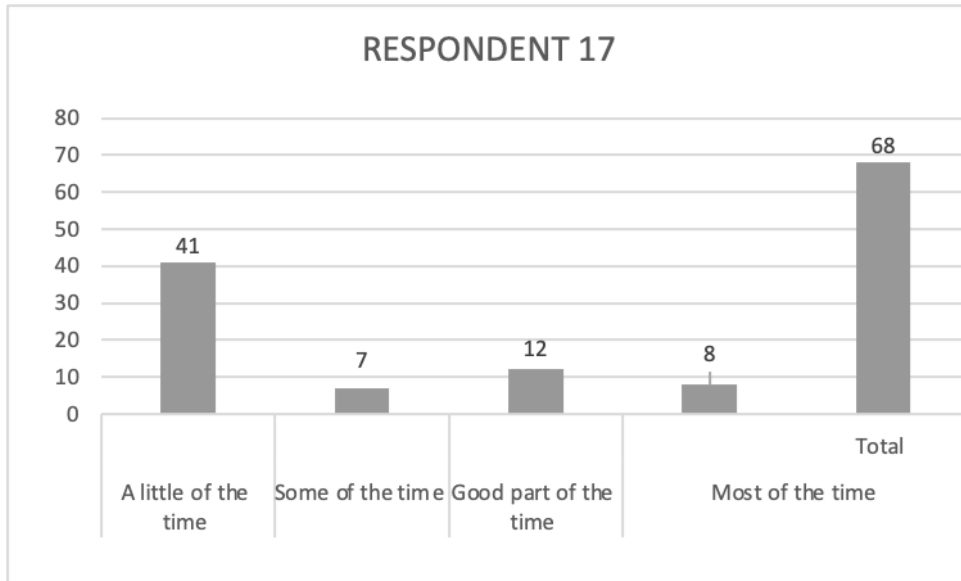
The above graph depicts that the 10th student scored 33 marks by responding to (A little of the time), 10 marks by responding to (Some of the time), 14 marks by responding to (Good part of the time) and 5 marks by responding to (Most of the time) which calculates the total of 62 marks which is termed as Moderate Depression.

Graph 16



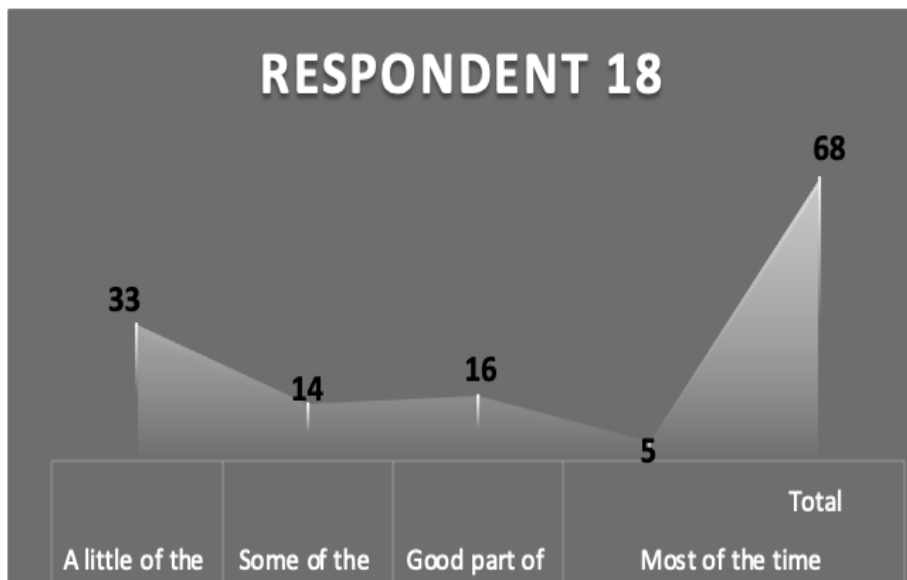
The above graph depicts that the 10th student scored 36 marks by responding to (A little of the time), 8 marks by responding to (Some of the time), 11 marks by responding to (Good part of the time) and 12 marks by responding to (Most of the time) which calculates the total of 67 marks which is termed as Moderate Depression.

Graph 17



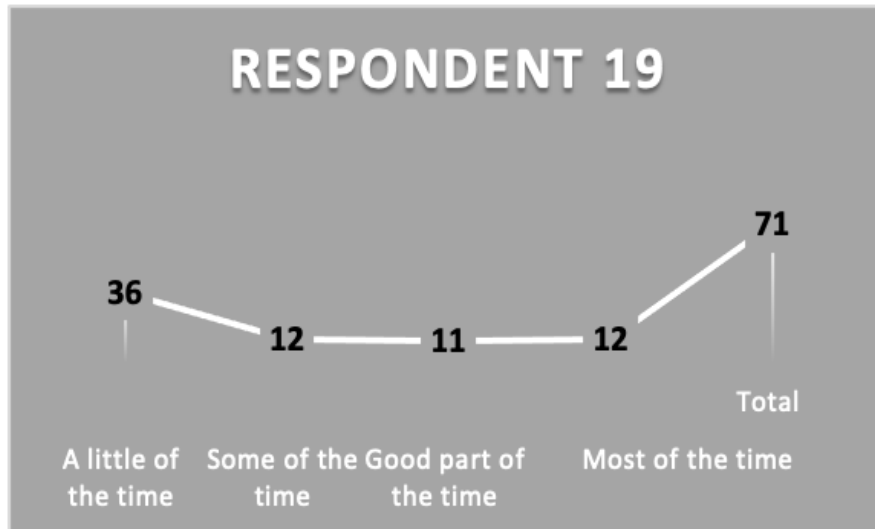
The above graph depicts that the 10th student scored 41 marks by responding to (A little of the time), 7 marks by responding to (Some of the time), 12 marks by responding to (Good part of the time) and 8 marks by responding to (Most of the time) which calculates the total of 68 marks which is termed as Moderate Depression.

Graph 18



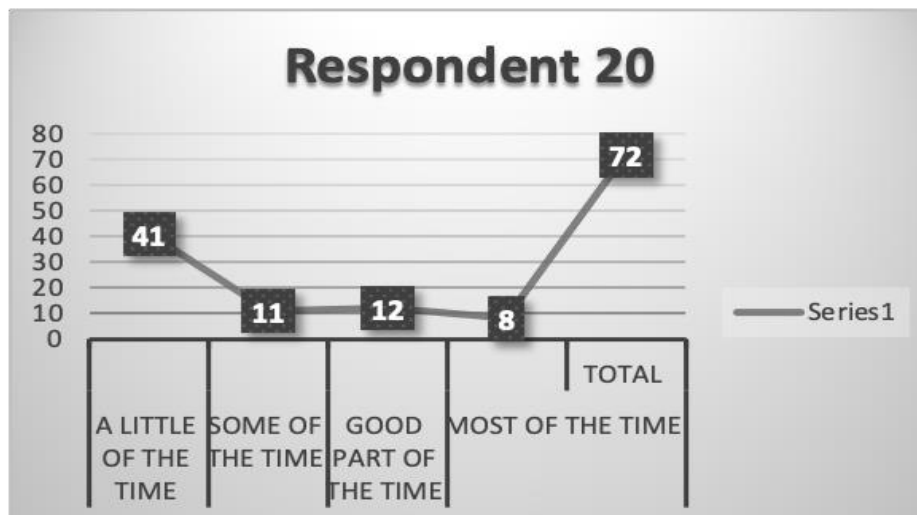
The above graph depicts that the 10th student scored 33 marks by responding to (A little of the time), 14 marks by responding to (Some of the time), 16 marks by responding to (Good part of the time) and 5 marks by responding to (Most of the time) which calculates the total of 68 marks which is termed as Moderate Depression.

Graph 19



The above graph depicts that the 10th student scored 36 marks by responding to (A little of the time), 12 marks by responding to (Some of the time), 11 marks by responding to (Good part of the time) and 12 marks by responding to (Most of the time) which calculates the total of 71 marks which is termed as Severely Depression.

Graph 20



The above graph depicts that the 10th student scored 41 marks by responding to (A little of the time), 11 marks by responding to (Some of the time), 12 marks by responding to (Good part of the time) and 8 marks by responding to (Most of the time) which calculates the total of 72 marks which is termed as Severely Depression.

XI. RESULTS

Data were collected from 100 students and computed, and among the computed data 80 students have been scored ranging between 25 to 49 which derives as normal mental

health. The remaining 20 students scored between 50 & above, considering the score of 20 respondents the researcher has presented the detail of 20 respondents which indicated mild depression, moderate depression and severely depressed. The result of 20 respondents is as follows. Based on the score the data has been classified as (50 – 59) indicating Mild Depression, (60 – 69) indicating Moderately Depressed and 70 & above which indicated Severely Depressed.

1. Table 1 Student 1 concludes that the score is calculated at 50, based on the response provided by the respondent and categorised as Mild Depression.
2. Table 2 Student 2 concludes that the score is calculated at 50, based on the response provided by the respondent and categorised as Mild Depression.
3. Table 3 Student 3 concludes that the score is calculated to 51, based on the response provided by the respondent and categorised as Mild Depression.
4. Table 4 Student 4 concludes that the score is calculated at 51, based on the response provided by the respondent and categorised as Mild Depression.
5. Table 5 Student 5 concludes that the score is calculated as 52, based on the response provided by the respondent and categorised as Mild Depression.
6. Table 6 Student 6 concludes that the score is calculated at 53, based on the response provided by the respondent and categorised as Mild Depression.
7. Table 7 Student 7 concludes that the score is calculated at 55, based on the response provided by the respondent and categorised as Mild Depression.
8. Table 8 Student 8 concludes that the score is calculated at 55, based on the response provided by the respondent and categorised as Mild Depression.
9. Table 9 Student 9 concludes that the score is calculated at 56, based on the response provided by the respondent and categorised as Mild Depression.
10. Table 10 Student 10 concludes that the score is calculated to 56, based on the response provided by the respondent and categorised as Mild Depression.
11. Table 11 Student 11 concludes that the score is calculated at 58, based on the response provided by the respondent and categorised as Mild Depression.
12. Table 12 Student 12 concludes that the score is calculated at 59, based on the response provided by the respondent and categorised as Mild Depression.
13. Table 13 Student 13 concludes that the score is calculated as 60, based on the response provided by the respondent and categorised as Moderately Depressed.
14. Table 14 Student 14 concludes that the score is calculated as 60, based on the response provided by the respondent and categorised as Moderately Depressed.
15. Table 15 Student 15 concludes that the score is calculated at 62, based on the response provided by the respondent and categorised as Moderately Depressed.
16. Table 16 Student 16 concludes that the score is calculated to 67, based on the response provided by the respondent and categorised as Moderately Depressed.
17. Table 17 Student 17 concludes that the score is calculated to 68, based on the response provided by the respondent and categorised as Moderately Depressed.
18. Table 18 Student 18 concludes that the score is calculated as 68, based on the response provided by the respondent and categorised as Moderately Depressed.
19. Table 19 Student 19 concludes that the score is calculated as 71, based on the response provided by the respondent and categorised as Severely Depressed.
20. Table 20 Student 20 concludes that the score is calculated to 72, based on the response provided by the respondent who categorised as Severely Depressed.

XII. CONCLUSION

After conducting a detailed research study of 100 students, based on the response input by the respondents, analysing the data and considering the measures of the scale it is observed that

1. 80 of the respondents score between the range (of 25 – 49) which is termed to have Normal Mental Health.
2. 12 of the respondents score between the range (of 50 – 59) which is termed to have Mild Depression.
3. 6 of the respondents score between the range (of 60 – 69) which is termed to have Moderately Depressed.
4. 2 of the respondents score between the range (70 & Above) which is termed to have Severely Depressed.
5.

Normal mental health	80
Mild depression	12
Moderately depressed	6
Severely depressed	2
Total=	100

XIII. RECOMMENDATIONS

1. The research study finds that students who have Mild Depression are in need of counsellors and medications are a must to prevent it at its early stages.
2. The research study finds that students who are Moderately Depressed need instant counselling sessions to balance their mental health.
3. The research study finds that students who have Severely Depressed need instant counselling sessions to balance their mental health.
4. Organising stress management sessions in the respective colleges should be provided.
5. Provision of counselling centres for the students, to improve the mental health/ balance the mental health of the students.
6. Student counselling should be done by professional counsellors and social workers.
7. The students should have a more participatory approach towards all the activities conducted by the colleges/universities.
8. Also, the present study recommends organising some picnics, games or activities for students to help them refresh themselves.

XIV. SOCIAL WORK INTERVENTIONS

Professional social workers can do the following interventions as well the professional social workers can train the caregivers for the following interventions;

1. **Care Management:** Professional social workers can work in the care management approach in which a person's needs are assessed by the care manager who acts as a liaison to other services to meet the service user's needs.
2. **Strength-based & Solution:** Focused approach is used by social workers as a part of the intervention, this approach focuses on managing risk and what people lack, it also focuses

on strength-based methods of individuals which includes the individuals, family, groups, and community which creates a source of strength for the individuals.

3. **Group Work:** Group work services are provided by social workers in various aspects including social control, social action, education & therapy. social group work addresses a group commonly to individuals with similar concerns which helps individuals to serve mental health problems or having trouble finding their place in society.
4. **Casework:** Through casework intervention, Social Workers work on the individuals are directly considered the problems, needs, and adjustments of the individual case (such as a person or family)
5. **Task-Centred Social Work Practice:** Task-centered approach is used by Social Workers which helps individuals to develop their skills so that they may use them to solve future problems and foster increased autonomy. Task-centred social work is less about form-filling and more about identifying and solving problems, and setting and achieving realistic changes and goals.
6. **Counselling Sessions:** Social Workers conduct counselling sessions which are a form of talk therapy where individuals meet with trained professional social workers to talk about the issues and problems the individual is facing in their current life, counselling sessions are kept confidential and the cases are not disclosed anywhere, the confidentiality of the client is maintained, counselling sessions help in help improve mood, treat mental illness, reduce medical costs, improve communication and relationships, and promote self-esteem and resilience.

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