

DEPRESSION WITHIN UNDERGRADUATE STUDENTS

Linu K Babu¹, Ajit Anandrao Pawar^{2*}, Mahadeo Shinde³, Sangeeta S.Patil⁴, Anjana J⁵, Parvathy Prasad⁶

¹Basic B.Sc.Nursing, KINS, Karad

^{2,4}Clinical Instructor, KINS Karad

³Professor, KINS, Karad

^{5,6}Basic B.Sc.Nursing, KINS, Karad

Email: apajitdada6@gmail.com

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Abstract

Background: Present research study was conducted to identify prevalence of depression among undergraduate nursing students because it will help to prevention and promotion of their mental health that can result in good quality life in view physical, mental and social wellbeing.

Objective: Research study was conducted with objective oassess depression among undergraduate nursing students.

Methodology: Cross sectional research descriptive design and exploratory approach was used to depression with PHQ9 scale among 100 undergraduate nursing students of Krishna Institute of Nursing Sciences Karad which was selected by non-probability convenient sampling technique. Samples were selected according to inclusion and exclusion criteria. Formal ethical permission was received from Krishna Institute of Medical Sciences Deemed To Be University Karad. Before collecting the data formal inform and written consent was taken from students to conduct study on them. Data analysis was done with descriptive statistics and inferential statistics.

Result: Result of present study reveals that 20% suffering with Minimal depression, 35% suffering with Mild depression, 10% suffering with Moderate depression, 17% suffering with moderately severe depression and 18% suffering with severe depression.

Conclusion: Research reveals results that undergraduate aresufferings with Mild depression some planning of some intervention should be done and it should be implement to reduce depression and increase overall performance and health status.

Keywords: Depression, undergraduate's students.

INTRODUCTION

Worldwide common cause of worry among university student is mental health problems and depression is one of them. In previous researches it found that depression is having higher prevalence among university student. [1]

It is presented in so many researches that depression and anxiety is highly present in health care professional than common general population. Approximately 35% population is suffering with it [2]

Generally this kind of psychiatric disordered among undergraduate medical field related students is ignored than other university students this is reported by few studies. lot of no pharmacological interventions can reduce this kind of psychiatric problem to some extend reported by few researches.[4,5]

Causes for depression kind of psychiatric disorder are study tension, load of work, tension regarding self-health status, economical problems and raging. [2]

This kind of mental health problem can effect on quality of life and performance in education[6] and it will lead to alcoholism, abuse of drugs and substance low level of rapport and increase lying talk in educational environment etc. [7]

Most common mental health disorders among general population are anxiety and depression. Report of who says that 300 million person across the globe are affected with depression.3.8% persons are affected with anxiety. [8]

Working demands of medical related professions are high and challenging due to this reason they can suffer with mental health problems like burnout syndrome, depression, anxiety etc. [9]

Nursing is one of the stressful professions across the world. Students of nursing profession can have stress and because of it they can suffer with mental problems like depression. Classroom teaching, clinical posting, assignments, evaluative examination and evaluative procedures can increase mental health problem and it can present as low performance, deficit in acquiring skill, lack of care to patient etc. [10]

Medical profession related students are prone to have mental health problems like depression and kind of symptoms. [11] Environment of these students gives negative impact on their life. 1 out of 7 medical profession related students is suffering with depression. [12] Researchers reported that 60% nursing student and 49% medical students are suffering with depression during their training and practice. [13]

So identifying depression among undergraduate students is important because early identification can help to prevent mental health, reduce risk of complications, promote all over health status.

PROBLEM STATEMENT:

“ Depression within undergraduate students.”

OBJECTIVES:

To assess level of depression among undergraduate students.

MATERIAL AND METHODS:

Cross sectional research descriptive design and exploratory approach was used to depression with PHQ9 scale among 100 undergraduate nursing students of Krishna Institute Of Nursing Sciences Karad which was selected by non-probability convenient sampling technique. Samples were selected according to inclusion and exclusion criteria. Formal ethical permission was received from Krishna Institute of Medical Sciences Deemed To Be University Karad. Before collecting the data formal inform and written consent was taken from students to conduct study on them. Data analysis was done with descriptive statistics and inferential statistics.

Description of the Tool:

Section I: Age, sex and income of family this three items included in first section which is demographic data.

Section II: PHQ9 scale was used to assess the depression among undergraduate student. Scoring of PHQ9 is, scoring between 20 to 27 is severe depression, scoring between 15 to 19 is moderately severe depression, scoring between 10 to 14 is moderate depression, scoring between 5 to 9 is mild depression and scoring between 1 to 4 is minimal depression.

RESULTS:

Table No-1: Frequency & Percentage Distribution of Demographic Variables.

N=100

Characteristics & Categories	Undergraduate Nursing Students	
	Frequency	Percentage %
1.Age		
17years to 18 years	7	7%
19 years to 20 years	40	40%
21 yearsto 22 years	53	53%
2.Gender		
Boys	21	21%
Girls	79	79%
3.Annual Income		
35,000& low	29	29%
Within 35,001 to 70,000	40	40%
Within70,001 to 1,05,000	25	25%
1,05,000& more	6	6%

- 17years to 18 years age group covers 7% students, 19 years to 20 years age group covers 40% students and 21 yearsto 22 years age group covers 53% students.
- Girl'sstudents were covering 79% of total sample whereas boys were covering 21% of total sample.
- 29% students family income is 35,000& low, 40%students family income is within 35,001 to 70,000, 25%students family income iswithin70,001 to 1,05,000 and only 6% students family income is 1,05,000& more.

Table No-2: Categorisation of Students According To Their Depression Score

N=100

Severitywith score range	Frequency	Percentage
Minimal depression (1-4)	20	20%
Mild depression (5-9)	35	35%
Moderate depression (10-14)	10	10%
Moderately severe depression (15-19)	17	17%
Severe depression (20-27)	18	18%

- 20% undergraduates nursing students were suffering with Minimal depression

- 35% undergraduates nursing students were suffering with Mild depression..
- 10% undergraduates nursing students were suffering with Moderate depression.
- 17% undergraduates nursing students were suffering with moderately severe depression.
- 18% undergraduates nursing students were suffering with severe depression.

DISCUSSION:

Present research study finding reveals that 17years to 18 years age group covers 7% students, 19 years to 20 years age group covers 40% students and 21 years to 22 years age group covers 53% students. Girl's students were covering 79% of total sample whereas boys were covering 21% of total sample. 29% students family income is 35,000 & low, 40% students family income is within 35,001 to 70,000, 25% students family income is within 70,001 to 1,05,000 and only 6% students family income is 1,05,000 & more.

20% suffering with Minimal depression, 35% suffering with Mild depression, 10% suffering with Moderate depression, 17% suffering with moderately severe depression and 18% suffering with severe depression.

Ghaedi, Leila et. Al. conducted research in 2014 on Prevalence of Depression among Undergraduate Students: Gender and Age Differences. It shows results that undergraduate male students who are athletes are more affected with depression than male students who are non-athlete. Female's undergraduates are more suffering with depression. [14]

Dawood et al in 2017 conducted research on Assessment of Depression and Its Contributing Factors among Undergraduate Nursing Students. Results of this research explain that 4.3% samples were suffering from severe depression, 8.1% sample was suffering with moderate depression and 1.3% sample was suffering from extreme depression. 65.1 presentsample were having moderately normal mood state and 18.1 % sample were suffering with mild mood depression. [15]

Basnet et al in 2012 conducted research on Depression among undergraduate medical students reveals that average population affected in the study was 29.78% whereas 36.74 first year students were suffering with depression and 22.22% 3rd year students were suffering from depression. 28.07% male students were suffering with depression and 32.43% female students were suffering with depression. [16]

Quince TA et al conducted research on Prevalence and persistence of depression among undergraduate medical students: a longitudinal study at one UK medical school results reports that mean of core science students depression score was ranging between 3.34 to 3.49 and clinical students depression mean was ranging between 2.16 to 2.91. and after some time there is slightly improvement in depression score of clinical students.[17]

Rathnayake et al in 2016 on Depression, Anxiety and Stress among Undergraduate Nursing Students in a Public University in Sri Lanka. Result of this study reveals that 69.6% sample was female and 30.4% sample was male with mean age of 24.1 yrs. 51.1% sample were suffering with mild to extreme symptoms, 82.6% sample were suffering with stress and 59.8% sample were suffering with anxiety. There is correlation present in depression anxiety and stress. [10]

Rezayat et al in 2014 conducted research on The Level of Depression and Assertiveness among Nursing Students. Results shows that 38.7% sample were having depression level within mild to severe and 55.6% sample were having assertiveness ranging between average and low. Depression and assertiveness are co related to each other. Gender is associated with assertiveness and interest in the field of study is associated with depression. [12]

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