

Level of Depression and Self Esteem Among Students

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The period of adolescence ranges from 10-19 years and is considered as the most crucial developmental phase of life by developmental theorists across the world. This phase is characterised by marked physical, cognitive and social-emotional developmental changes. Considering the developmental changes that occur, it is essential that adolescents possess positive ways of coping that will assist them to lead a stable life.

One of the major mental health problem affecting adolescents around the globe is depression. According to National Institute of Mental health (NIMH) report (2014), "Worldwide 17.3 percent of adolescent females and 5.7 percent of adolescent males have a depressive episode." Also, "Depression is said to be a single largest contributor to the global burden of disease among people aged 15-19 years" (UNICEF report, 2011). It is important to identify the signs and symptoms of depression among adolescents because they may go unrecognised as it overlaps the unpredictable behaviour manifested during adolescence. Thus, early identification and treatment will prevent further deterioration of the adolescent's mental health. Also, our ability to face life's challenges depends on many social, biological and psychological factors. Among the important determinants of psychological well-being, self esteem is a major key to healthy living. "Self-esteem refers to the degree of regard or respect that individuals have for themselves and is a measure of worth that they place on their abilities and judgments" (Townsend, 2015).

Self esteem influences one's choices, decisions, behaviours and actions. A positive regard towards self and knowing a clear picture of one's strengths and weaknesses help shield individuals against mental health problems. So, it is essential to detect mental health problems early in adolescents.

Need for the study: India is referred as the country of youth sheltering around 243 million adolescents (10-19 years) (Indian census, 2011). It is thus essential to protect their physical and mental health. Also, depression among adolescents is on the rise in the current times. Focus on building adolescents self esteem

will help promote their well-being and can be an important intervention for the adolescents to help live a life free of mental health problems.

Objectives

This Study was undertaken with following objectives.

1. To assess the levels of depression and self esteem among the students.
2. To find a relationship between level of depression and self esteem.
3. To find an association between level of (a) depression and (b) self esteem and selected demographic variables.

Hypotheses

The following hypotheses were formulated to test the relationship between variables under the study and were tested at the level of significance at $p < 0.05$.

H1: There will be a significant relationship between the level of depression and self esteem among the students.

H2: There will be a significant association between level of depression and selected demographic variables.

H3: There will be a significant association between level of self esteem and selected demographic variables.

Assumptions

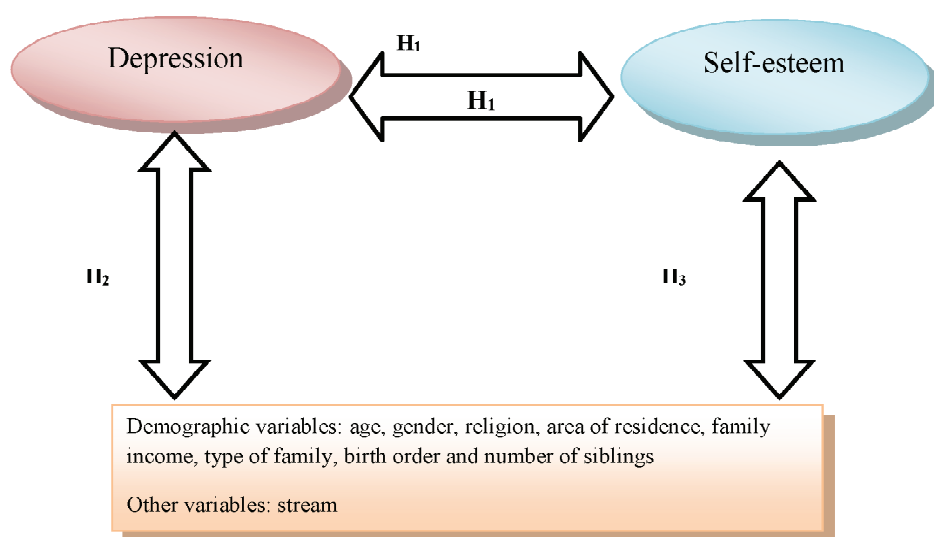
Depression is one of the most prevalent mental health problems among the adolescents and self esteem is an essential and a very important component for healthy living.

The conceptual framework reflecting the relationship among various variables of the study is in Fig. 1.

Review of literature

Depression is a mental health problem that affects many adolescents around the world. Self-esteem plays a role in the well-being of the person. Worldwide, many studies are done among adolescents to assess depression, self esteem and the relationship between these both.

Fig 1: Conceptual framework showing relationship between variables under study.



Jayanthi & Thirunavukasar (2015) found in their study among adolescents in Tamilnadu, that 25.4 percent of them had mild depression, 45.7 percent had moderate depression and 19.6 percent had severe depression. Also higher rates of mild (37.1%), moderate (19.4%) and severe (4.3%) depression were found to be prevalent among adolescents in Chennai, India (Mohanraj, Subbaiah, 2010).

Priya & Muralidaran (2014) conducted a study to assess the level of self esteem among adolescents of an educational institute in Coimbatore, Tamilnadu. A total of 284 participants aged between 17-19 years were selected through purposive sampling, and administered the Rosenberg Self Esteem Scale. The study showed that majority of the participants had average self esteem (62.7%) while 33.5 percent participants had low self esteem.

Low self esteem is a risk factor for depression. This was studied by Jayanthi & Rajkumar (2014) among adolescents of Tiruvallur district, Tamilnadu. Beck's Depression Inventory and Rosenberg Self Esteem Scale were administered to 1120 selected adolescents. The results showed that adolescents having low self esteem were found to have 3.7 times more risk of developing depression than those having high self esteem. The study concluded that low self esteem is a risk factor for depression.

Methodology

The research approach adopted was descriptive type. The study population was Higher Secondary School students.

Samples and sampling technique: Students studying in class 11 Science, Commerce and Arts streams were

selected through simple random sampling.

Instruments used: (a) Demographic proforma (b) Perceived Self Esteem Scale (developed by the researcher) - Reliability was calculated using Cronbach's Alpha Coefficient and was found to be 0.804. (c) Beck's Depression Inventory-II.

Procedure for Data Collection

Administrative clearance was obtained from the Principal of Institute of Nursing Education, Bambolim. Permissions were obtained from the principals of Rosary and Government Multipurpose higher secondary schools. Students

were given a consent form which they had to get signed from their parents. Assent forms and data collection instruments were given to the participants on the day of data collection. Participants were asked to read and sign the assent forms and then proceed to complete the data sheets. Assent forms along with data collection sheets were collected on the same day.

Results

The numbers of respondents were 302 levels of depression as well as self esteem are outlined in Tables 1 and 2.

Correlation between Depression and Self Esteem

The relationship between level of depression and self esteem was calculated using Karl Pearson's correlation. The Pearson's correlation value ($r = -0.532$ and $p = 0.001$) was significant at $p < 0.05$, indicating a significant negative relationship between level of depression and self esteem. Therefore H_1 : There will be a significant relationship between the level of depression and self esteem among students of class 11th studying in selected higher secondary schools in Salcette is accepted.

Association between Level of Depression and Demographic Variables

Age and gender were found to be associated with the level of depression at $p < 0.05$. The other demographic variables i.e. stream, religion, family income, area of residence, type of family, birth order and number of sibling were not associated with the level of depression. H_2 states that there will be a significant association between level of depression and selected demographic variables (age, gender, stream, religion, area of residence, family income, type of family, birth order and number of siblings). Age and gender had an

Table 1: Level of depression among the respondents

Level of depression	Frequency	Percentage (%)
1-10 (these ups and downs are considered normal)	118	39.07
11-16 (mild mood disturbance)	63	20.86
17-20 (borderline clinical depression)	46	15.23
21-30 (moderate depression)	48	15.89
31-40 (severe depression)	20	6.62
Over 40 (extreme depression)	7	2.32
Total	302	100

Table 2: Level of self Esteem among the respondents

Level of self esteem	Frequency	Percentage (%)
40-123 (Low)	44	14.6
124-153 (Average)	208	68.9
154-200 (High)	50	16.6
Total	302	100.0

association with the level of depression. The other demographic variables i.e. stream, religion, area of residence, family income, type of family, birth order and number of siblings had no association with the level of depression.

Association between Level of Self Esteem and Demographic Variables

Chi-square test was used to calculate the association between level of self esteem and selected demographic variables. There was no association of level of self esteem with gender, age, stream, religion, area of residence, family income, type of family, birth order and number of siblings. Therefore, H_3 : There will be a significant association between level of self esteem and selected demographic variables (age, gender, stream, religion, area of residence, family income, type of family, birth order and number of siblings) is rejected as there was no association of level of self esteem with demographic variables.

The level of self-esteem was assessed using Perceived Self-esteem Scale and the level of depression was assessed using Beck's Depression Inventory-II. A significant negative relationship between level of depression and self-esteem was found.

Out of 302 respondents, 118 (39.07%) had normal levels of mood, 63 (20.86%) had mild mood disturbance, 46 (15.23%) had borderline clinical depression, 48 (15.89%) had moderate depression, 20 (6.62%) had severe depression and 7 (2.32%) had extreme depression. The findings of this study are closer to those of Khalil et al (2010). The results showed that 10 percent of the adolescents had moderate depression, while 30 percent had mild depressive state and 60 percent of them had sub threshold depressive state. These find-

ings are lower to the levels of depression identified by Verma et al (2014) i.e. 40.49 percent of the participants had mild depression and 19 percent had major depression.

Majority of the respondents were having average self-esteem while few had high self esteem and remaining had low self-esteem. These findings were congruent with the studies by Shipra et al (2008) and Priya et al (2014) which reported that majority of the respondents had average scores of self-esteem.

The present study found a significant negative relationship between depression and self-esteem analysed using Karl Pearson's correlation. This finding is similar to those of Yaacob et al (2009) and Taleai et al (2009). Another study by Jayanthi & Rajkumar (2014) also concluded that low self-esteem is a risk factor for depression among adolescents. Adolescents with low self-esteem have to be identified first and prompt interventions are required to prevent future psychiatric illnesses.

Implications

The findings of this study showed that 15.59 percent students had moderate depression, 6.62 percent students had severe depression and 2.23 percent students had extreme depression; only 14.6 percent students had high self-esteem and 16.6 percent had low self-esteem and there was a significant negative relationship between self-esteem and depression. This indicates the need to assess the signs and symptoms of depression and self-esteem among the students for early detection and prevention of mental health problems. It is essential to conduct continuing education programmes at the school and higher secondary school level for the teachers and parents of the students on physical and mental health topics so that they can identify abnormal mood and behavioural changes among these young adults and refer them for early diagnoses and treatment. The students also should be educated on various aspects of physical and mental health so that they are able to understand the risks and consequences of having such problems.

Self-esteem enhancement programmes and other personality development programmes should be conducted for the students which would help them build a positive outlook towards life and lead a mentally healthy life.

Recommendations

1. A similar descriptive study may be replicated on a larger sample.
2. A comparative study can be undertaken to study

the level of depression and self esteem among adolescents studying in higher secondary schools in South Goa and North Goa

3. A study can be done to assess the coping strategies for stress management adopted by adolescents studying in higher secondary schools.

Conclusion

This study examined students of class 11 in higher secondary schools of Salcette taluka. Depression among the students is prevalent at an alarming rate with fluctuations in the levels of self esteem. In a small state like Goa with a total population of 14.59 lakh and adolescents constituting only 15.4 percent of the entire population, the results of this study provided an insight about the significance of this mental health problem. The study concludes that there exists a significant relationship between level of depression and self esteem among the students. Many students were found to be depressed with low self esteem. Therefore, steps should be taken for identification of mood and behavioural changes among adolescents so that immediate assessment can be done and necessary treatment can be provided.

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ठीक नहीं है ब्रेक के दौरान स्मार्टफोन का इस्तेमाल

पढ़ने वाले छात्र हों या कामकाजी लोग, लंच या अन्य ब्रेक के दौरान स्मार्ट फोन में व्यस्त रहना आम बात है। अमेरिका की स्टगर्स यूनिवर्सिटी के शोध के हवाले बिहेवियरल एडिक्शन जर्नल के ताजा अंक में बताया गया है कि ब्रेक के समय फोन से चिपके रहना मन और शरीर के लिए घातक हो सकता है। कालेज जाने वाले 414 छात्रों पर संचालित इस अध्ययन में छात्रों को 20 शब्द पहेलियों (क्विज़) का सेट हल करने को कहा गया। इस प्रक्रिया में छात्रों को विकल्प दिया गया कि वे ब्रेक में स्मार्टफोन इस्तेमाल करने सहित कुछ भी कर सकते हैं। जिन छात्रों ने स्मार्टफोन चुना उन्हें अन्य विकल्प चुनने वालों की तुलना में पहेलियां सुलझाने में 1 फीसद अधिक समय लगा और वे अन्यो की तुलना में 22 फीसद कम पहेलिया सुलझा सके। इससे स्पष्ट था कि मानसिक तौर पर थकने के बाद मस्तिष्क स्मार्टफोन के इस्तेमाल से दोबारा रिचार्ज नहीं हो पाता। स्टगर्स बिजनेस स्कूल के एसोसिएट प्रोफेसर टेरी कुर्टबर्ग के अनुसार स्मार्टफोन में लगे रहने वालों का ध्यान हर एक मिनट में स्मार्टफोन की तरफ चला जाता है और उनके लिए किसी भी विषय पर ध्यान लगाना कठिन हो जाता है।