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RESEARCH ARTICLE

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CORRELATION BETWEEN DEPRESSION LEVELS OF URBAN RURAL AND SLUM ADOLESCENT GIRLS AND BOYS WITH THEIR SELECTED VARIABLES

*¹Dr. Jyoti Solunke and ²Mrs. Amruta Misal

¹Head, Department of Home Science, Sant Tukaram Art's & Science College, Parbhani

²Assistant Professor, Department of Home Science, Art's & Commerce Mahila Mahavidyalaya, Ambajogai

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ABSTRACT

Irrespective of their gender and area of residence the depression level of the adolescent girls and boys were found to have significant negative correlation family socio-economic status, normalcy of children, age, education and occupation of parents, health status, academic achievements, social status of family, relations with parents, siblings and peers, physical appearance, body built, adopted parenting practices, special place in family and dietary pattern with their depression levels. School dropout rate, gender discrimination and parental expectations were found to have significant positive correlation with their depression levels. A sample of 600 adolescent girls and boys and their parents were selected in the study. Three hundred each of them belonged to Ambajogai and Latur taluka in that one hundred each belonged to urban, rural and slum areas of Marathwada region, Maharashtra state. Their age group was 16-18 yrs. and were from X to XII. The data pertaining to the study was collected by administering Depression Scale by Karim and Tiwari 1986 and revised Socio-economic Status Scale of Kuppuswamy in addition to personally interviewing the sample adolescents and their parents.

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INTRODUCTION

Adolescence is a period in human growth and development that occurs after childhood and before adulthood from ages 10 to 19 years. It is a period of dynamic brain development. During this period adolescent learn from the social behavior and environmental surroundings of their community. More than half of adolescents are undernourished. About 56% of girls are anemic. Mass media use and increased secondary life style increase the risk factors for non-communicable diseases. This makes them prone to suicide and depression. Adolescence is an important period, transitional period, it is period of change, it is a problem age, is a time of search for identity, time of unrealism. Adolescence is itself considered as a most crucial stage of human development and this stage carries mental and physical changes. These changes many times disturb the adjustment of the growing child. Emotional and physical changes developmental problems enhanced curiosity, tensions in life, fear of failure etc.

*Corresponding author: Dr. Jyoti Solunke

Head, Department of Home Science, Sant Tukaram Art's & Science College, Parbhani

Are conditions associated with the adolescence stage and leads to depression among adolescents. Adolescent depression should be considered when a previously well performing youth does poorly in school, with draws from society or displays acts of delinquency and senseless behavior. These symptoms are often associated with rebelliousness and may be seen by the family as a normal and temporary stage of the adolescent's development. In the Indian context child rearing practices, family interactions, peer and school influences, nature of temperament, protective factors and social supports in the environment, social and cultural values etc. are important areas of study and research. Depression is a major public health problem in India contributing to significant morbidity significant socioeconomic losses. Depression disorders affect large number of children, adolescents, middle aged groups and the elderly, both men and women residing in urban and rural and slums of India. According to Beck's theory of the etiology of depression, depressed individual acquires a negative schema of the world in childhood and adolescence. Adolescents who suffer from depression acquire this negative schema earlier because of loss of a parent, rejection by peers, criticism from teachers or parents, depressive attitude of a parent and other negative events. Depression occurs in individuals of all gender,

ages and having various types of family backgrounds. Adolescent depression is one of the most serious mental health concerns aching the nation (Ammerman and Harries 1986).

MATERIALS AND METHODS

A sample of 600 adolescent girls and boys were included in the study. Three hundred samples belonged to Ambajogai taluka and 300 to Latur taluka in that 150 girls and 150 boys were selected from urban, rural and slum area Marathwada region, Maharashtra state. Their age group was 16-18 yrs and was from std. X to XII. The data pertaining to the study was collected by administering Depression Scale and revised Socio-economic Status Scale of Kuppuswamy in addition to personally interviewing the sample adolescent girls and boys. This scale has 96 statements to analyses of their depression level. The collected information of the sample adolescents was pooled and statically analyzed.

RESULTS AND DISCUSSION

Table 1 and fig 1 indicates sixty-four percent of adolescent girls and boys assessed to have low depression level followed by moderate depression level (24%) and high depression level (12%) irrespective of the residential area. Seventy-five percent urban adolescents found to have low depression level followed by moderate depression level (19%) and high depression level (6%). While in rural area 68 percent adolescents were found to have low depression level followed by moderate depression level (23%) and 9 percent with high depression level. The corresponding percentages of slum adolescent girls and boys found to have 49,31 and 20. Significantly a higher percentage of slum adolescent girls and boys were found to have high depression level as compare to their rural and urban counterparts. However, such significant differences were not recorded in urban and rural area with moderate depression level.

Table 1. Depression levels of the adolescents and its comparison based on area of residence

Depression levels	Irrespective of residential area	Area of residence and percentages of adolescent girls and boys (600)					
		Urban (200) a	Rural (200) b	Slum (200) c	Z values a vs b	b vs c	c vs a
High	11.66 (70)	6.00 (12)	9.00 (18)	20.00 (40)	1.14 ^{NS}	3.16 ^{**}	4.25 ^{**}
Moderate	24.33 (146)	19.00 (38)	23.00 (46)	31.00 (62)	0.98 ^{NS}	1.80 ^{NS}	2.79 [*]
Low	64.00 (384)	75.00 (150)	68.00 (136)	49.00 (98)	1.55 ^{NS}	3.92 ^{**}	5.55 ^{**}

NS- Non- Significant * - Significant at 5% level** - Significant at 1 % level Chi square value - 36.08**

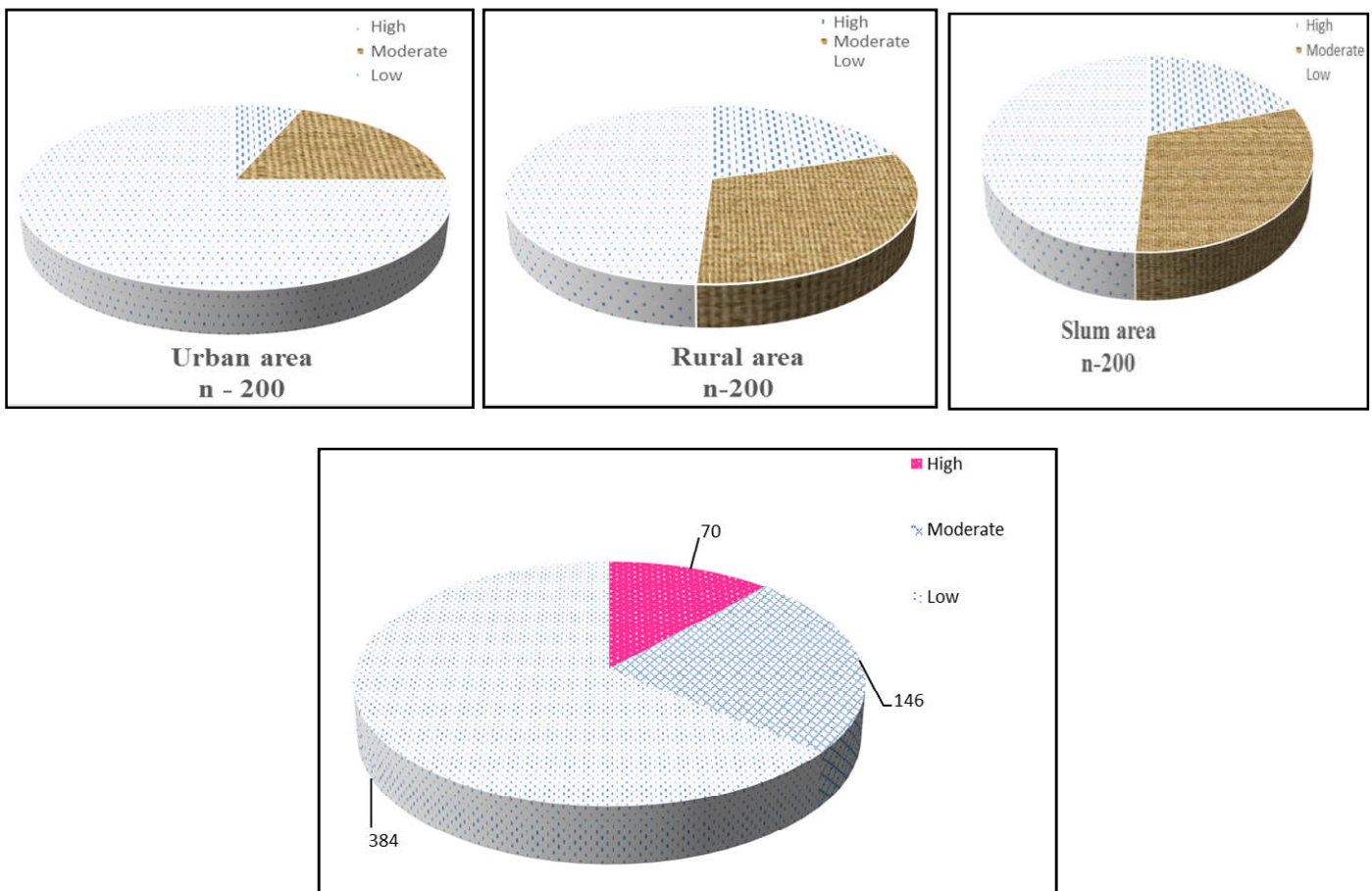


Fig. 1. Depression levels of the sample adolescents irrespective and with respect to their area of residence n- 600

Table 2. Correlation between depression level of sample adolescent girls and boys and their background variables

Background Variables of adolescents	Correlation with depression level of adolescent girls and boys (600)
	Irrespective of Area and Gender
Age	-0.025 ^{NS}
Ordinal Position	0.091 ^{NS}
Type of Family	-0.155 ^{NS}
School Dropout	0.597**
Size of Family	-0.077 ^{NS}
BMI	-0.153 ^{NS}
Socio-economic Status	-0.381**
Normalcy	-0.352**
Father Age	-0.310**
Mother Age	-0.192*
Father Education	-0.379**
Mother Education	-0.300**
Father Occupation	-0.407**
Mother Occupation	-0.092 ^{NS}
Health Status	-0.692**
Academic Achievement	-0.590**
Social Status	-0.435**
Gender Discrimination	0.678**
Relationship with Peers	-0.703**
Relationship with sibling	-0.669**
Relationship with parent	-0.702**
Physical Appearance	-0.687**
Body built	-0.598**
Mobile Phones	0.009 ^{NS}
Adopted Patenting	-0.661**
Parental Expectations	0.516**
Special Place in Family	-0.736**
Dietary Pattern	-0.744**

NS – Non-Significant ; * - Significant at 5 % level; ** - Significant at 1 % level

Chi square value indicates that there was significant association between depression level of adolescent girls and boys and their area of residence. It can be inferred from the results that relatively higher percentage of slum adolescent girls and boys found to have high depression level as compared to their urban and rural counterparts. These results are in line with the findings quoted by Shinde and Desetty (2010) and Shaikh and Doke et al (2018). Table 2 illustrates about the correlations (r values) between depression level of the sample adolescent girls and boys and their background variables The r values indicate that age, ordinal position, type of family, size of family, body mass index, mother occupation. Use of mobile phones found to have no significant correlation with depression level of adolescents these findings depicts that these variables are not influenced on depression level of adolescents but school dropout rate, socio-economic status of

families, normally, father and mother age, education, father's occupation, health status, academic achievement, social status of family, relationships with peers, siblings and parents physical appearance, body built, place in family and dietary pattern found to have significant negative correlation with their depression levels irrespective of the area of residence. School dropout rate, parental expectations and Gender discrimination in family were found to have significant positive correlation with depression level of adolescent girls and boys it shows as gender discrimination increases depression level also increases among sample adolescents. These results are coinciding with the findings quoted by Shinde and Desetty (2010) in their research studies.

Conclusion

It can be concluded from the above results that Irrespective of their gender and area of residence the depression level of the adolescent girls and boys were found to have significant negative correlation with family socio-economic status, normalcy of children, age, education and occupation of parents, health status, academic achievements, social status of family, relations with parents, siblings and peers, physical appearance, body built, adopted patenting practices, special place in family and dietary pattern with their depression levels. School dropout rate, gender discrimination and parental expectations were found to have significant positive correlation with their depression levels.

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