

Depression among Medical College Students

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Abstract: The present research was designed to investigate the gender differences in depression among medical students. The sample was consisted of 500 students (250 male and 250 female) ranging in age from 18 to 26 years. The sample was randomly selected from Nishtar Medical and Dental College Multan. The Beck Depression Inventory BDI-II, [1] was administered to collect the data. The data was analyzed by using Means Standard deviation and t test. The results revealed significant differences between male and female in depression. The results further indicated that female research participants scored high on depression scale as compared to male research participants.

Keywords: depression, medical students, male female, gender differences

INTRODUCTION

Depression is the most prevalent psychiatric disorder. Many diseases and psychiatric disorder co-occur with depression and has the highest death rate. Depression is an illness which involves body, mood and thoughts. It interrupts normal and occupational functioning of an individual. According to the survey conducted by world health organization by the year 2020 depression will be the second major cause of abnormality [2]. Depression is a condition of feeling tragic, a genuine medicinal condition in which a man feels extremely miserable, sad, and irrelevant and frequently can't live typically [3].

LITERATURE REVIEW

Medical college environment is stressful for students it is believed that medical students experience greater incidents of depression than other students [4]. A study conducted to assess the stress and depression among medical students [5]. Another study showed gender differences in depression and suicidal ideation among medical students [6].

Rationale of the study

The rationale of the study is to find out the gender differences in depression among medical students. This study will provide insight about the level of depression among medical students.

Operational Definitions

Conceptually Depression is a state of feeling sad [7]. Operationally the term depression is alluded to students score by using the Beck Depression Inventory -II [1].

Objectives of the study

The main objective of the study

- To determine the level of depression of male and female students of medical college.
- To assess the gender differences between level of depression.

Hypothesis of the study

- Hypothesis formulated in present research to achieve the objectives.
- Male research participants will score low as compared to female research participants on Depression scale.

METHOD

Research design

Design of the study was descriptive in nature and survey method was used for the collection of data.

Population

The population of study was male and female students from Nishtar Medical and dental college Multan,

Sample

The Sample of 500 students randomly selected from Nishtar Medical and Dental College Multan. There were 250 male and 250 female their age range from 18 to 26 years and mean calculated age was 22.

Research tools

The data was collected with the help of the following measures.

- Demographic sheet
- Beck Depression Inventory (BDI-II) [1]

Demographic Sheet

Personal data sheet was prepared by the researcher herself. For collecting demographic information of the participants namely age, sex, living in joint and nuclear family system, family history of depression etc., year of medical admission.

Beck Depression Inventory (BDI-II)

This is a 21 item instrument designed to assess the severity of depression in adolescents and adults. BDI has become one of the most widely accepted instruments in clinical psychology and psychiatry for assessing the intensity of depression in clinical population, and for detecting possible depression in normal population too. The score ranges from 0 to 63. Higher score indicates severity of depression. The scale is internally consistent and reliable. The value of Cronbach's alpha of BDI is .93. Validity of BDI is well documented. Meta-analysis showed mean correlation .72 with other measures of depression.

Scoring of the instrument

The Beck Depression Inventory-II (BDI-II) is a four-point scale for each item ranging from 0 to 3. On two items (16 and 18) there are seven options to indicate either an increase or decrease of appetite and sleep. Total score of 0-13 is considered minimal range, 14-19 is mild, 20-28 is moderate, and 29-63 is severe.

Procedure

The researcher got permission from the concerned medical and dental colleges for conducting the research. All the participants of the study were informed about the use and purpose of the study and they were assured to keep confidentiality. Instructions were given to the participants for completion of the scale. Participants were also briefed about the approximate time required to complete the inventory. The average time to complete the questionnaire was 10 minutes. The completed questionnaires were checked when they were handed back, the data was collected in Two month. After completion of data it was statistically analyzed on SPSS version 22.

RESULTS

The results are analyzed on the basis of the objectives of the study.

Table-1: Frequency and percentage of student's level of depression (N= 500)

Depression	Frequency	Percentage
Minimal Depression	446	89.2
Mild Depression	44	8.8
Moderate Depression	09	1.8
Severe Depression	01	0.2
Total	500	100

The above mention table results showed that over all female and male students possesses minimal level of depression. Only one case show severe depression.

Table-2: Frequency and percentage of female student’s level of depression (N=250)

Depression	Frequency	Percentage
Minimal Depression	217	86.8
Mild Depression	27	10.8
Moderate Depression	06	2.4
Severe Depression	0	0
Total	250	100

Above mentioned table indicated that most of the female students have minimal level of depression. No severe depression case indicated.

Table-3: Frequency and percentage of Male student’s level of depression (N=250)

Depression	Frequency	Percentage
Minimal Depression	229	91.6
Mild Depression	17	6.8
Moderate Depression	03	1.2
Severe Depression	0 1	0.4
Total	250	100

The table indicated that male students have minimal level of depression. Only one severe depression case indicated.

Table-4: Mean, Standard Deviation and t-value indicating the differences between male and female level of depression averages (N=500)

Variable	Gender	N	M	SD	SE	t	df	P-value
Depression	Female	250	7.94	4.856	.307	3.366	498	.001
	Male	250	6.50	4.686	.297			

The table 4 shows the Mean, Standard Deviation, t-value, p-value of level of depression among male and female medical and dental college students. There is a significant difference in the scores for Female (M=7.94, SD=4.856) and Male (M=6.50, SD=4.686) t (497) t =3.366, (df = 498), p < .001

DISCUSSION

Depression is common issue in the populace [8], which strongly affects personal satisfaction [9]. It brings misery and weakening, depressive issue is connected with diminished future [10]. The results indicated that there is a significant difference in Depression among male and female medical and Dental college students. It is consistent with the early studies that depressive disorders are higher in female than in male [11].

CONCLUSION

The results conclude that female research participants score high on Depression Scale as compared to male research participants.

Limitations

- The study was only limited to medical and dental college students of Multan.
- The study was limited to specific age group.

Suggestions

- For better generalization increase sample size and conducted in different cities.
- This study can be conducted on college and university students with more variables.
- The study should be conducted with various age groups.

Implementation

This study is an effort to provide insight about depression and related problems among medical and dental college students.

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