

A Comparative Analysis of Depressive Symptomatology among Adolescent Male and Female Students

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Abstract – The present investigation was intended to compare the adolescent male and female students on depression. Multistage random sampling technique was used to draw the sample from five districts of Kashmir valley. The sample for the present study comprised of 500 adolescent students (250 male and 250 female) studying in various high and higher secondary schools of Kashmir. Data was collected by using Reynolds Adolescent Depression Scale-Second Edition (2002). Data was analysed by using Mean, S.D. and t-test. The results of the study revealed that adolescent male and female students differ significantly on depression.

Keywords: Adolescent Male Students, Female Students, Depression.

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INTRODUCTION

Adolescence is a unique period in the life cycle of an individual that presents special challenges and opportunities for him/her. Importance is attached to this phase of life because many vital activities take place during this period which set the stage for future. For adolescent population, on one hand they have many opportunities for proving themselves and developing their self-identities, while on the other hand they have to face a large number of potentially stressful circumstances. Life ahead for them is tough and filled with multiple challenges. A time may come when the adolescent may feel stuck in the cycle of never ending complexities, largely out of their control, giving rise to serious physio-psycho-social health issues. Depression is one such issue with alarming incidences among adolescents (Joseph, 2011; Lewinsohn, Joiner, & Rohde, 2001; Newman *et al.*, 1996; Birmaher *et al.*, 1996; Lewinsohn, Rohde & Selley, 1993; Petersen *et al.*, 1993; Reynolds, 1992, Kosky *et al.*, 1990; Brent *et al.*, 1988; Pfeffer *et al.*, 1988; Myers, Burke, & McCauley, 1985; Robbins & Alessi, 1985; Friedman *et al.*, 1984). Frequency of depression increases dramatically during adolescence (Hankin, 2006; Waaktaar *et al.*, 2004; Twenge, & Nolen-Hoeksema, 2002; Harrington, 2001; Lewinsohn, Joiner, & Rohde, 2001; Angold, Costello, & Worthman, 1998; Devine, Kempton & Forehand, 1994; Weissman *et al.*, 1991).

Depression, which is an exaggeration of a normal negative mood, is often defined as a prolonged state of unhappiness or feeling down accompanied by somatic and cognitive alterations including the incidences of temper outbursts, nervousness and fear, in addition to changes in appetite, body weight, sleep, self-worth and motor efficiency leading to recurrent thoughts of death (American Psychiatric Association, 2013, 2000, 1994). Thus depression is associated with various types of psychological, behavioural and physical symptoms, disabilities and premature deaths as well. Depression is considered as a serious health condition, even more than physical illness, as it drastically hampers normal activities of daily life and other productive tasks (Wagner *et al.*, 2012). Thus, depression can have damaging and negative effects on the social and cognitive functioning of adolescents (Sharma & Pandey, 2017; Cruz, Mastos, & Marques, 2015; Haines, Norris & Kashy, 1996; Kovacs & Goldstone, 1991).

OBJECTIVE

1. To study and compare the mean scores of depression among adolescent male and female students of Kashmir.

HYPOTHESIS

1. There is no significant difference between adolescent male and female students on depression.

METHODOLOGY AND PROCEDURE

Sample

The sample for the present study consisted of 500 adolescent students (250 male and 250 female) studying in various high and higher secondary schools of Kashmir Division. Multistage random sampling procedure was used to select the sample districts, educational zones, schools and sample subjects.

Tool Used

- Reynolds Adolescent Depression Scale-Second Edition (2002) was administered on the sample subjects to measure their depressive symptomatology.

STATISTICAL ANALYSIS

The data collected was subjected to the following statistical treatment:

1. Mean
2. S.D.
3. t-test.

ANALYSIS AND INTERPRETATION OF DATA

In order to achieve the objective formulated for the present study, the data collected has been tabulated as under.

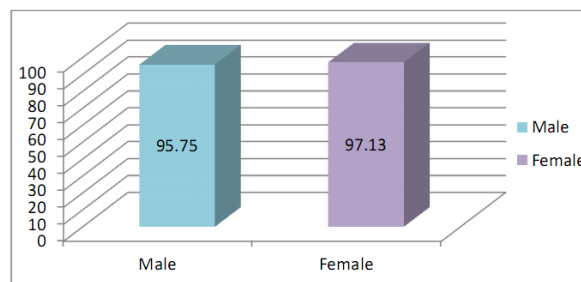
Table 1.0: Significance of Difference between the Mean Scores of Adolescent Male and Female Students on Depression.

Gender	N	Mean	S.D.	t-value	Level of Significance
Male	250	95.75	7.28	1.99	Significant at 0.05 level
Female	250	97.13	8.14		

The information presented in the table 1.0 shows the mean comparison of adolescent male and female students on depression. The mean value of adolescent male students is 95.75 and that of female students is 97.13. The mean difference favours the female students. The calculated t-value (1.99) exceeds the tabulated t-value at 0.05 level of

significance. The results clearly indicated that a significant difference exists between adolescent male and female students on depression, with female students reporting more depression. Thus from the confirmation of the results, the hypothesis no. 1 which reads as, “*There is no significant difference between adolescent male and female students on depression*”, stands rejected.

Fig. 1.0: Comparison between Adolescent Male and Female students on Depression.



The results of this study are in line with the findings of Jha *et al.* (2017) who revealed that the prevalence of depression is higher in girls than boys. Shawaz, Sandhya & Venkatara (2015) in their study revealed that female students reported higher scores on depression, anxiety and stress as compared to their male counterparts. Ghaedi & Kosnin (2014) revealed that the level of depression among female students is much more frequent as compared to males. Amr *et al.*, (2013) found that females experience more depression and anxiety than males. Busari (2012) revealed that adolescent female students are more depressed than adolescent male students. Yousefi *et al.* (2010) results showed that teenage girls outnumber boys in terms of feeling depressed. Adlina *et al.* (2007) study also found that secondary school female students are more depressed than males. Hazler and Mellin (2004) reported that female adolescents experience more depression than male adolescents. Hankin & Abramson (2001) observed that adolescent girls have higher level of depression than boys. Bishop, Bauer & Becker (1998) also found that female students feel more depressed than male students.

CONCLUSION

It has been found that adolescent female students experience more depression when compared with adolescent male students. Thus, it is quite obvious from the results of present study that symptoms of depression are more prevalent among female adolescent students and as such they are more likely to suffer from mood disorders than their male counterparts.

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