



A study of depression among male and female students of district Kupwara of Jammu and Kashmir

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Abstract

A student is someone who is gaining knowledge. Students can be children, teenagers, or adults who attend school, but they can also be other people who are studying, such as those who attend college or university. Pupil is another word for student. Students often study from a teacher or a lecturer at a university. A student can also be someone who is pursuing a specific vocation. Where the teaching is referred to as "training," the learner may be referred to as a "trainee." One suffering from a depressive illness may feel worn out, unworthy, powerless, and hopeless. People who are experiencing such unpleasant thoughts and emotions may want to give up. It's critical to understand that these pessimistic beliefs are a component of depression and usually don't adequately depict the situation. As the treatment starts to work, negative thoughts start to recede. This Depression scale was developed by Dr. Shamin Karim and Dr. Rama Tiwari. The conclusions arrived at based on the results of the study are There are no significant differences in depression among Male and female students. There are no significant sex differences in depression among secondary school students. There was no significant interaction between depression and sex among school students with depression as the dependent variable.

Keywords: depression, male and female, teenagers, trainee

Introduction

"Watch your thoughts for they will become the words of people you draw to yourself".

Vironika Tugaleva

A learner or someone who attends an educational institution is referred to as a student. Students are those who attend university in the United Kingdom, whereas pupils are those who attend a lower educational institute. Previously, students were seen as someone with higher aspirations-people who actively pursued information instead of just studying things for the sake of being able to. Both school and university students are referred to as "students" in the US and, more recently, in the UK. In a broad sense, a student is anyone who is pursuing education, even those in the middle of their careers who are going back to school or pursuing vocational training. The term "student" can also apply to someone who is learning something outside of an institution, such as a mid-career person returning to university or pursuing vocational education. The word "student" designates a person who is learning a topic and is a student of that topic or person when addressing learning

outside of an institution. In the widest sense, a student who is a product of the school of hard knocks is no longer trying to learn or develop via experience.

A student is someone who is gaining knowledge. Students can be children, teenagers, or adults who attend school, but they can also be other people who are studying, such as those who attend college or university. Pupil is another word for student. Students often study from a teacher or a lecturer at a university. A student can also be someone who is pursuing a specific vocation. Where the teaching is referred to as "training," the learner may be referred to as a "trainee."

Depression

Depression is a common mental disorder. This phrase describes a fleeting time of sadness and isolation that everyone experiences occasionally. Depression is more than simply sadness; it's also an inner wildness and a sense of loneliness. Even though depression is the primary cause of impairment in both sexes, women are 50% more likely than men to experience depression. (WHO, 2008). Daily activities are hampered depending on the severity of the

sadness. "Regarding depression as just a chemical imbalance wildly misconstrues the disorder," There are certain causes of depression which are as.

1. Physiological reason for depression has been discovered that a specific brain roots chemicals known as neurotransmitters play a crucial role in controlling emotions and moods.
2. Depression-related neurotransmitters do not contain adrenaline, dopamine, and serotonin.
3. Negative life events are the main cause of depression.
4. Researchers have shown that the hippocampal area of the brain is smaller in sad individuals.
5. The hippocampi was 9%–13% smaller in women with depression.
6. Social isolation (a common cause of depression in older adults).

Depression is not a typical aspect of aging, and studies show that most seniors, despite greater physical illnesses, are pleased with their life and are less likely to suffer or admit feelings of melancholy or regret. Boys and girls experiencing depression in indolence are going through a major phase of personal change during which they are developing their own identities apart from their parents, navigating gender norms and emerging sexualities, and making decisions for the first time in their lives. Adolescent depression and other disorders or substance abuse often co-occur. It can lead to increased risk for suicide. In our study it is defined as per the depression scale measure.

Objectives of the Study

1. To find significant differences in Depression among secondary school students.
2. To find significant Sex differences in Depression among secondary school students.
3. To find interaction between Government and Private

secondary school students and Sex with Depression as dependent variable.

Methods and Procedure

The focus of the study was probing the influence of depression of male and female students. Besides, finding out the relationships between government and private students of both sex at secondary level, comparisons were made to draw out and predict the level of depression i.e., high, and low satisfaction of private and government male and female students of two levels of schools. A copy of test-booklet of Depression scale is supplied to the students. This Depression scale was developed by Dr. Shamin Karim and Dr. Rama Tiwari. The scale has 96 items and response to each item is to be given on a five-point scale viz. Not at all, little bit, Moderately, quite a bit, extremely. There is no limit for the completion of the test but on an average one takes approximately 15 minutes to complete it. The scale is reliable with reliability coefficient being 0.92 and 0.86 using split half method and test-retest method respectively as reported by the author.

Selection of the Sample

Sampling is the part of the strategy of research. A good sample produce a result of approaching the population and generalisation would be effective. The adequacy of sampling depends upon the knowledge of population as well as different method used in drawing the sample. Sampling being the heart and soul of the researcher play is considered essential and advantageous as it saves an investigator time, energy, and money. The sample of the present investigation was drawn from the nine government and private schools of Kupwara providence. The sample of students representing the population 100 consisting of male and female students. Below Fig. 1 shows the name of the institutions selected in the present study of Kupwara region.

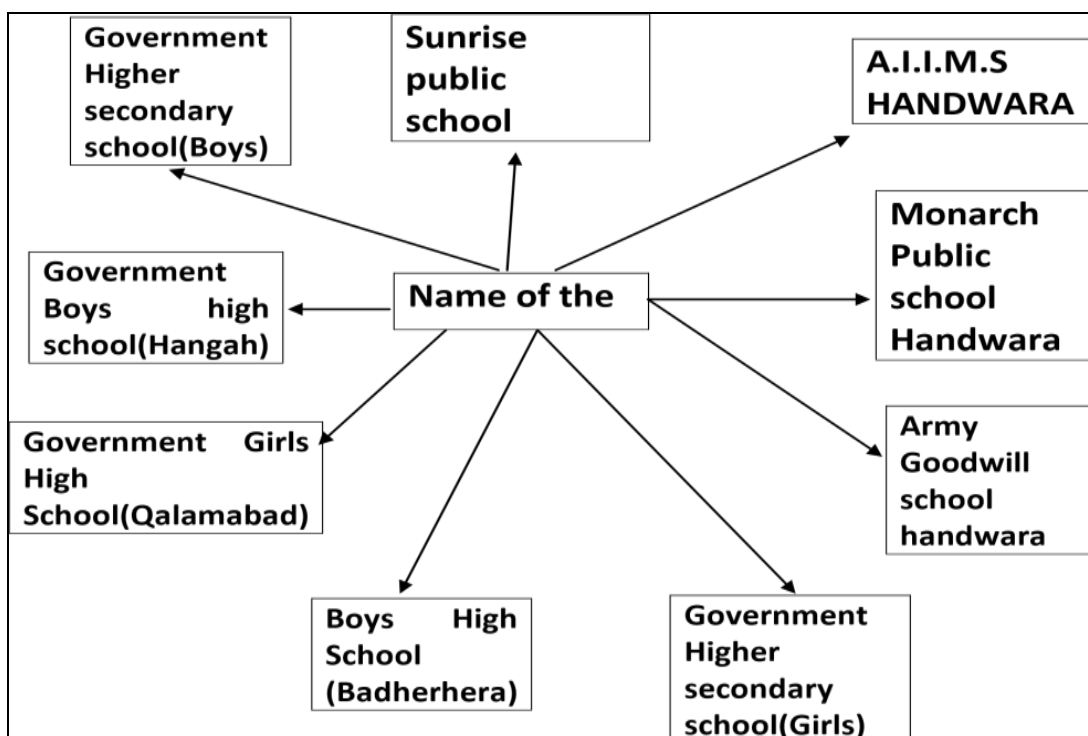


Fig 1: Showing the no. of institutions for the present study

Table 1: Showing details of students selected in the present study

S. NO	Name of the school	Male	Female	Total
1	Government Boys Higher secondary school Handwara.	05	0	05
2	Government Girls Higher secondary school	0	05	05
3	Handwara. Government Boys High school shah LAL	04	10	14
4	Girls Higher secondary school Qalamabad	0	10	10
5	Government Boys High school Hangha	10	0	10
6	Government High school Badhere	06	0	06
7	Monarch public school Handwara	06	05	11
8	A.I.I.M.S.	10	10	20
9	Army Goodwill school Handwara	06	04	10
10	Sunrise public school Handwara	03	06	09
	TOTAL	50	50	100

Table 2: The statistical technique used by the investigator is Analysis of Variance (2X2 Factorial Experiment Design).

Sources Of Variables	Sum Of Squares	Degree Of Freedom	Mean	F-Ratio	Significance
Depression	15.82	99	0.15	0.00	NS
Sex	11.58	3	3.86	0.001	NS
Depression X Sex	2.28	2	1.14	0.002	NS
Within	81152.32	96	845.3	1	NS

Perusal of Table 2 reveal that the value of F for the main effect of depression as the dependent variable is 0.00 which is insignificant for df 99 and 81152.32. It can thus, be inferred that there are insignificant differences in depression among secondary school students.

Review of table 2 also reveals that the value of F for the variable of sex is 0.001, with depression as the dependent variable which is insignificant at for df 3 and 96. It can thus be said that there are insignificant sex differences in depression among secondary school students.

Review of table 2 further shows that the value of F for interaction between sex and depression as a dependent variable is 1.14 which is also insignificant for df 2 and 81152.32.

Conclusion of the Study

- There are no significant differences in depression among Male and female students.
- There are no significant sex differences in depression among secondary school students.
- There are no significant interactions between depression and sex among secondary school students with depression as the dependent variables.

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