



## COMPARATIVE STUDY OF DEPRESSION AMONG MALE AND FEMALE ADOLESCENTS

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### **Abstract**

The aim of the present study was to find out the depression among male and female adolescents. Total number of 100 adolescents were randomly selected from Ludhiana district from which 50 were male adolescents. For this purpose Beck Depression Inventory was used to measure the depression level among male and female adolescents t test was used to the statistical analysis of the data. different between the depression level among male and female adolescents was significant with 0.05 level. so the null hypothesis was rejected and result shows that the male adolescents have higher depression as compared to females .

**Key Words:** *Depression, Adolescents.*

### **Introductions**

Depression is a state of low mood and aversion of activity that can affect a person's thought, behaviour, feelings and sense of well being. While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it's a serious condition that affects your physical and mental health.

**The World Health Organization**, defines depression as

Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration. It can be long lasting or recurrent, substantially impairing a person's ability to function at work or school, or cope with daily life. When depression is most severe, it can lead to suicide. When mild, depression can be treated without medicines but, when moderate or severe, people may need medication counseling as a treatment.

### **Beck's definition**

Depression may be defined

- Specific alteration in mood, whether sadness, apathy or loneliness;
- A negative self-image involving self-blame;
- Desire for self-punishment, desire to escape, to hide or die;
- Physical or physically expressed changes such as anorexia, loss of libido or insomnia;
- Changes in level of activity, whether there be increased agitation or hyperactivity or withdrawal and inaction.

**According to World Health Organization**, "Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feeling of guilt or low self worth, disturbed sleep or appetite, feelings of tiredness and poor concentration".

### **Review of Related Studies**

**Renata and Jacek (2010)** conducted a study and found that Statistical analysis revealed significant differences in Mood Scale results (higher in girls than boys)

**Mandeep, Novrattan and Amrita (2011)** found the relationship between parental styles and depression among adolescents. The sample of the study involved 100 adolescents (males=50, females =50) between the age range of 14 and 16 years and one of their parent thus making the total sample of 200. The adolescents were assessed with Children Depression Inventory whereas parents were administered Parenting Authority Questionnaire-R, to check parental style. The data were analyzed by using Pearson's Product Moment method of correlation and t –test .For mean comparisons, the sample of parents was classified into two extreme groups' i.e High vs. Low (Mean  $\pm$  1 S.D.) on the basis of their scores on parenting style and depression scores of their wards were compared The results showed that (i) Authoritarian Parenting Style has significant positive correlation with depression, (ii) Permissive Parenting style has significant negative correlation with depression. (iii) There is a significant difference between males and females on measures of depression. (iv). The two extreme groups (high vs. low) showed significant differences on their depression levels.

**Khodidas (2013)** found the depression among male and female aged persons. so total number of 84 aged persons were randomly selected from Surendranagar district. for the purpose of data collection depression scale which was developed by



lonard R. & Deragretis was used to measure the depression level among aged persons. t- test was used to the statical analysis of the data. Difference between the depression level among male and female aged persons was significant at 0.01 level. So the null hypothesis was rejected and result shows that the level of depression is higher in male than the female aged persons.

**Statement of the Problem: To compare the depression among male and female adolescents.**

**Objectives of the Study**

1. To compare the significance of difference of depression among male and female adolescents.

**Hypothesis:** There exists no significant difference of depression among male and female adolescents.

**Method Used:** Descriptive survey method was used in the study to collect the data.

**Tools Used:** Beck depression inventory -11 by Aaren T. Beck

**Design of the Study:** The aim of the present study was to compare the depression among male and female adolescents. So total number of 100 adolescents were selected randomly from the schools of Ludhiana district . out of 100 adolescent (50 male and 50 female) adolescents were selected for the study.

**Statistical Techniques Used**

1. Mean , median and mode, skewness and kurtosis was used to check the normality of the data
2. t –test was used to compare the significance of difference.

**Results and Discussions**

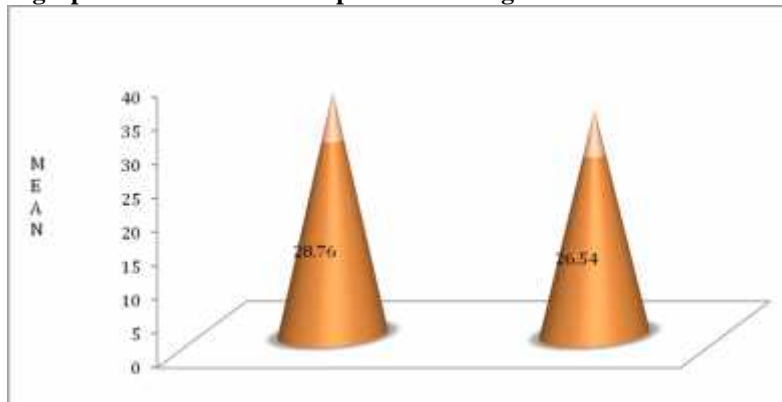
**Table 1 : Shows the t table of depression among male and female adolescents.**

	Male	50	28.76	6.84	2.54*
	Female	50	26.54	5.41	

\*Significant at 0.05 level of significance

Table1 revealed that the mean scores of depression among male and female adolescents as 28.76 and 26.54 respectively and their standard deviation as 6.84 and 5.41 respectively. The t-ratio 2.54 which is significant at 0.05 level of significance. This revealed that significant difference exists between mean scores of depression among male and female adolescents. Therefore the hypothesis which states that there exists no significant difference of depression among male and female adolescents rejected.

**Figure 1. Showing the bar graph of mean scores of depression among male and female adolescents .**



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