



Stress, Anxiety And Depression Among Indian Adolescent :

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Abstract

Background: Lifespan prevalence of anxiety and depression increases from 1% of the population at age below 12 years and it will be 17 percent – 25.7 percent of the population by the (late teens) end of adolescence. The major increase in new cases occur between 15 to 18 years.

Objective: To examine depression, anxiety and stress among adolescent students studying in college of Delhi NCR.

Design: For study we have used Cross-Sectional survey design.

Tools: DASS (depression, anxiety and stress scale) developed by Lovibond and Lovibond (1995) was used to measure stress, anxiety and depression. This scale has 21 items in short version of Scale. In this high score shows higher level of depression, anxiety and stress.

Result: Study found that students having single working parent is having low score than those whose both parents are working. Females are having higher level of stress anxiety and depression in compare to male.

Conclusion: Our study found that there are moderate prevalence level of stress depression and anxiety in our sample population. Invention aimed at promoting Mental Health among them should be implemented.

Keywords: anxiety, stress, depression, cross-sectional study, mental health, adolescent.

INTRODUCTION :

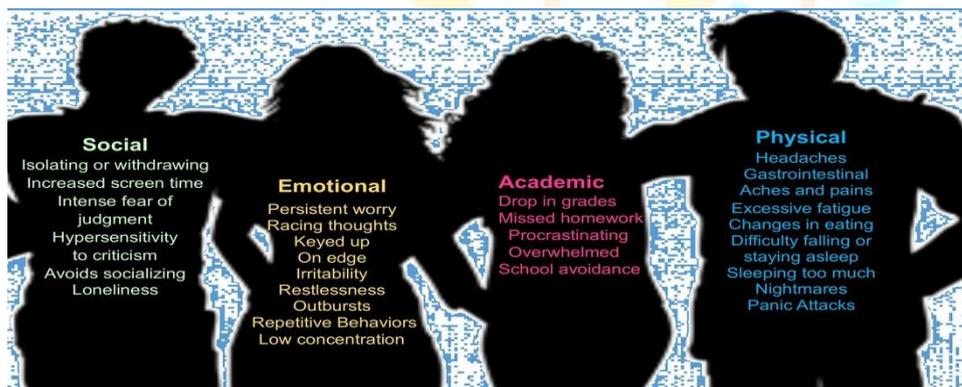
Stress is the most common experienced by people in day to day life at some extent. Weather it is related to study or at work place, fear of failure in exam or fear of losing of job. All these are threats or challenges and changes are leads to stress when they are not controlled. Stress is physical, emotional, behavioural, psychological response to the events or thought that makes individual feel angry, frustrated, pressure or threatened. It triggers the fight or flight response.

Depression is mood disorder that causes by persistently depressed mood, sadness or loss of interest. In this person may feel trouble in normal day to day life even sometimes he feels like his life is not worth living. It affect the way you think feel or behave which lead to variety of physical

and emotional problem. You never treat it in one or two day it is difficult to snap out of it easily. It requires long term treatment but it doesn't mean that it can not be treated. It can be treated with psychotherapies, medication or with both.

Anxiety means when you feel fear, dread and uneasiness about everyday situation. Your heart rate increases rapidly, start sweating or feeling tiered. You get anxious about little thing and find it difficult to control are out of proportion to actual danger. There is no fixed age of occurrence it occur at any age weather it starts in childhood or teen and even continue into adulthood too. This also include so many other anxiety disorders like GAD,OCD, Phobias, etc. But these disorder can be treated.

This may be due to the different developmental and social challenges that adolescents typically facing, such as developing bodies and brain, hormonal changes, and peer pressure. Anxiety and depression in adolescent have been linked to higher level of stress.



Picture:1

Objective

To examine the level of stress, anxiety and depression with the help of *DASS* by *lovibond and lovibond (1995)*. And explore how working pattern of parents effect the adolescent students.

Methodology And Material

The Study was conducted in two college near Delhi NCR. Total 100 students were participated in sample. In which 50 were males and other 50 were female. The study employed quantitative methodology to collect data. The short version of *DASS* (*depression, anxiety and stress scale*) having 21 items was used to measure the level of stress, anxiety and depression in college going students. Data was analysed by cross-sectional survey design. All statical significance is analysed with the help of SPSS.

Procedure

This study was conducted within two college of Delhi NCR. First of all we took permission from the college authorities then ask them to issue permission letter for conducting the study within the college. Then the objectives and all the instructions were explain to students. Some students were from Hindi medium so we translate the instructions and questions to them with the help of expert translator. And then ask them to filling up the questionnaire and timely doubts of students

were cleared. And students were make assure that there confidentiality of information will maintain. And then we thank them for their time and responses.

Result

Table:1

Sex	Group	N	Mean	SD
Female	1	50	14.93	2.03
Male	2	50	14.73	1.79

Table:1 Shows The different sex adolescent with means and SD of 14.93 ± 2.03 in Females. And with mean and SD of 14.73 ± 1.79

Table:2

variables	group	N	Mean	SD	t
Stress	Single working parent	50	6.43	5.98	7.59
	Both parent are working	50	16.23	3.81	
Anxiety	Single working parent	50	6.20	5.52	7.79
	Both parent are working	50	15.06	2.87	
Depression	Single working parent	50	6.13	5.43	7.77
	Both parent are working	50	14.73	2.66	

**significant at 0.01 level*

Table:2 shows that mean score of **Stress** were 6.43 ± 5.98 among adolescents having single working parent whereas 16.26 ± 3.81 among those whose both the parents are working. The mean score of **Anxiety** were 6.20 ± 5.52 among adolescents having single working parent whereas 15.06 ± 2.87 among those whose both the parents are working. The mean score of **Depression** were 6.13 ± 5.43 among adolescents having single working parent whereas 14.73 ± 2.66 among those whose both the parents are working.

Discussion And Conclusion

The result of our study shows that **Stress, Anxiety and Depression** is higher in sample having both working parent in comparison to adolescent having single working parent in family. We also see that females are having higher chance of these disorder than the males. Reason may be Gender

biasedness in our society or it can any other reason too. In this study data was relatively small and it was taken from only two NCR colleges hence the study cannot be generalised.

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