



## INCIDENCES AND CAUSES OF DEPRESSION IN COLLEGE STUDENTS

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### ABSTRACT

The depression episode is characterized by feeling of sadness, loss of interest in activities for more than two weeks. This leads to variety of emotional and physical problems that can decrease ability to function at work and at home. The objectives of present study was to study how many students suffer from depression, age group, gender pattern, reasons for being depressed, measures to overcome depression, role of friends. Around 62.3 to 65.57 % students show clear sign of depression at some of the time in their life. Educational is the major reason behind occurrence of depression followed by social life. Love life is the least

reason behind occurrence of depression. Half of the population experienced depression is situation based. One-fifth populations' feels depression for few hours and very little percentage feel depressed for 2 to 3 days and very least for a week. Half of the students feel bad about themselves during depression. One-fifth of the students experience feeling of failure and only 9.02% students experiences a thought of suicide. This thought came in mind of students from age group 19 to 22. To overcome depression episode maximum number of students prefer to spend time with friends followed by around one-fourth students spend time in hobbies and other one-fourth students chose to see movies and focus on daily routine. Around three-fourth students share reasons behind the depression with friends, and 85.79% students feels that friends and close persons play a vital role in overcoming the depression.

**KEYWORDS:** Depression, Survey, Causes of Depression.

### INTRODUCTION

Nearly one individual in five had experienced depression at some point of time in their life.<sup>[1]</sup> It is common and serious illness that negatively affects how you feel the way think and act in day today life. Major depressive disorder may be caused by the cumulative effects of genetic,

past psychosocial adversity and recent psychosocial stress causing multiple neurobiological impacts on the brain.<sup>[2]</sup> The depression episode is characterized by feeling of sadness (low mood), loss of interest in activities for more than two weeks.<sup>[3]</sup> This episode leads to variety of emotional and physical problems that can decrease ability to function at work and at home. Diagnosis can be made individual suffer from such episode. However peoples with major depression may suffer multiple episodes. Imparting several medical illnesses such as diabetes, heart disease, pain are common comorbid diagnosis.<sup>[4,5]</sup> The relation between major depression and other condition is bidirectional and influence each other.<sup>[6]</sup> It is multi-causal disorder associated with risk of development of cancer, diabetes, epilepsy, stroke and dementia. As metabolic disorder, close relationship exists between depression and cardiovascular diseases. Various mediators associated with depression includes neuropeptide Y, glucagone-like peptide-1, cholezystokinin, ghrelin, leptin, insulin-like growth factor, gastrin-releasing peptide, free T<sub>4</sub>, TSH, CRH, arginine vasopressin, corticotrophin, ACTH, pro-inflammatory cytokines, interleukin-1, interleukin-6, TNF-alpha, soluble interleukin-2 receptors, interferon-alpha, interleukin 8, interleukin-10, hs-CRP, acute phase proteins, haptoglobin, toll like receptor 4, interleukin-1beta, substance P, cyclooxygenase-2, prostaglandin-E2, lipid peroxidation levels and acid sphingomyelinase.<sup>[7,8]</sup> Clinical depression is a multifaceted symptom affecting almost every system of body majorly includes metabolism, endocrine, cardiovascular, inflammatory, neurodegenerative abnormalities.<sup>[8]</sup>

Scientists have identified the gene and series of genes responsible for depression. These genes control the metabolism of neurotransmitters and their receptors. Serotonin is the major neurotransmitter involved in it.<sup>[9,10]</sup> Stress is one of the most common factor of depression.<sup>[11,12]</sup> However not everyone exposed to stress suffer from depression. Stresses interact with person's genetic makeup to influence risk of major depression. A predictive study was conducted in group of persons (26 year old) and concluded that major depression episodes in past year was best predicted from combination of short allele of serotonin transporter and multiple stressful life events in past five years.<sup>[13]</sup>

The standard for diagnosis of depression in patients is structural clinical interview. Epidemiological type studies are often use clinical interview techniques or self-report questionnaires that measures symptoms and moods rather than illness and disorder.<sup>[14,15]</sup> In the present study self-reported questionnaire was used to identify the depression in the students of this institute. The objectives of present study was to study how many students

suffer from depression, their age group pattern, gender pattern, reasons for being depressed, measures done to overcome depression, role of friends etc.

## MATERIAL AND METHOD

A survey on incidences and causes of depression is conducted amongst the students of Govt. College of Pharmacy, Aurangabad during the period of Sept to Oct 2018. This survey was conducted amongst 372 students between the age group of 17 to 34. The survey was conducted in college using a survey form filling method. The form consisting of properly framed questionnaire according to objectives of the study. Although the depression is the personal issue of every individual, and may be a critical issue for anyone, the atmosphere of class where survey is conducted was maintained free minded so that students can fill the private data freely. In the survey form anonymousness of the student is maintained providing safety and secrecy of the personal information of the students. The verbal consent for participation of the students was taken with all prior information about the survey objectives, and complete freedom is given to those who do not want to participate are allowed to walkout without any botheration and reasons. The survey questionnaire consists of 12 questions as given in fig. 1.

## RESULT AND DISCUSSION

**Govt. College of Pharmacy, Aurangabad**  
**Survey on Incidences and causes depression: Academic year 2018-19**

**Class:** Final year B. Pharm. (Seventh semester)      **Subject:** Project work (750)  
**Name of Students:** Ms. Giri Anuja Dattatray and Ms. Harkar Gitanjali Kalyan  
**Questionnaire for Participants** (Please use tick ✓ at appropriate position)

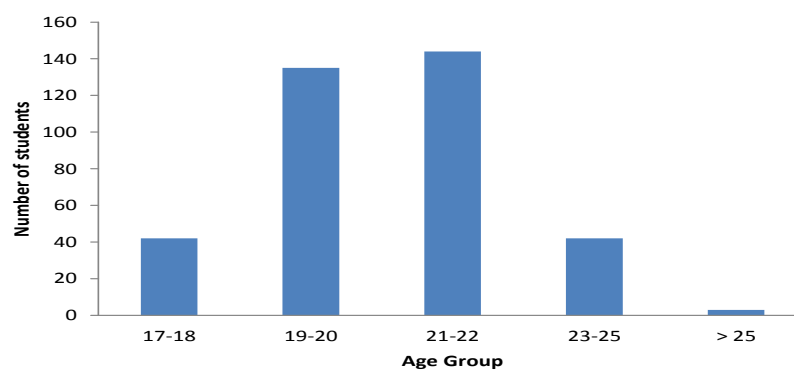
**Instruction:** Dear participant, this questioner is unanimous. Participating in this survey and filling this questioner means that you have given informed verbal consent to participate in this survey.

1. Gender      a. Male   b. Female      c. Transgender
2. Age group / how old are you?  
a. 17-18      b. 19-20      c. 21-22      d. 23-24      e. More than 25
3. Have you ever feel that you have very little interest or pleasure in doing thing?  
a. Yes      b. No
4. Are you able to concentrate on things such as reading Newspaper or studying?  
a. Yes      b. No
5. Have you ever feel that you are depressed?   a. Yes      b. No
6. What kind of occasions / events / phase in your life make you depressed?  
a. Educational   b. Love life      c. Social life      d. Other than this
7. What you do when you feel you are depressed?  
a. Get Irritated      b. Alcohol consumption / smoking  
c. Excessive sleeping / insomnia / restless      d. Other than this \_\_\_\_\_
8. For how much time you feel depressed?  
a. Few hours   b. Days (2-4)      c. A week      d. Depend on situation
9. Which kind of thought comes in your mind when you feel you are depressed?  
a. Feeling bad about yourself      b. You are failure  
c. Suicidal thoughts      d. Other than this \_\_\_\_\_
10. What do you do to overcome depression?  
a. Invest time in hobbies      b. Spend time with friends/change person for Speaking.  
c. Movies/trips      d. Try to focus on daily routine  
e. Other than this \_\_\_\_\_
11. Do you ever share reason behind your depression to your friends?  
a. Yes      b. No
12. Does your friends/ close person play an important role to Overcome depression?  
a. Yes      b. No

*Thanks for participating in this survey*

**Fig. 1: Survey form.**

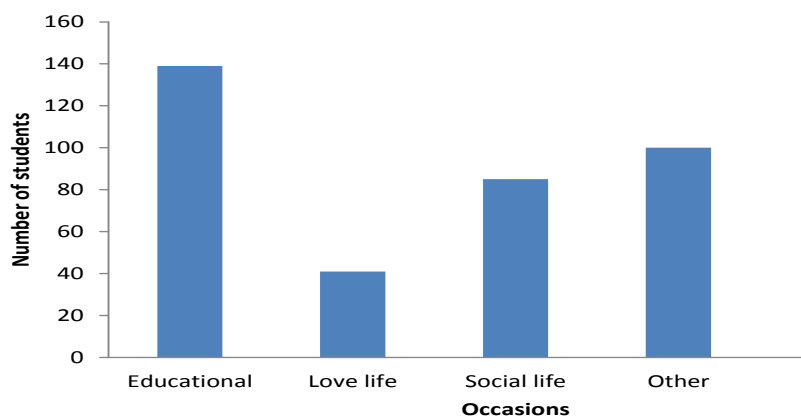
Total 372 students were participated in the study amongst 366 form were found eligible for consideration. The forms which were incomplete (06 nos.) were omitted form the study and kept aside. Amongst 366 students 191 (52.19%) were female and 175 (47.81%) were male students. When the age distribution pattern was observed it indicates that 42 students were from age group of 17 to 18. Age group 19 to 20 consists of 135 students. In age group 21 to 22 maximum numbers of students (144) were laying. Age group 23 to 25 consists of 42 students and three students were above 25 years of age.



**Fig. 2: Distribution of students according to Age group.**

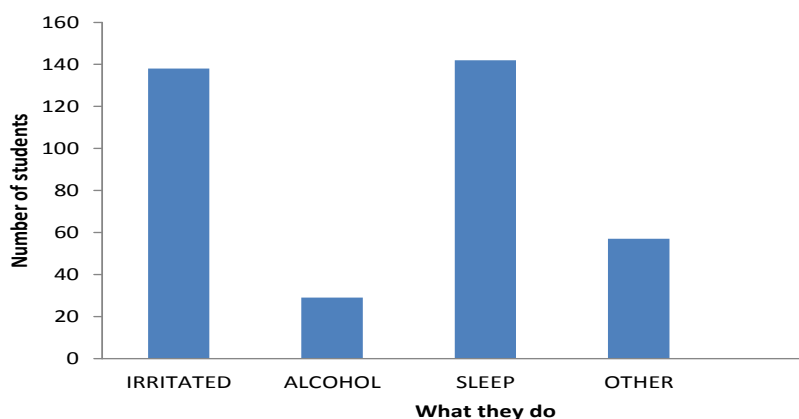
Amongst 366 students, 240 (65.57%) students feel little interest or pleasure while doing things and 126 (34.43%) students do not feel this. This clearly indicates that around 65.57 % students undergo depression at some of the time in their life, where 34.43 % students reported as not undergone any depression or might they could not identify the nature of depression. Amongst the students (240) who reported that they are depressed at some of the time 115 are male students and 125 are female students. Around 48 % are males and 52 % are females. The male and females students are almost same when it comes to the occurrence of depression in their life.

For the answer to question number 4 that are they able to concentrate on reading newspaper or studying 287 (78.42%) students say yes and 79 (21.58%) students say no. This indicates that although 65.57 % students feel that they undergone depression clearly only 21.58 % show the sign and symptom of depression. To the question have you ever feel that you are depressed 228 (62.30%) students say yes and 138 (37.7 %) students say no. These conclusions are at par to the answers of question no. 3. From question no. 6 we tried to find out what are the possible occasions, event on which their depression occurs. Educational is the major reason behind it followed by social life. One student has not given any response for this question.



**Fig. 3: Occasions for occurrence of depression.**

Amongst 366 students, 139 (37.98%) got depression due to educational reason; this is the major reason for incidence of depression in the students. Amongst these 139 students 64 were males and 75 were female students. This concludes that female students were more worried and conscious about their educational life than male and might become depressed due to that. Around 41 (11.2 %) students got depressed due to their love life. From these students, 25(6.83%) were males and 16 (4.37%) were females, clearly indicating that students are giving priority to education than their love life. Male are more depressed than females in their love life. Social life is second most leading cause of depression 85 (23.22%) students feel depressed due to various social causes. Male student's contribution is 40 (10.93%) and female students were 45 (12.3%). In this female students were more depressed due to social life as a factor. All other reason contributes 100 students (27.32%).

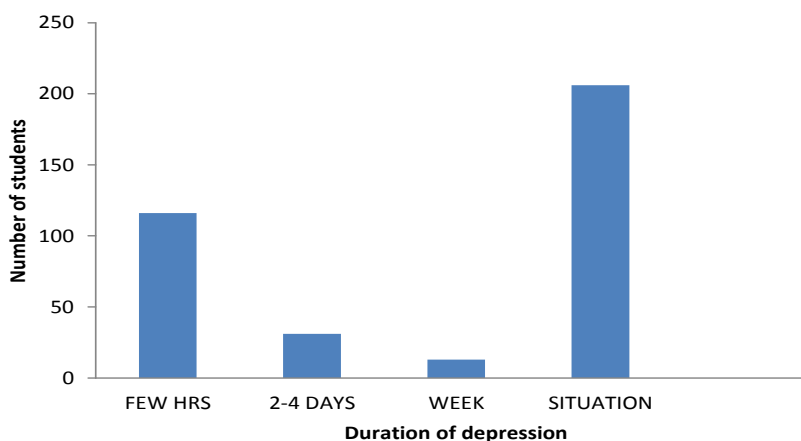


**Fig. 4: What students do when they feel depressed (get irritated / Alcohol consumption or smoking / excessive sleeping, insomnia, restlessness / other activity).**

The reaction of individual towards the episode of depression will vary from individual to individual. In the present study we try to evaluate the various reactions like getting irritation,

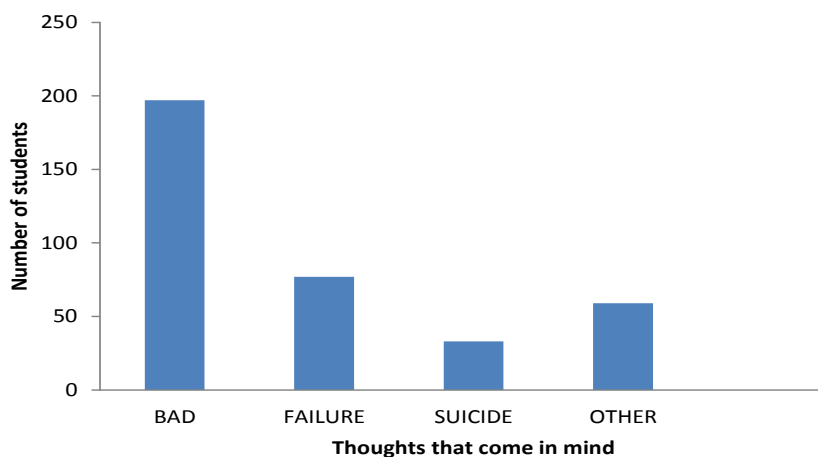
consumption of alcohol, smoking, excessive sleeping, insomnia, restlessness or any other. Around 138 students (37.7%) got irritation, 29 students (7.9%) consume alcohol or smoke, 142 students (38.8%) experience excessive sleeping, insomnia or restlessness and 57 students (15.57%) experience other sign and symptoms. In this study variable gender dependent experiences varies. Females (78) got more irritated than males (60). Male prefers are very high (22) as compared to females (7) for consumption of alcohol, smoking, While females (80) experiences excessive sleeping, insomnia and restlessness than males (62).

The feeling of depression lasts for few hours in 116 (31.69%) students, 31 (8.47%) students get depressed for 2 to 4 days. Depression of 13 (3.55%) students lasts for week and maximum number (206 i.e. 26.28%) students reported that the duration of depression depends of situations.



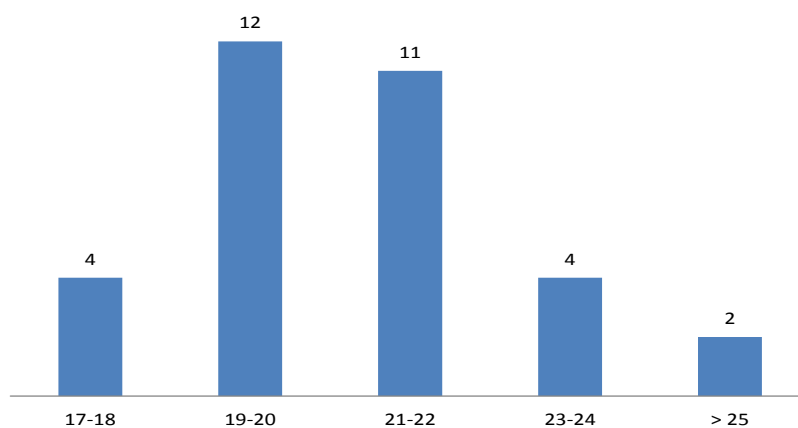
**Fig. 5: Duration of depression.**

Depression leads various thought process that comes in mind and may leads to subsequent consequences. Around 197 (53.83%) students feel bad about themselves when depressed. In 77 (21.04%) students thought of came that “you are failure”. Suicidal thoughts came in around 33 (9.02%) students. Number wise this is very less but the consequences of this is very dangerous. Around 59 (16.12%) students experience other thoughts.



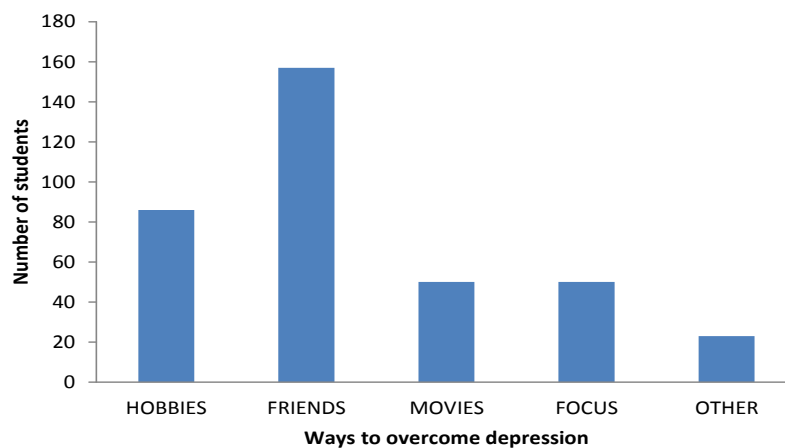
**Fig. 6: Thoughts that comes in mind (Bad: Feeling bad about yourself, Failure: You are failure, Suicide: Suicidal thought, Other: Other than these thoughts).**

The most dangerous thought that come in mind is suicidal thoughts. From 33 students 15 males and 18 females were experiencing about suicidal thoughts. The suicidal thought occurs mostly in students from age group from 19 to 22. Elder and older students (less than 18 and more than 23) experience less suicidal thought.



**Fig.7: Number of students from different age group showing occurrence of suicidal thought.**

When it come the question of overcoming the depression and roles of friend circle in it, last three questions were frames to answer these queries only. Question no 10 was aimed to find the ways students adapted to overcome depression.



**Fig. 8: Different ways to overcome depression. (Invest time in hobbies, Spent time with friends / change person for speaking, movies / trips, try to focus on daily routine, other than this).**

To overcome depression 86 (23.5%) students adapted to invest time in hobbies, maximum 157 (42.9%) students spent time with friends or change person for speaking, equal number of students 50 (13.66%) choose to go for movies / trips or try to focus on daily routine, and 23 (6.28%) students adopted other way to overcome depression.

Sharing the reasons behind the depression with friends helps in overcoming depression. From 366 students 264 (72.13%) students adopted sharing while 102 (27.87%) students not. From these students 314 (85.79%) students feel that friends and close person play important role in overcoming depression only 50 (13.66%) students does not feel that.

## CONCLUSION

The depression episode leads to variety of emotional and physical problems. Peoples with major depression may suffer multiple episodes, imparting several medical illnesses.<sup>[4,5]</sup> The present study was aimed to find out presence of depression, reasons for being depressed, measures taken to overcome depression and role of friends and close persons in it.

In the present study grossly half of the female and half of male have participated. The major age group is from 19 to 22 (around 76.23%). From question no 3, 4 and 5 it can be concluded that around 62.3 to 65.57 % students shows clear sign of depression at some of the time in their life. When we try to find out the reasons behind occurrence of depression, educational is the major reason, contributing around one-third (37.98%) of the total populations. Love life is the least reason behind occurrence of depression. Social causes contributes around one-fourth



(23.22%) of the population. Getting irritated, excessive sleeping, insomnia, and restlessness are the major outcomes (76.5%) of depression concluded from the above studies. More females are getting these symptoms than males. Around half of the population (53.83%) experienced depression is situation based. Around one-fifth (21.04%) population feels depression for few hours followed by very little percentage feel depressed for 2 to 3 days and very least for a week.

Around half of the students (53.83%) feel bad about themselves during depression. In around one-fifth of the students experience feeling of failure and only 9.02% students experiences a thought of suicide. Although this percentage is very low but the act of suicide is dangerous and hence the number is quite significant. This thought came in mind of students from age group of 19 to 22. To overcome this depression episode maximum number of students (42.9%) prefer to spend time with friends. Around one-fourth (23.5%) students spend time in hobbies and other one-fourth students chose to see movies and focus on daily routine. Sharing also contributes to overcome depression three-fourth students share reasons behind the depression with friends, and 85.79% students feels that friends and close persons play a vital role in overcoming the depression.

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