

ISSN – 2229-3841

# National Journal of Education

*A Half-Yearly Peer Reviewed Refereed Educational Research Journal*

December 2019 & January 2020 • Issue : 12, Vol.: 14-15

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***Page Setting & Publishing management:***

Krishna Computer Sansthan

63/59, Mori, Daraganj, Prayagraj - 211006 (U.P.)

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***Printed by:***

Infinity Imaging System,  
New Delhi (India)

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## **A COMPARATIVE STUDY OF DEPRESSION AMONG ARTS AND SCIENCE UNDER- GRADUATE STUDENT WITH SPECIAL REFERENCE TO AZAMGARH DISTRICT OF UTTAR PRADESH**

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### **ABSTRACT**

Depression is a state or a condition characterized by continuous mood swings and loss of interest in daily life activities which results in enormous impairment in one's daily life. The paper summarizes the survey conducted among arts and science undergraduate students of different colleges of district Azamgarh, Uttar Pradesh regarding Depression. In this study, students from three different colleges of Azamgarh district were randomly selected for the study. Statistical analysis of the collected data reveals that almost every student irrespective of stream and sex shows the signs and symptoms of depression.

**Keywords:** Depression, Arts & Science Stream, Undergraduate Student, Azamgarh District.

### **INTRODUCTION**

Depression is a universal phenomenon and the most common suffering that person experiences. Depression is a ubiquitous disorder

with varied manifestations and afflicts people from every society. Depression constitutes a major public health problem because of its frequency of occurrence, the untold personal and interpersonal misery it causes and the severe socio-economic repercussions it usually entails. Though, depression is the most universal suffering, that person experiences, yet it is very often unrecognized by others until the disorder becomes too severe to be ignored. It is estimated that each year at least 100 million people in the world develop some form of clinically recognizable depression at some time in their lives (Sartorius, 1975). No age is immune, no social class is exempt it occurs in people from infancy to old age it does not regard sex as a barrier and high intelligence is no preventive.

### **SIGNIFICANCE OF THE STUDY**

The priceless resource of any country is its human resources and youth are the back bone of the society. Young people are a crucial segment of a nation's development, their contribution is highly needed. Young people are social actors of changes as "youth are not only the leader of tomorrow but also the partners of today". But in 21<sup>st</sup> century due to advancement of science, technology and educational system the life style of individual's changes in a greater extent which cause may psychological problems and bring them under the umbrella of stress, depression and academic pressure. Certain family factors includes having a depressed parent emotionally unavailable parents who have high mental conflict and parents with financial problems place adolescents at risk for developing depression. Poor adjustments with peers are also associated with adolescent depression.

### **STATEMENT OF THE PROBLEM**

The problem for the present study is stated as follow-

**Comparative study of depression among arts and science undergraduate students with special reference to Azamgarh district of Uttar Pradesh.**

### **OPERATIONAL DEFINITION OF THE TERM USED**

**DEFINITION OF DEPRESSION:** According to World Health Organization (WHO, 2008), "Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. These problems can become chronic or recurrent

and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities.

### **OBJECTIVES OF THE STUDY**

1. To study the significant mean difference of depression among arts and science undergraduate students.
2. To study the significant mean difference of depression among arts undergraduate males and females\* students.
3. To study the significant mean difference of depression among science undergraduate student's male and female students

### **HYPOTHESIS OF THE STUDY**

1. There is no significant mean difference of depression among arts and science undergraduate students.
2. There is no significant mean difference of depression among arts undergraduate males and females\* students.
3. There is no significant mean difference of depression among science undergraduate student's males and female students.

### **POPULATION AND SAMPLE OF THE STUDY**

In order to collect the data for the study, 03 colleges from Azamgarh District of Uttar Pradesh, where B.A and B.Sc. courses are running, were selected through purposive sampling techniques. A total of 160 students have been taken for the study. Out of these 160 students, 80 students belong to science stream (40 Males & 40 Females) and 80 students belong to Arts Stream (40 Males & 40 Females).

### **TOOLS AND TECHNIQUES USED**

The researcher has used the following tools for the present study:

- Becks Depression Inventory.

### **STATISTICAL TECHNIQUES USED-**

In order to analyze the data in the present study and to test the hypothesis, the researcher used following statistical techniques:

1. Mean
2. Standard Deviation

3. Standard Deviation
4. t- Test

### FINDINGS

**HO1** There is no significant mean difference of depression among arts and science undergraduate students.

**Table No. 1**  
**Depression among undergraduate Arts Students**  
**and Science students**

Category	N	Mean	S D	SED	t-test Value	d f	Significance Level	Interpretation
Arts Students	40	20.37	22.37	5.35	0.57	78	0.05-1.99	HO-2 Accepted
Science Students	40	23.41	25.09				0.01-2.64	

**Interpretation:** The above table shows the obtained 't\*' value i.e. 0.57 is less than the table value with df – 78 at 0.05 level i.e.; 1.99 and 01 level i.e. 2.64. Hence the Hypotheses No-1, there is no significant mean difference of depression among undergraduate Arts Students and Science students is Accepted.

**Result:** It has been found that, there is no significant mean difference of depression among undergraduate Arts Students and Science students.

**HO-2** There is no significant mean difference of depression among arts undergraduate males and females\* students.

**Table-2:**  
**Depression among undergraduate Arts Male and Arts Female students**

Category	N	Mean	S D	SED	t-test Value	df	Significance Level	Interpretation
Arts Male	40	24.30	9.97	2.02	3.89	78	0.05-1.99	HO-2 Rejected
Arts Female	40	16.45	8.02				0.01-2.64	

**Interpretation :** The above table shows the obtained 't\*' value i.e. 3.89 is greater than the table value with df – 78 at 0.05 level i.e.; 1.99 and 01 level i.e. 2.64 . Hence the Hypotheses No- 2 there is no significant



mean difference of depression among undergraduate Arts male and Arts female students is rejected.

**Result:** It has been found that, there is a significant mean difference of depression among undergraduate Arts Male and Arts Female students.

**HO-3** There will be no significant positive co-relation between guidance need and youth problem of higher secondary girl students forms urban areas.

**Table- 3: Depression among undergraduate Science male and Science female students**

Category	N	Mean	S D	SED	t-test Value	df	Significance Level	Interpretation
Science Male	40	24.45	8.84	1.97	1.05	78	0.05-1.99	HO-2 Accepted
Science Female	40	22.37	8.43				0.01-2.64	

**Interpretation :** The above table shows the obtained 't\*' value i.e. 1.05 is less than the table value with df – 78 at 0.05 level i.e.; 1.99 and 01 level i.e. 2.64 . Hence the Hypotheses No-3, there is no significant mean difference of depression among undergraduate Science male and Science female students is Accepted.

**Result:** It has been found that, there is no significant mean difference of depression among undergraduate Science male and Science female.

## CONCLUSION

Education is a wholesome, comprehensive and complex process aiming at bringing about change in knowledge, skill, in attitudes, behavior, personality, values, needs and several other variables which are psychological and behavioral in nature. Further, while attempting to bring about desired changes in the above-mentioned aspects, education also aims at an integration of these to help the individual to develop in totality. It is a well-known fact that the life of human beings was once simple and their needs were limited in their lives which were satisfied in their immediate environment.

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