



ARTISANAL HEALING: THE IMPACT OF D.I.Y. KITS ON COPING WITH DEPRESSION AMONG COLLEGE STUDENTS

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ABSTRACT: Being one of the most prevalent mental disorders among adults, depression may have a significant negative impact on a person's life. The various factors that contribute to depression include traumatic and stressful life experiences, medicine, recreational drugs, peer pressure, and abuse, among others. A depressed person may appear joyful from the outside and may even smile, but in truth, no one knows what is going on inside of him or her, or he may be experiencing trauma from the inside out. Depression may be classified into three stages: mild, moderate, and severe. The three levels can all be cured using different therapeutic modalities. Lack of self-confidence, loss of interest in routine tasks, excessive moodiness, irritability, feelings of guilt or worthlessness, trouble thinking, focusing, or making decisions, among other symptoms, are some of the causes of depression. Each of them has a significant impact on a person's life and requires time to recover from. It has happened that many individuals don't even realise they have depression, which worsens the situation in their life. To relieve these people's sadness and improve their quality of life, there are several medicines and counselling therapies available. Numerous counsellors advise these people to engage in various forms of treatment, such as yoga, meditation, reading, and outdoor activities where they may reconnect with nature and rebuild their confidence. Many of these activities are purposefully provided to youngsters so that they may learn to rely on themselves rather than others, which helps them become more reflective and opens their eyes to new ways of viewing the world.

This dissertation/thesis includes research on how DIY (Do It Yourself) kits may assist such persons in becoming independent and in regaining their confidence via the creation of their own products. We feel good when we consider creating anything on our own. These DIY kits may be utilised by the general public to take a vacation from everyday routine and be on your own, not just for these individuals.

Index Terms: Depression, Sustainability, College Students, Mental Health, Art Therapy, Self-care, Wellness, Psychological Well-being, Craft Activities, Stress Management

1. INTRODUCTION

1.1 What is Depression?

Major depressive disorder, sometimes known as depression, is a significant medical condition that frequently affects people's feelings, thoughts, and behaviors. Thankfully, it is also curable. Sadness and/or a loss of interest in previous hobbies are symptoms of depression. It can impair your ability to perform at work and at home and cause a number of mental and physical issues. In any given year, depression is thought to afflict one in 15 individuals (6.7%). In addition, 16.6% of the population will suffer depression at some point in their lives. Although it can strike at any moment, depression often initially manifests itself in late adolescence to mid-life. Depression is more common in women than in males. According to some research, one-third of women will go through a significant depressive episode at some point in their lives. When first-degree relatives (parents, children, or siblings) also experience depression, there is a significant degree of heritability (about 40%). (Torres, 2020)

1.2 Depression in Adults/College Students

A young person's adult years are often one of the most exciting and difficult periods of their lives. The benefits of connection, learning, and independence are balanced out by the difficulties of being away from home for the first time as well as academic and social expectations. It has always been the case. However, a recent national research found that rates of adult depression and other mental health problems had virtually quadrupled over the previous ten years. According to research, people start showing signs of numerous mental health issues between the ages of 18 and 24. Adolescence, the phase between childhood and maturity, is a time of emotional instability that makes people more susceptible to depression. Conflicts among families and peer groups originate from difficulty creating self-identity and self-esteem, which causes emotional instability. This may be a normal aspect of teenage growth and arise from the loss of childish security brought on by the desire for independence and separation in adolescents.

1.3 Symptoms of Depression in Adults/College Student

Depression is a mental health disorder that can affect people of all ages, including college students and adults. Some common symptoms of depression in adults and college students include feelings of sadness or hopelessness, loss of interest or pleasure in

activities that were once enjoyable, changes in appetite or weight, difficulty sleeping or oversleeping, fatigue or loss of energy, feelings of worthlessness or guilt, difficulty concentrating, and thoughts of self-harm or suicide. It is important to note that not everyone experiences depression in the same way, and some people may exhibit different symptoms or severity levels. If you or someone you know is experiencing these symptoms, it is important to seek professional help from a mental health provider.

1.4 Early-stage Depression in Adults/College Students its Factors and Treatment

Early-stage depression in adults and college students is characterized by the presence of mild symptoms that may not yet meet the criteria for a diagnosis of major depression. Some common signs of early stage depression include feelings of sadness or emptiness, decreased interest in activities that were once enjoyable, changes in appetite or sleep patterns, fatigue or lack of energy, difficulty concentrating, and feelings of worthlessness or guilt. Early stage depression may be more difficult to identify than major depression because the symptoms may not be severe enough to significantly impact daily functioning. However, it is important to recognize and address early stage depression, as it can worsen over time if left untreated. In some cases, early intervention and treatment may prevent the development of more severe depression. Treatment for early stage depression may include talk therapy, medication, or a combination of both. Lifestyle changes such as regular exercise, a healthy diet, and adequate sleep may also be helpful in managing symptoms. It is important to seek help from a mental health professional if you or someone you know is experiencing symptoms of early stage depression.

1.5 How can depression be avoided on early stage

While it may not be possible to completely prevent depression, there are several steps that individuals can take to reduce their risk and potentially avoid the development of depression, particularly in the early stages.

1.5.1 Build a strong support system: Maintaining social connections and relationships with friends, family, or support groups can help individuals feel less isolated and reduce feelings of depression.



Figure 1: Depression

1.5.2 Develop healthy coping mechanisms: Identifying and practicing healthy ways to cope with stress and difficult emotions, such as exercise, mindfulness, or creative outlets, can help prevent depression.

1.5.3 Prioritize self-care: Taking care of oneself physically and emotionally, such as getting enough sleep, eating a balanced diet, and engaging in self-care activities, can help improve overall well-being and reduce the risk of depression.

1.5.4 Seek professional help: If an individual is experiencing early symptoms of depression, seeking help from a mental health professional can provide support and guidance in developing effective coping strategies and preventing the development of more severe depression.

1.5.5 Address underlying issues: Addressing underlying issues that may contribute to depression, such as unresolved trauma or stressors, can help reduce the risk of depression.

It is important to note that depression is a complex mental health disorder that can develop for a variety of reasons, and there is no one-size-fits-all approach to prevention. However, implementing these strategies may help reduce the risk of depression and promote overall well-being.

1.6 Can depression be cured?

Depression is a treatable mental health disorder, but it is not necessarily curable in the sense that it may not be permanently eliminated. However, with appropriate treatment and ongoing management, many individuals with depression are able to effectively manage their symptoms and experience significant improvements in their quality of life. Treatment for depression may include a combination of medication and therapy, such as cognitive-behavioural therapy (CBT), which has been shown to be effective in treating depression. Other types of therapy, such as interpersonal therapy or psychodynamic therapy, may also be helpful depending on the individual's needs and preferences. It is important to note that treatment for depression can take time and may require some trial and error in finding the most effective approach. Additionally, some individuals with depression may require ongoing treatment to manage their symptoms and prevent relapse. While depression may not be completely curable, seeking treatment and developing effective coping strategies can significantly improve an individual's quality of life and reduce the impact of depression on daily functioning. It is important for individuals experiencing symptoms of depression to seek help from a mental health professional.

1.7 Concept of D.I.Y Kits

DIY refers to the practise of constructing, altering, or repairing items without the direct assistance of professionals or qualified specialists. According to academic study, DIY refers to behaviours in which "people make, change, or repair material goods, including those taken from the natural world (e.g., landscaping) using raw and semi-raw materials and parts." Several factors that were once classified as market factors (economic rewards, lack of product availability, lack of product quality, demand for customisation), as well as identity improvement, can lead to DIY behaviour (craftsmanship, empowerment, community seeking, uniqueness).

Since then, the definition of "do-it-yourself" has expanded to include a variety of skill sets. DIY has been referred to as a "self-made-culture," one that involves designing, making, personalising, and repairing goods without the use of formal education. People

now share ideas, designs, techniques, and finished projects with one another in person or online as DIY has evolved into a social concept. The DIY movement is very popular in the fashion world, and ideas for clothing, jewellery, makeup, and hairstyles are frequently shared on social media platforms like YouTube. There are other methods, including as distressing, bleaching, revamping an old shirt, and studding denim. The art and design community has also begun to embrace the idea of DIY. Jugaad is a slang term used in Hindi, Bengali, Marathi, Punjabi, Sindhi, and Urdu to describe an unconventional, economical innovation that is frequently referred to as a "hack." It could also be used to describe a resource that can be used in this way, a creative fix or a straightforward work-around. It's also frequently used to denote inventiveness, such as finding new ways to employ already-existing materials or coming up with original ideas.



Figure 2: DIY kit

1.8 Why D.I.Y Kits are important in today's world.

D.I.Y (Do-It-Yourself) kits are important in today's world for a few reasons:

Creativity and Skill Development: D.I.Y kits can be used to develop creativity and skills in a wide range of areas such as electronics, woodworking, crafting, and programming. By providing step-by-step instructions, these kits allow individuals to learn new skills and create something unique. **Education and Learning:** D.I.Y kits can be used as a tool for education and learning. They can be used in classrooms to teach STEM concepts, coding, and other technical skills. They can also be used to teach children about the importance of recycling, sustainability, and environmental conservation.

Convenience: A useful way to work on creative projects without having to buy all the ingredients separately is using do-it-yourself kits. Kits frequently include all necessary components and instructions, making it simple for people to begin working on their projects.

Cost-Effective: Do-it-yourself kits can be an inexpensive method to participate in artistic endeavors. Buying a kit instead of buying each of the required materials separately, which is frequently costly, allows consumers to save money.

Accessibility: D.I.Y kits can be used by individuals of all ages and skill levels, making them accessible to a wide range of people. They can be used by beginners who are just starting to learn a new skill or by experts who want to try something new.

Overall, D.I.Y kits offer a fun and engaging way for individuals to learn new skills, express their creativity, and engage in hands-on projects. They provide a convenient and cost-effective way to engage in creative activities, making them an important part of today's world.

1.9 D.I.Y. in various fields

- Self-publishing books, zines, and alternative comics.
- Bands or solo artists releasing their music on self-funded record labels.
- Homemade stuffs based on the principles of "Recycle, Reuse and Reduce (the 3 R's).
- A common term in many Environmental movements encouraging people to reuse old, used objects found in their homes and to recycle simple materials like paper.
- Crafts such as knitting, crochet, sewing, handmade jewellery, ceramics.
- Creating punk or indie musical merchandise through the use of recycling thrift store or discarded materials, usually decorated with art applied by silk screen.
- Building musical electronic circuits such as the Atari Punk Console and create circuit bending noise machines from old children toys.

1.10 Aims and Objectives

Primary Objectives:

- To find how D.I.Y Kits can boost confidence level and make environment stress free around a college going student who is suffering with depression and for those college going students not aware that they are suffering from depression.

Secondary Objectives:

- To study about the concept of Depression.
- To analyse depression amongst college going students.

- To examine how depression is cured through various therapy's, for college going students.
- To study about the concept of D.I.Y Kits.
- To assess if D.I.Y Kits can be a part of therapy (To boost self-confidence) of healing from Depression for college going students.
- To suggest a Brand Proposal related to D.I.Y Kits.

Different pharmaceutical and natural therapies are used to treat and cure depression. Since depression is a mental health condition, treating it is more difficult than it first appears. However, treating them can also be challenging since the patients lack trust and lose confidence in their ability to perform everyday tasks. For them, doctors recommend a variety of self-healing therapies so that they can lead regular lives. DIY Kits is one of these self-healing practises. How these D.I.Y. Kits can aid these patients in self-healing is the subject of this dissertation or thesis. Additionally, a regular individual who lacks confidence might utilise these kits to restore their lost confidence. Thus, this thesis makes suggestions about how DIY kits may be useful for their usage and provide them more self-assurance.

2. REVIEW OF LITERATURE

This research paper has examined the understanding of the pathogenesis of adolescent depression is difficult because both environmental and genetic factors can contribute to its onset. Although there are certain screening procedures and diagnostic standards, the clinical presentations of the condition are varied, making a diagnosis extremely difficult. Additionally, it may be misdiagnosed as another psychiatric condition, necessitating the use of many differential diagnoses. Depending on the severity, underlying risk factors, and available resources, treatment options may include medication, psychotherapy or both. In any case, psycho education, a supportive attitude, and family engagement are required components of treatment. In addition to helping to lower the prevalence of this ailment, preventive interventions also contribute significantly to community health. The medical profession is concerned about adolescent depression because it has an unpredictable clinical course and is underdiagnosed globally. General practitioners can help with early identification, the start of therapy, and, if necessary, the referral to mental health experts. (Diogo Beirão, Helena Monte, Marta Amaral, Alice Longras, Carla Matos, Francisca Villas-Boas, 2020)

This study indicates that even after more than three decades of discussion and research, it is still unclear if all psychotherapies are equally effective. Seven major psychological treatment modalities for mild to moderate adult depression (cognitive-behavioural therapy, nondirective supportive treatment, behavioural activation treatment, psychodynamic treatment, problem-solving therapy, interpersonal psychotherapy, and social skills training) were directly compared with other psychological modalities in a total of seven meta-analyses by the authors (with a total of 53 studies). At least five randomised comparison trials have been conducted to assess each significant therapy category. With the exception of interpersonal psychotherapy, which was marginally more effective than the other treatments ($d = 0.20$), and nondirective supportive treatment, which was marginally less effective than the other treatments ($d = -0.13$), there was no indication that any of the treatments was more or less effective than the others. Compared to the other therapies, cognitive-behavioural therapy had a much higher drop-out rate, but problem-solving therapy had a significantly lower drop-out rate. According to this study, there aren't any significant variations in the effectiveness of the main psychotherapies for mild to moderate depression. (Cuijpers, Pim van Straten, Annemieke Andersson, Gerhard van Oppen, Patricia, 2008)

This study shows the evidence that exercise may effectively cure adult depression is reviewed critically in this article. Traditional techniques for measuring depression (such as conventional interviews, questionnaires, and mood scales) are explained. Depression is recognised as a mood state, clinical syndrome, and mental disorder. The discussion of other well-known techniques for treating clinical depression places exercise therapy in context. The effects of exercise on healthy individuals, those with comorbid medical illnesses, and people with significant depression are evaluated in observational (such as cross-sectional and correlational) and interventional research. Future study in this area is proposed along with descriptions of potential processes through which exercise may lessen depression. The research that is now available overwhelmingly supports the effectiveness of exercise in lowering depression symptoms in both healthy and clinical populations. Numerous studies do, however, contain important methodological flaws. Exercise should thus not be suggested as a substitute for more established, scientifically verified pharmaceutical and behavioural therapy until further information from well-designed clinical studies is available. (Alisha L. Brosse, Erin S. Sheets, Heather S. Lett , James A. Blumenthal, 2012)

Young individuals are at risk for developing depression when they have a combination of traumatic experiences, such as bad life events and early childhood adversity, together with parental sadness and/or unsupportive social or familial contexts. Stressful life experiences can have a lessened impact thanks to improved life skills and encouraging school and home settings. Programs that improve the learning environment in schools are linked to better behaviour and wellness. Cognitive skill-training interventions have been linked to a temporary decrease in depression symptoms. According to recent research, a sustained intervention must include a variety of elements at several levels, including the classroom, the curriculum, the whole school, and the school-community interaction. To prevent young people from developing depression, teaching interpersonal skills—including cognitive and problem-solving abilities—should be combined with the development of pleasant school and family situations. (Jane M Burns, Gavin Andrews and Marianna Szabo, 2002)

This Study is related to teenage depression a topic that is explored more and more frequently. Many academics spend their entire lives conducting study on this topic. Since there are ever more young individuals exhibiting depressed symptoms, the issue becomes crucial. The diagnosis might be challenging because the puberty-related changes frequently emerge. Mood swings, impulsivity, propulsion difficulties, puissance, sleeplessness, concentration issues, etc. are a few of them. These might also be the initial signs of depression. Depression is an illness that is influenced by a variety of different variables, ranging from independent elements like genetic, biochemical, and hormonal influences to the influence of the family or environment influences and socio-cultural components. Risky behaviours among teenagers are encouraged by early signs of sadness, prolonged stress, difficulties, or adversity—things every young person must cope with. Teenagers are more inclined to reach for various stimulants, such as alcohol, cigarettes, narcotics, and so forth. Additionally, it has been demonstrated that unhealthy habits might lead to depression in the future. (Marta BeMBnowska, Jadwiga Joško-ochojska, 2015)

The current research paper studies about a dimensional view of depression as a continuum/spectrum of overlapping illnesses,

ranging from major depressive disorder to bipolar I disorder. Bipolar II depression, mixed depression, agitated depression, atypical depression, melancholic depression, recurrent brief depression, minor depressive disorder, seasonal depression, and dysthymic disorder are some of the types of depression that have recently been the subject of the majority of research. These results may have a significant effect on how bipolar illnesses and depressive disorders are treated. In light of the spectrum idea of mood disorders, it is necessary to specify whether, when, and how long to take antidepressants and mood-stabilizing medications, paving the way for a new wave of research. (Benazzi, 2006)

The research study is related to how sedentary behaviours (SB) and physically inactive lifestyles are major causes of poor health. A growing body of research has focused on the potential connection between SB and mental health, despite the well-established link between SB (such as watching TV or using the computer) and physical health (e.g., depression). Methodological flaws constrain the evidence supporting a link between SB and the risk of depression in adults. Overall, nevertheless, the research points to a link between SB and a higher risk of depression. Additional research is required to examine the many forms of SB and depression, the interactions between SB, physical activity, and depression, the causes of SB and depression, and the benefits of intervention efforts to lower SB on the risk of depression. (Megan Teychenne, Kylie Ball & Jo Salmon, 2010)

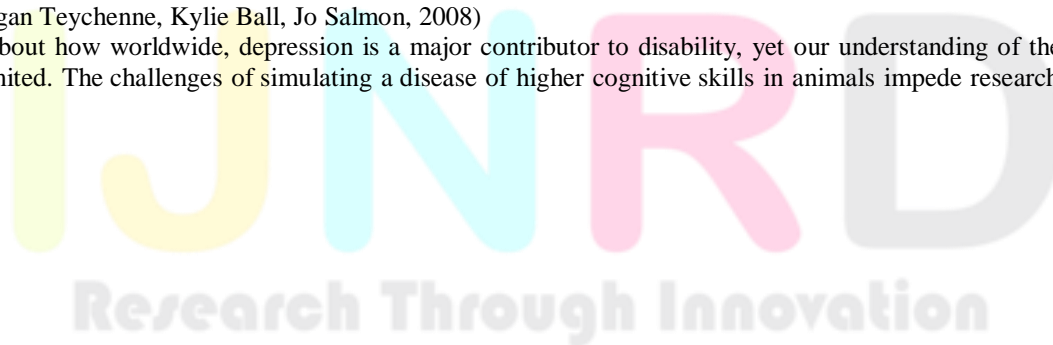
It is discovered that sadness affected students' motivation and productivity, creativity and taking risks, engagement and focus, as well as their impression of themselves and their social interactions. Additionally, it was found that students' sadness may be significantly impacted by their study. When students don't have access to proper advice, failing a research project might make them more depressed. Additionally, students' sadness was worse when they were alone themselves or had unfavourable encounters with others in the lab. However, research also discovered that undergraduate research can help people who are depressed. Students that are engaged in research may find it to be a comfortable environment where they may feel as though they are making a difference. The presence of competent mentoring and a social support system within the research lab, according to the students, also had a good impact on their depression. They anticipate that this work will encourage discussions on how to include students with depression in undergraduate research activities as well as more investigation into the experiences of undergraduate researchers with depression. (Katelyn M. Cooper, Logan E. Gin, M. Elizabeth Barnes, and Sara E. Brownell, 2020)

This study's objective was to gauge the severity of depression among college students and analyse it by age and gender. Despondency and dejection go hand in hand with depression. There were two groups chosen, one with 64 pupils and the other with 64 kids. There are 32 male and 32 female pupils in each group. Students attending colleges in the Delhi and National capital Region provided the data. The "t" test was used for analysis in the study "Cognitive Self-Statements in Depression: Development of an Automatic Thoughts Questionnaire." (Yadav, 2016)

This study has been done for college students, adjusting to college life and going to school for the first time might be difficult. College students are at risk of acquiring depressive symptoms due to the difficulties they confront when adjusting to major life transitions. The most serious negative life event that might result from the onset of depressive symptoms in college students is suicide. In this study, college freshman students' depressive symptoms and high-risk behaviours were studied in relation to stress and other variables, including social support and spirituality. It was also investigated how coping affected the link between stress and the emergence of depressive symptoms. This study helps us understand the variables that are associated with depression in college freshman. According to the findings, it may be crucial to focus on stress reduction among college freshmen in order to lower the prevalence of depressive symptoms. To help students succeed in both their personal and academic life, interventions to help first-years acclimatise to their early college experience can be designed. (Brandy, 2011)

This study found observational and intervention studies that suggest an inverse relationship between physical activity and the probability of depression in adults. It has shed some light on the best amount (frequency, duration, and intensity) of exercise for lowering the risk of adult depression. Despite discrepancies among research, the results point to the possibility that even modest amounts of physical exercise may work as a preventative measure against the chance of depression. The data demonstrates that even modest doses of PA may be protective against depression, despite the fact that the amount and domain of physical activity differed throughout the research analysed. Additional research is required to determine the ideal PA domain for lowering the risk of depression. (Megan Teychenne, Kylie Ball, Jo Salmon, 2008)

This study refers about how worldwide, depression is a major contributor to disability, yet our understanding of the underlying basic biology is limited. The challenges of simulating a disease of higher cognitive skills in animals impede research. Although



current categories are solely descriptive, depression may be regarded as the result of the combination of genetic predisposition and environmental circumstances. Rigid examinations of established candidate systems along with the application of genomic methods to identify novel targets for antidepressants and forecast therapy effects are the best ways to tackle the complexity of this sector. (Ma-Li Wong, Julio Licinio, 2001)

This study is done to analyse how therapists and depressed patients emphasise the relevance of both, current study emphasises symptomatic outcomes and ignores other aspects of functioning. Relationships with others, leisure and everyday activities, communication, social involvement, and challenges at work were shown to be essential for rehabilitation. Experts and patients added non-literature-based personal elements like self-efficacy. The relevant research did not address a number of variances that physicians and patients found about the regions that were improved by psychotherapy or pharmaceutical therapies. (Kaloyan Kamenov, José L. Ayuso-Mateos, Christine Rummel-Kluge, Elisabeth Kohls, Renaldo Bernard, María Cabello, Mónica Nieto., 2017)

The COVID-19 problem is significantly affecting the mental health of adolescents and young people in Latin America and the Caribbean, according to a recent UNICEF survey. In nine nations and territories in the area, the fast evaluation amplified the voices of 8,444 youth between the ages of 13 and 29. The report describes the emotions they experienced throughout the initial phases of the pandemic response and the circumstances in September. 46% of young people report feeling less motivated to engage in activities they typically loved, indicating that the general situation in the nations and their communities has an impact on their everyday lives. 36% lack the desire to perform routine tasks. Through U-Report, a digital platform that encourages young people's involvement in topics that impact them, the quick evaluation was carried out. Despite the fact that the sample is not representative of all young people in the area, the findings offer important information about the difficulties they confront, the resources they have access to, and how they are handling their emotions. The findings serve as a call to action to expand adolescent involvement in these and other issues that directly impact them, to listen to their opinions, and to improve the quantity, quality, and accessibility of mental health services in the area. (UNICEF, 2020)

This study has looked upon the majority of trials looking at depression therapies have concentrated on how these treatments affect depressed symptomatology, response, and remission. Patients do not, however, merely seek therapy to lessen symptoms. Additionally, they seek treatment in order to achieve other, more introspective objectives. It is time to start giving these patient-defined goals more weight than we have up to this point, not only because patients deserve to have their demands taken into account, but also because depressive illnesses are not as well-defined as our diagnostic systems would have us believe. We must adopt a broader viewpoint and incorporate the patient perspective in our study if we are to better understand depressive illnesses and their treatment. Since there is ample evidence that many therapies affect several secondary outcomes in addition to depression, there won't likely be a significant change in the way we think about outcomes. However, not all therapies have this proven to be true. However, it does imply that we should move away from one-dimensional research that simply examines depression symptoms and that, instead, we should pay more attention to patients' needs and incorporate their opinions into outcome studies. (Cuijpers, 2020) The study's objective is to measure the prevalence of depression among college students across gender, academic major, semester, and perception of home life and parent-child relationships, academic standing, and family income. The study also looks at the relationship between depression and how students evaluate their university's academic atmosphere, their living situation, and other personal factors. For testing, seven hypotheses were developed. A total of 717 students were chosen using the multistage cluster selection approach, and information was gathered using a standardised University Students Depression Inventory, an especially constructed structured questionnaire, and academic records. The results showed that among the students, moderate depression affected 37.7%, severe depression affected 13.1%, and extremely severe depression affected 2.4%. There was a noticeable difference between the semesters, with semester II students reporting more depression than semester III students. In terms of academic stream, it was discovered that students in the humanities and social sciences had higher depression than those in the sciences and management. The study also showed that, in comparison to their peers, students who had favourable opinions about the academic and residential environments at their institution had lower levels of depression. The ability to communicate one's issues with others and regular exercise are examples of personal resilience that have been linked to good mental health. (Sibnath Deb, Banu Parveen, 2016)

This paper has reviewed about one of the most common mental illnesses, depression has an astonishingly high incidence among college students. There are various signs of depression that can significantly lower people's quality of life. Although depression is one of the more easily treated mental diseases, many people may be prevented from receiving the necessary care due to the stigma associated with seeking psychotherapy. Music therapy can be an alternative kind of treatment that addresses the various concerns associated with depression. Researchers have discovered that music therapy, as opposed to the current standard of care, which consists of psychotherapy plus medicine, can be more successful in treating depression. Additionally, it has been discovered that using music therapy might make people feel less stigmatised while seeking treatment. The symptoms and potential causes of the extremely high frequency of depression in college students will be further examined in this review. The effects that music therapy may have on those who suffer from depression will also be examined. (Bartlett, 2019)

The research article is related to how various reasons become the cause for Depression. The researchers used a unique, two-stage methodology to find variables that may influence the likelihood of getting depression. More than 112,000 older British individuals were examined in the first stage for correlations with depression across a wide variety of lifestyle and environmental variables. Exercise, sleep, TV and computer usage, food, social activities, and social support were among the behavioural and social aspects that they examined. The amount of green space, noise, and air pollution in the area were all environmental issues. A follow-up survey conducted roughly six to eight years later included a question concerning depression among the individuals. Researchers divided the participants into three groups: those with genetic risk factors for depression, those who had experienced early life trauma, and those without these known risk factors for depression in order to determine which interventions might be most beneficial

for people at high risk of depression. According to the research, obtaining adequate social support and reducing media use may help avoid depression. (Hicklin, 2020)

The research has explained that the subjective experiences of teenagers with mental health issues are not well studied in health psychology. The purpose of this study was to investigate young people (YP) who had been diagnosed with depression's experiences with depression and their path into therapy. Six YP participated in semi-structured interviews (5 female, aged 15–19). Using Interpretative Phenomenological Analysis, interviews were examined. The following four major themes were discovered: "The sensation of enormous anguish," "A feeling of loneliness and isolation," "Struggle to explain the suffering," and "Therapy as a last option." Lack of understanding of what is "normal," the belief that they must handle it alone, and/or the absence of a loving adult who supports the YP in seeking help are factors that contribute to a delay in seeking therapy. The results point to the continuing significance of de-stigmatizing mental illness and encouraging mental health education among young people as well as among parents, educators, and medical professionals. (Katharina Weitkamp, Eva Klein, Nick Midgley, 2016)

This article has suggested about studies of depression among adolescents and young people has increased during the previous 10 years. The same period has seen an upsurge in social media usage. The exact link between social media use and depression cannot be determined. Teenagers who use social media more often report feeling more alone, according to research. Perhaps children who already experience isolation utilise social media more. However, it's possible that using social media actually causes children to feel alone. Another argument contends that social media undermines adolescents' sense of self. A poor self-image may develop in children, especially girls, as a result of seeing so many gorgeous photographs online. Depression may result from self-esteem issues. It may also divert attention from critical things like schoolwork. Children may experience more stress due to having to balance these obligations. Additionally, studies indicate that accessing social media at night prevents many teens from getting a good night's sleep. Finally, the article also suggests to remember to watch out for indications of depression and get professional assistance if you are concerned. It's crucial to keep an eye on children who are experiencing a lot of stress. (Caroline, 2022)

This research study how DIY technologies are becoming more popular in regular education, there are few research on their possible application in special education. The potential of DIY kits as a tool for special educators is examined in this study, as well as the needs for such technologies in the context of special education schools. We looked into how educators in three special education schools investigated the DIY kit Makey through workshops, questionnaires, and interviews. We were particularly interested in learning how educators would use the kit, how they would perceive its openness, and what elements might influence the appropriation process. The findings imply that by boosting accessibility, incentive, and engagement opportunities, designing for appropriation can provide special educators a more active and creative role in the adoption of technology. The findings also provide interface designers and academics with information on difficulties to take into account when DIY kits are used by users who are both non-technical and who have a variety of special requirements.

2.1 Method of Research

- **To study about Depression in college going students.**
 - a. Data collected through Primary sources.
 - b. Data collected through Secondary sources.
 - c. To examine how depression can affect various aspects of a student's life.
- **Finding how depression is being cured with various therapies.**
 - a. Data collected through Primary sources.
 - b. Data collected through Secondary sources.
 - c. To assess various aspects on how early stage Depression is been given treatment.
- **To understand the concept of D.I.Y Kits.**
 - a. To know the importance of D.I.Y Kits and their usage in various fields.
- **Solutions given in form of D.I.Y Kits for early stage Depression in college going students.**
 - b. D.I.Y Kits to help boost confidence in students with Depression.
 - c. To help as a stress buster for common public, with a satisfying feeling through D.I.Y Kits.
 - d. Brand Creation with promotion of the D.I.Y Kits products created, through different platform, showcasing on how these kits can help built a stress free life.

Primary Research:

- Interacting with the Physiologist, to know about Depression in College going Students, how is it treated and cured.
- Interviewing target samples to know about if they have suffered from Depression (or stress, or a feeling of low confidence) because of various reasons, at some point in their life, and to review what they did in the situation.

Secondary Research:

- Reviewing Research papers to know about Depression in college going students and how is it cured through various therapies.
- Reviewing articles to know about the main reasons of depression in Students.
- Data collected through websites who make D.I.Y Kits.



Figure 2: Jewellery making Kit



Figure 4: embroidered Saree



Figure 3: Tie and Dye Kit

Making Kit



Figure.4: String Art Kit



Figure 5- Make Skirt Kit

3. BRAND PROMOTION



Figure 6: Brand Logo



Figure 9: Packaging of D.I.Y Box

3.1 Scope (Conceptual)

- Depression.
- Depression in College Students.
- Fashion D.I.Y Kits.

3.2 Limitations

1. Limitation as to Sample Type and Sample Size.
This study is limited to 50 Samples of Random College going students.

2. Limitation as to Geographical area.

This Study is limited to college students from in and around Pune. (Rural and Urban)

3. Limitation as to time.

This study is limited from a time period of 1st January- 31st March

3.3 Sample Type and Sample Size

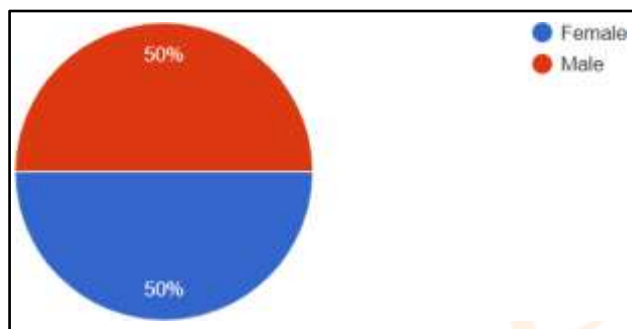
50 random College going students were selected as respondents and sent a well-structured questionnaire to know about if they deal with Depression (Either Stress or feel Low confidence). The responses were kept support in this research, which guided towards making a D.I.Y Kit product line.

4. DATA ANALYSIS

Q1. Gender

Gender	Female	Male
Percentage of the respondents	50%	50%
Number Of respondents	25	25

Table 1.1: Gender



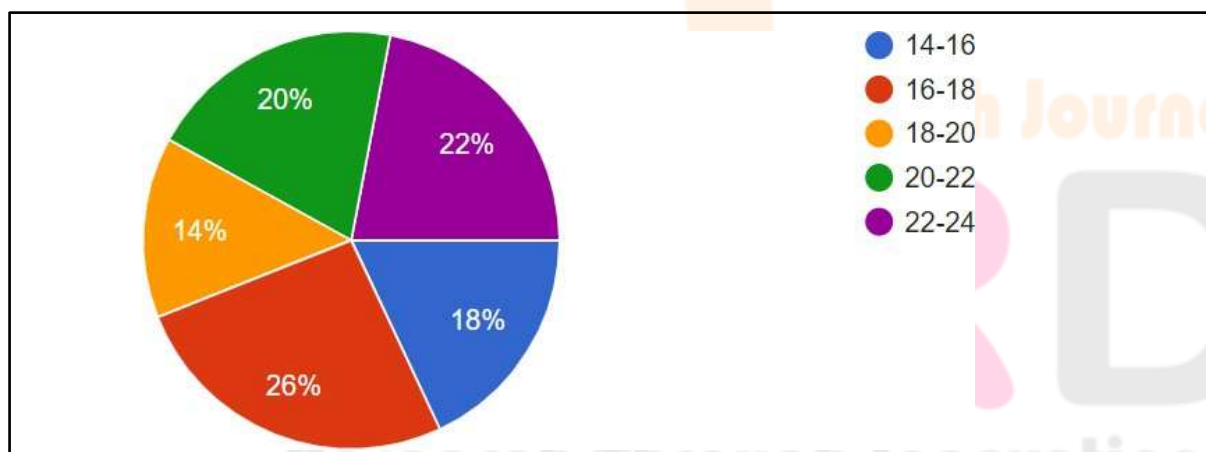
Graph 1.1

Analysis- From Data Table 4.1, out of 50 respondents, 50% of them categorize as Female and 50% of them are Male.

Q2. Age

Age	14-16	16-18	18-20	20-22	22-24
Percentage of the respondents	18%	18%	26%	14%	20%
Number Of respondents	9	13	7	10	11

Table 2.1: Age



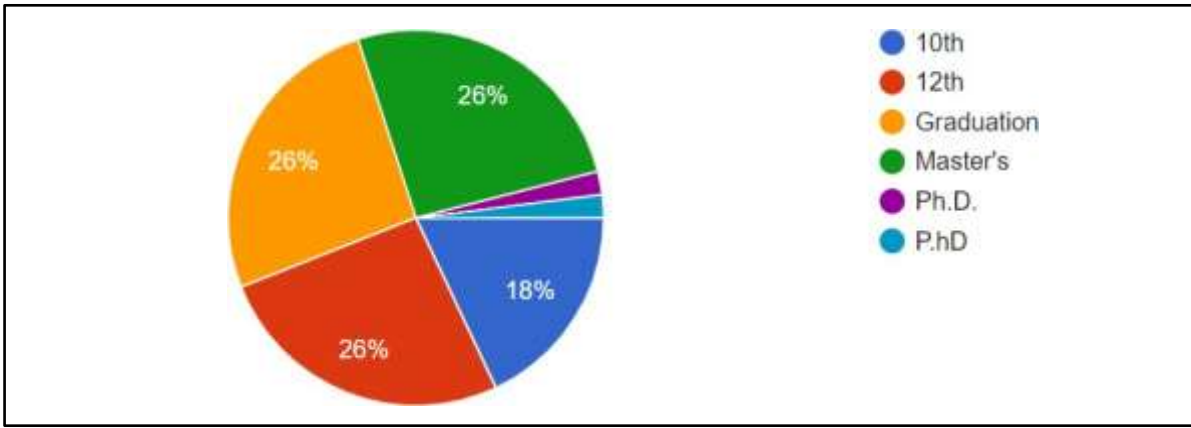
Graph: 2.1

Analysis- From Data Table 4.2, out of 50 respondents, 18% fall in age group of 14-16, 18% fall in age group of 16-18, 14% of them are in the age group of 18-20, 20% are in the age group of 20-22, 22% of them fall in age group of 22-24.

Q3. You are studying in...

Educational Qualification	10th	12th	Graduation	Master's	Others
Percentage of the respondents	18%	26%	26%	26%	4%
Number Of respondents	9	13	13	13	2

Table 3.1: Educational qualification



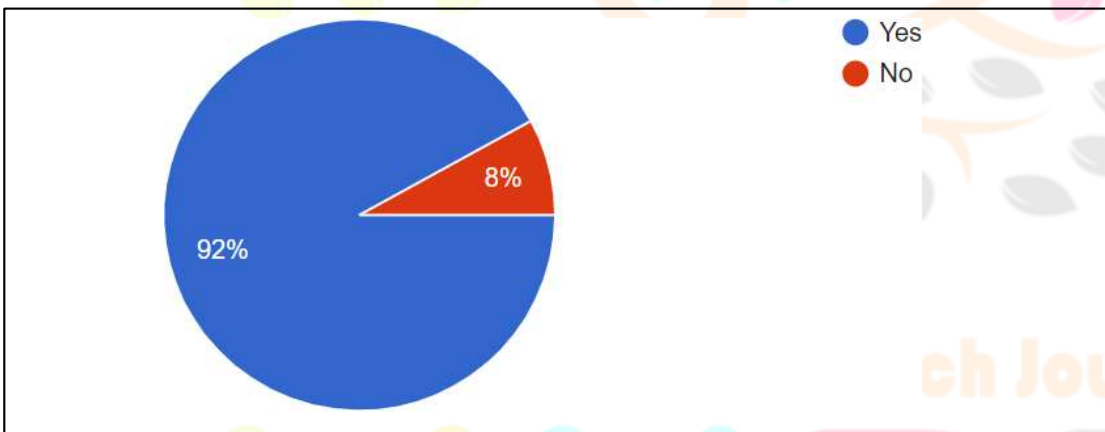
Graph: 3.1

Analysis- From Data Table 4.3, out of 50 respondents, 18% of them study in 10th, 26% of them study in 12th, 26% of them study in Graduation, 26% of them study in Master's and 4% of respondents are completing their Ph.D.

Q4. Do you know about Depression?

Depression	Yes	No
Percentage of the respondents	92%	8%
Number Of respondents	46	4

Table 4.1: Depression



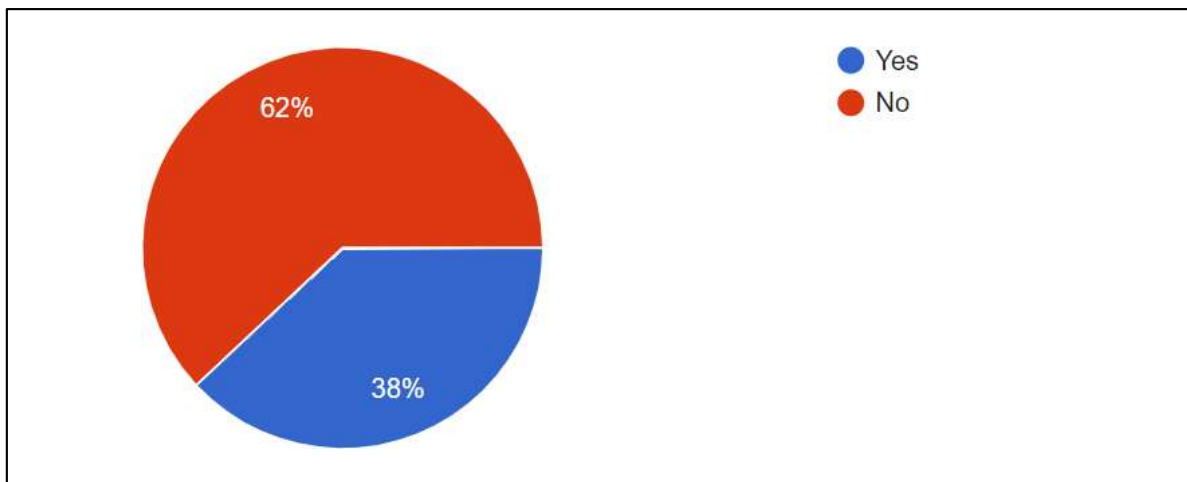
Graph 4.1

Analysis- From Data Table 4.4, out of 50 respondents, 92% of them are such who know about Depression, and 8% of them are such who are not aware of Depression.

Q5. Have you ever faced Depression during any of the studying years?

Suffering from Depression	Yes	No
Percentage of the respondents	38%	62%
Number Of respondents	19	31

Table 5.1: Suffering from depression



Graph: 5.1

Analysis- From Data Table 4.5, out of 50 respondents, 38% of students are such who have experienced Depression during their study years and 62% of them are such who have not experienced Depression during their study years.

Q6. Did you face any mental issues from the following during studying year?

Mental Issues	Stress	Anxiety	Low-Self Confidence	Extreme anger	Loneliness	None of them
Percentage of the respondents	62%	48%	62%	32%	50%	10%
Number Of respondents	31	24	31	16	25	5

Table 6.1: Mental issues



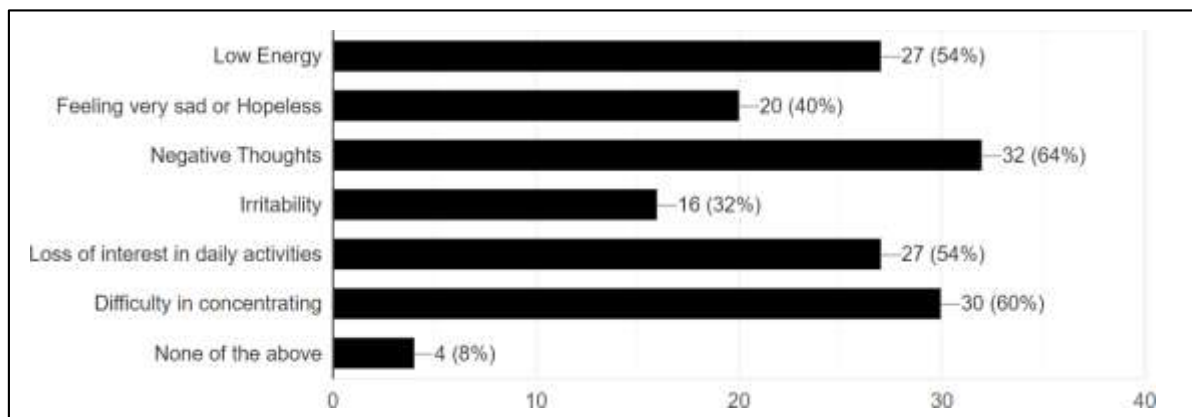
Graph:6.1

Analysis- From Data Table 4.6, out of 50 respondents, 62% of them have experienced issue of Stress, 48% have experienced mental issue of Anxiety, 62% of them have experienced Issue of Low-self Confidence, 32% of them have faced issue of Extreme Anger, 50% of the students have experienced Loneliness during their study years, 10% of them have never experienced any of the Mental issues during their Study years.

Q7. From the following did you ever feel any of the symptoms? (Select all that apply)

Various Symptoms	Low Energy	Feeling sad or Hopeless	Negative Thoughts	Irritability	Loss of interest in daily activities	Difficulty in concentrating	None of the above
Percentage of the respondents	54%	40%	64%	32%	54%	60%	8%
Number Of respondents	27	20	32	16	27	30	4

Table 7.1: Various symptoms



Graph:7.1

Analysis- From Data Table 7, out of 50 respondents, 54% of them have experienced symptom of Low energy, 40% of them have experienced symptom of Feeling sad or Hopeless, 64% of them have experienced symptom of Negative Thoughts, 32% of them have experienced symptom of Irritability, 54% of them have experienced symptom of Loss of interest in daily activities, 60% of them have experienced symptom of Difficulty in concentrating, 8% of them have never experienced any of the mentioned symptom.

Q8. From the following what were the reasons of the same? (Select all that apply)

Reasons of Symptoms	Competitiveness	Jealous of others popularity	Because of bullying by others	Unhealthy environment at home	Pressure of various factors	None of Above
Percentage of the respondents	44%	34%	48%	50%	58%	10%
Number Of respondents	22	17	24	25	29	5

Table 8.1: Reasons of symptoms



Graph 8.1

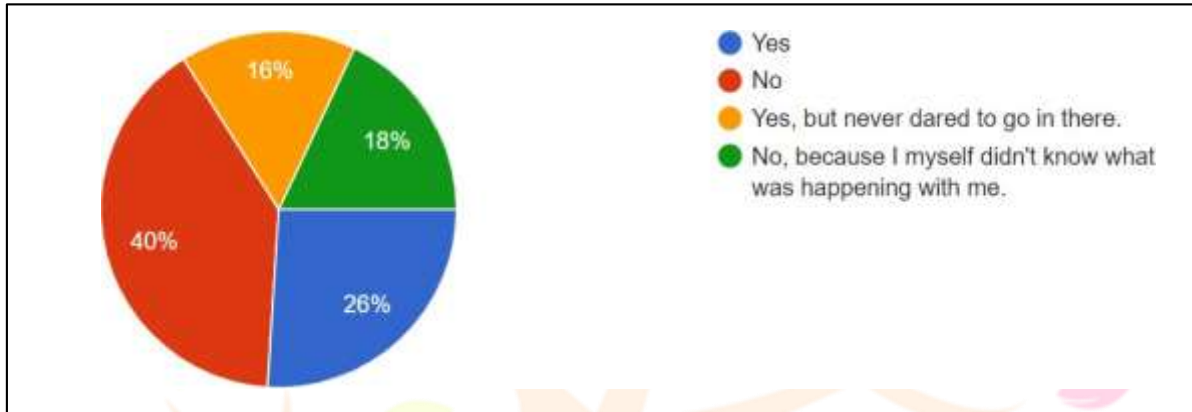
Analysis- From Data Table 4.8, out of 50 respondents, 44% of students have experienced the above symptoms because of Competitiveness, 34% of students have experienced the above symptoms because of Jealous of others popularity, 48% of students have experienced the above symptoms because of Jealous of bullying by others, 50% of students have experienced the above

symptoms because of Unhealthy environment at home, 58% of students have experienced the above symptoms because of Pressure of various factors, 10% of students have never experienced the above symptoms during their study years.

Q9. Did you ever feel a necessity to visit any therapist to talk about the issues faced by you?

Treatment with Therapist	Yes	No	Yes, but never dared to go in there.	No, because I myself didn't know what was happening with me.
Percentage of the respondents	26%	40%	16%	18%
Number Of respondents	13	20	8	9

Table 9.1: Treatment with therapist



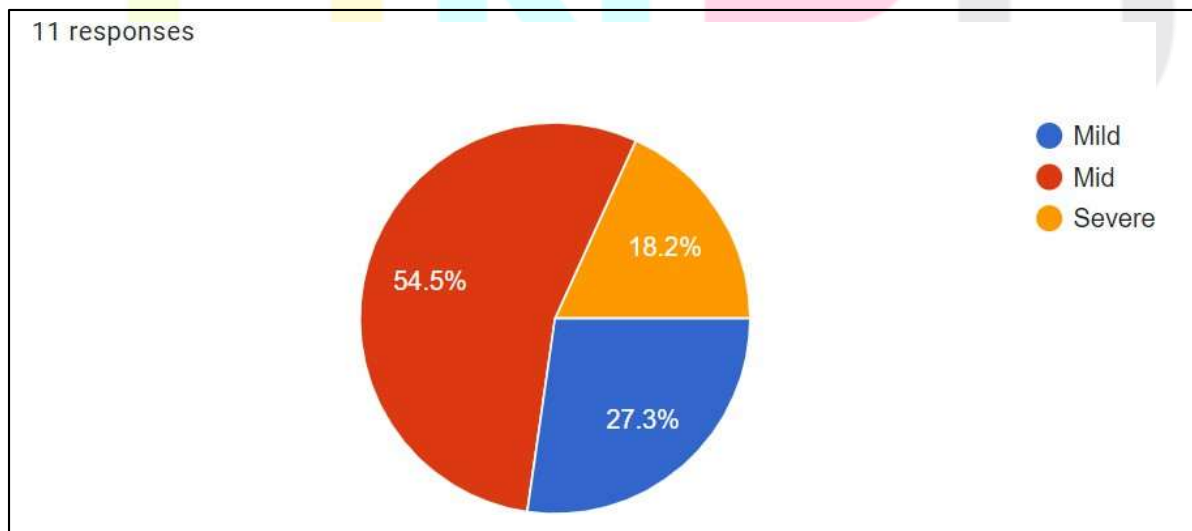
Graph: 9.1

Analysis- From Data Table 4.9, out of 50 respondents, 26% of the students have felt a necessity to visit a therapist for the symptoms they were experiencing during the study years, 40% of the students did not feel necessary to visit a therapist 26% of the students have felt a necessity to visit a therapist, 16% of them were such that they wanted to visit a therapist but never dared to go in there, 18% of the students did not visit a therapist because they themselves didn't know what was happening with them.

Q9a. If yes, what was the stage of your depression when you visited a therapist?

Stage of Depression	Mild	Mid	Severe
Percentage of the respondents	27.3%	54.5%	18.2%
Number Of respondents	3	6	2

Table 1.9 a: Stage of depression



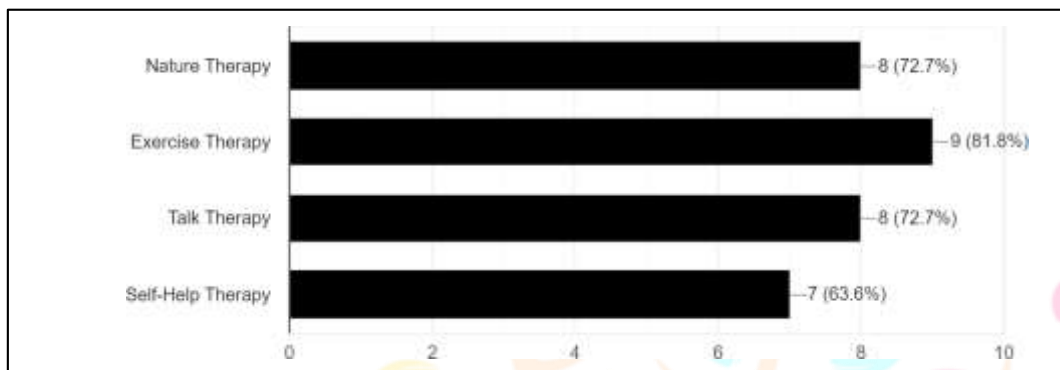
Graph 9.1a

Analysis- From Data Table 4.9a, out of 50 respondents, 27.3% of them have experienced mild stage of depression, 54.5% were such who have experienced Depression stage of Mid, and 18.2% are such who have experienced severe Depression.

Q9b. If yes, what therapies did they suggest you for those issues along with medication?

Therapies Suggested for treatment	Nature Therapy	Exercise Therapy	Talk Therapy	Self-help Therapy
Percentage of the respondents	72.7%	81.8%	72.7%	63.6%
Number Of respondents	8	9	8	7

Table 9.1 b: Therapies suggested for treatment



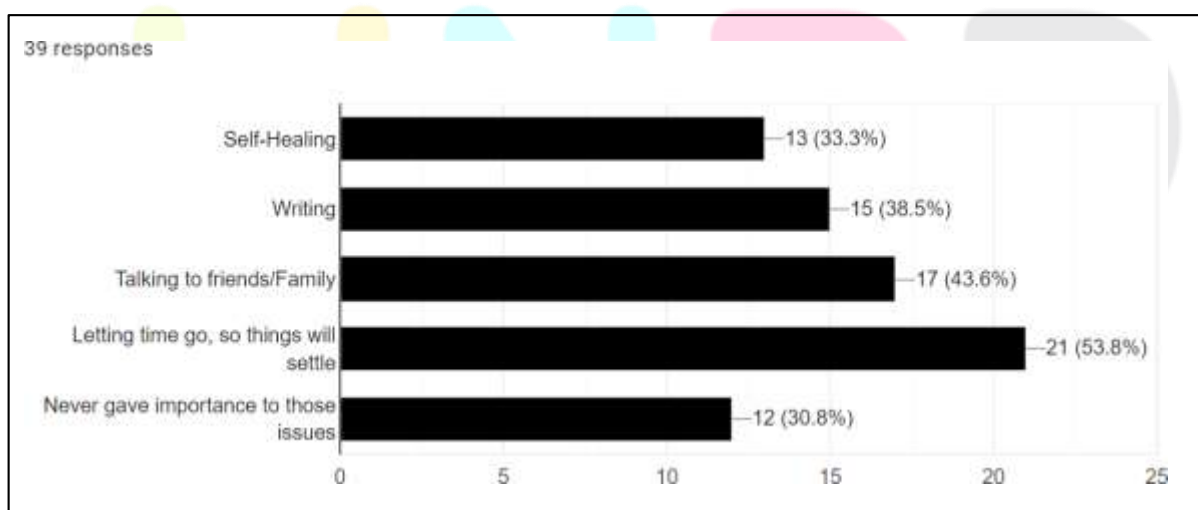
Graph: 9.1b

Analysis- From Data Table 9b, out of 50 respondents, 72.7% students who visited the Therapist suggested them Nature Therapy, 81.8% students who visited the Therapist suggested them Exercise Therapy, 72.7% students who visited the Therapist suggested them Talk Therapy, 72.7% students who visited the Therapist suggested them with self-help Therapy.

Q9c. If no, how from the following did you cope-up with those mental issues?

Solutions to Cope-up with mental issues	Self-Healing	Writing	Talking friends/Family to	Letting time go so things will settle	Never gave importance to those issues
Percentage of the respondents	33.3%	38.5%	43.6%	53.8%	30.8%
Number Of respondents	13	15	17	21	12

Table 9.1: Cping-up with mentioned mental issues



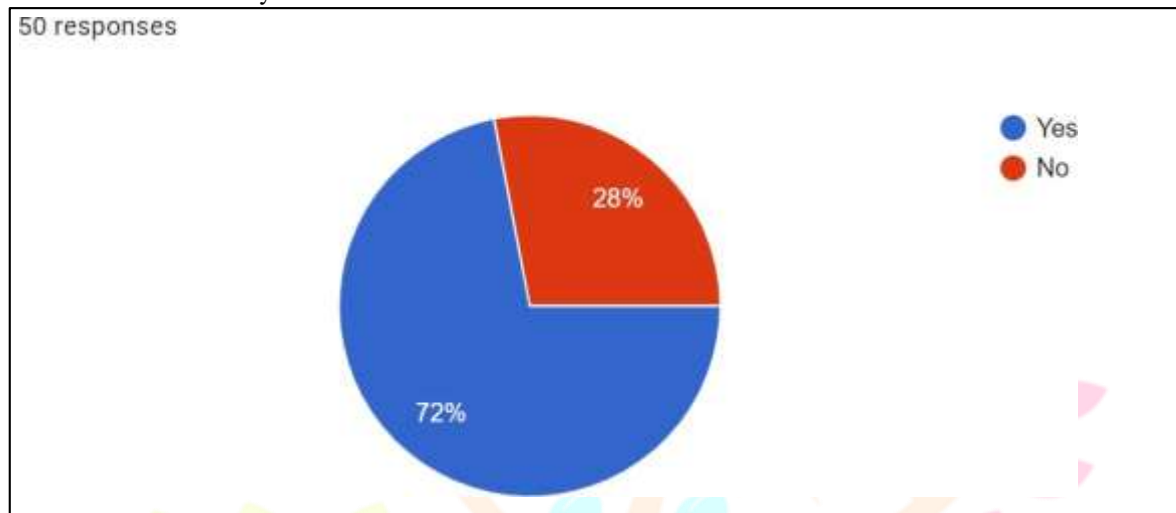
Graph 9.1c

Analysis- From Data Table 9c, out of 50 respondents, 33.3% of the students who did not visit the therapist cope-up with mental issues by Self-healing, 38.5% of the students who did not visit the therapist cope-up with mental issues by Writing, 43.6% of the students who did not visit the therapist cope-up with mental issues by Talking to friends/Family, 53.8% of the students who did not visit the therapist cope-up with mental issues by Letting time go so things will settle, 30.8% of the students who did not visit the therapist cope-up with mental issues by never gave importance to those issues.

10. Do you feel to take a break from daily routine to relax your mind?

Relax break from Daily routine	Yes	No
Percentage of the respondents	72%	28%
Number Of respondents	36	14

Table 10.1: Relax break from daily routine



Graph: 10.1

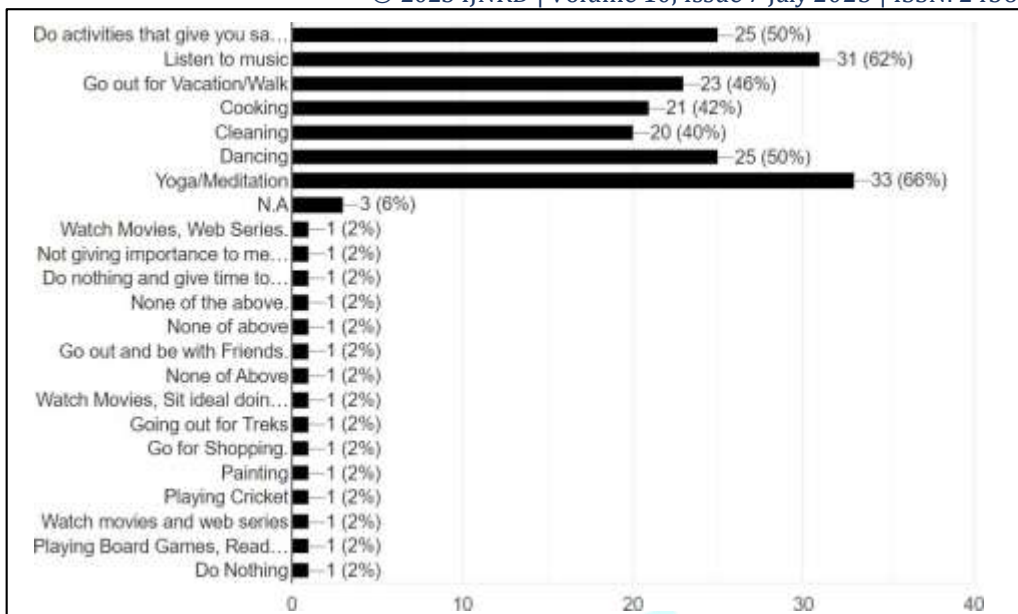
Analysis- From Data Table 10, out of 50 respondents, 72% of students need a Relax break from Daily routine and 28% of students responded that they don't need a break from daily routine.

Q11. What from the following you generally prefer to do from the routine break?

Activities	Do activities that give you satisfaction	Listen to music	Go out for Vacation/ Walk	Cooking	Cleaning	Dancing	Yoga/Meditation	Others
Percentage of the respondents	50%	62%	46%	42%	40%	50%	66%	36%
Number Of respondents	25	31	23	21	20	25	33	18

Table 11.1: Activities

Research Through Innovation



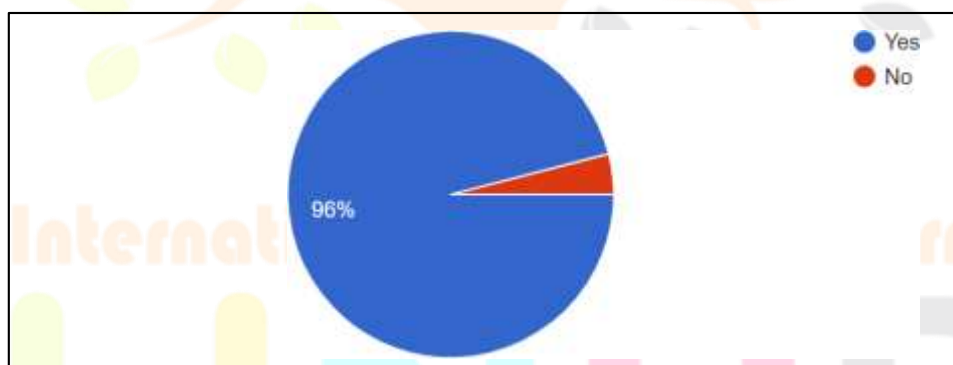
Graph: 11.1

Analysis- From Data Table 4.11, out of 50 respondents who need a break from daily routine, 50% of them Do activities that give that satisfy them, 62% of them opt to listening music, 46% Go out for vacation/Walk, 42% of them cook, 40% of them opt for cleaning, 50 % of them dance, 66% of them do Yoga/Meditation, 36% of them are such who do nothing, they also watch movies, go for shopping, watch web-series, play board games or read books, play cricket, play video games etc.

Q12. Do you know the concept of D.I.Y Kits?

Concept of D.I.Y Kits	Yes	No
Percentage of the respondents	96%	4%
Number Of respondents	48	2

Table 12.1: Concept of D.Y.I kits



Graph: 12.1

Analysis- From Data Table 4.12, out of 50 respondents, 96% of them know about the concept of D.I.Y Kits and 4% of them are not aware about D.I.Y Kits.

Q13. Have you used any of those? (Mention any if used)

Experience using D.I.Y Kits	Yes	No	Others
Percentage of the respondents	2%	70%	28%
Number Of respondents	1	35	14

Table 13.1: Experience using D.Y.I kits



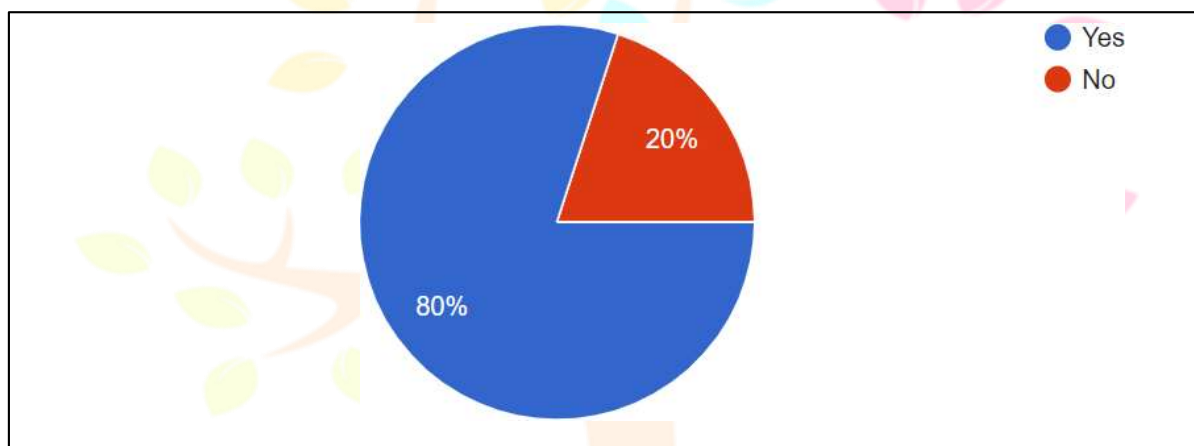
Graph: 13.1

Analysis- From Data Table 4.13, out of 50 respondent students 30% of them have used D.I.Y Kits like D.I.Y Soap Kit, D.I.Y Planting Kit, D.I.Y Reisen Kit, D.I.Y Tile Making Kit, D.I.Y Lipan Art Kit, D.I.Y Mandala Art Kit, D.I.Y Keychain making Kit etc. and 70% of them have not used any kind of D.I.Y Kits.

Q14. As a part of self- healing Therapy or as a Stress- Buster would you like to use creative D.I.Y Kits?

D.I.Y Kits as Stress Buster	Yes	No
Percentage of the respondents	80%	20%
Number Of respondents	40	10

Table 14.1: D.Y.I kits as stress buster



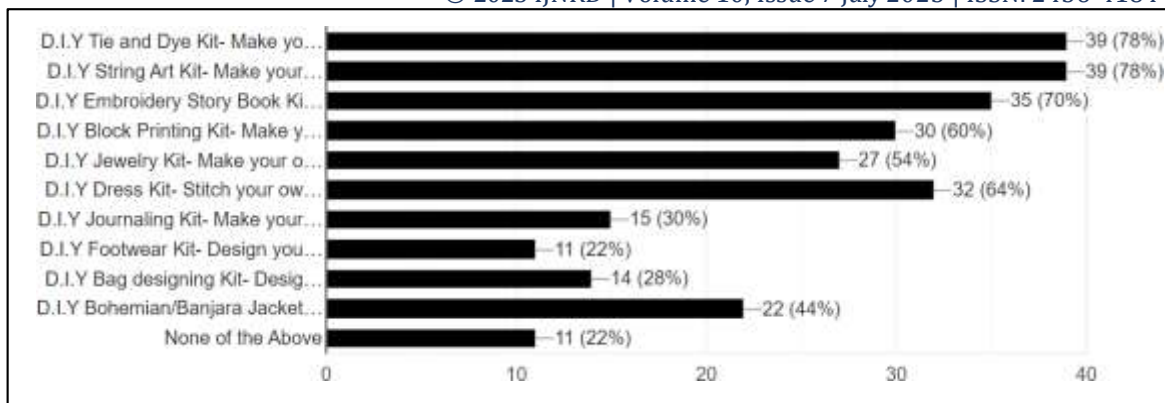
Graph 14.1

Analysis- From Data Table 4.14, out of 50 respondent students 80% of them would like to use D.I.Y Kits as a part of self-healing Therapy or as a Stress- Buster, and 20% of them would not like to use these kits.

Q15. From the following which D.I.Y Kits would you like to use for Self-satisfaction?

Types of D.I.Y	Tie and Dy e Kit	String Art Kit	Embroidery Story Book Kit	Block Printing Kit	Jewellery Kit	Dress making Kit	Journaling Kit	Footwear Kit	Bag designing Kit	Bohemian/Bojara Jacket Kit	None of the Above
Percentage of the respondents	78%	78%	70%	60%	54%	64%	30%	22%	28%	44%	22%
Number Of respondents	39	39	35	30	27	32	15	11	14	22	11

Table 15.1: Types of D.Y.I kits to use for self-satisfaction



Graph: 15.1

Analysis- From Data Table 4.15, out of 50 respondent students who would like to use D.I.Y kits for Self-Satisfaction 78% of them would like to use D.I.Y Tie and Dye Kit, 78% would like to use String Art Kit, 60% would like to use Block Printing Kit, 54% would like to use Jewellery Kit, 64% would like to use Dress making Kit, 30% would like to use Journaling Kit, 22% would like to use Footwear Designing Kit, 28% would like to use Bag designing Kit, 44% would like to use Bohemian/Banjara Jacket Kit, 22% of respondents were such who are not interested to use any of the above Kits.

4.2 Key Findings

In relation to the above Data analysis, following are the findings that are generated to support this research-

Section 1- Understanding perspectives of Depression.

- From the above analysis it is seen that Women compared to the Men are more who have experienced Depression during their study years.
- It can also be noted that, these students know about Depression.
- The very important thing analysed here is that many of the students stated that they have not experienced Depression during their study years.
- But, here when they were asked about if they have any time suffered from certain mental issues then many of the respondents stated that they have suffered from certain issues during their study years.
- Also the next point to be noted where they were asked if they had any kind of symptoms like Low energy, loss of interest in daily activities etc. maximum number of students stated that they often experience symptom of negative thoughts.
- When asked what the reasons of same were during their study years, many stated that it was because of competitiveness and also Jealous of others popularity etc.
- From all of the about noted points, it is concluded that many of the students be it a Boy or a Girl have experienced some or the other symptom of depression.

Section 2-Curing Depression.

- From the above data analysis, it is noted that, when certain symptoms were seen or experienced amongst the students, they were asked if they anytime thought to visit a therapist, but maximum of them stated that, they themselves did not know what was happening with them.
- Some of the students also stated that, they suffered from Depression and that they went to a Therapist for treatment.
- When asked for the treatment, many of the treatments though depended on the severity of the stage of Depression but then many treatments suggest therapies like self-talk, exercise treatment etc. along with medications.
- Others also stated that, they wanted to visit a therapist but then they did not dare to go in there.
- When they were asked who did they then cope-up with this situations, they stated Self-healing, or writing or also through talking to friends/family. Some also stated that they never gave importance to those issues.

Section 3-Concept of D.I.Y's as a stress buster and for self-satisfaction.

- From the above Data analysis, it is recorded that many of the students sated to take a break from daily routine.
- When asked what they do during that time for self-satisfaction, many of them stated that they cook, or they do yoga/meditation, or they even go out for vacations etc. also it was seen that many other activities have been practiced by these students to self-satisfy them.
- When they were asked if they know about these concepts of D.I.Y's, many of them stated they know about it and that they have also been using some of them.
- They were then asked if as a brand "D.I.Y Ka Pitara" if we offer you with certain D.I.Y Kits many of them very eager to use them for self-satisfaction.
- Thus it can be concluded that D.I.Y kits can be one of the form of product that can be used as a stress buster for self-Satisfaction.

5. DISCUSSION

From the above findings, the main aim of research can be proven that D.I.Y Kits can be helpful in one of the treatment therapies for a first stage depressed person. Further the study was related to help out college students with depression. Depression being one of the mental illness is really tough to be cured. But with proper treatments given, it can be cured on first stage only. Various reasons and various outside environments are found the main reasons for depression. It majorly affects a younger person since being at a young age, mind is still being developed and also is being trained to tackle certain situations. When these situations unexpectedly happen at that age, that mind doesn't understand how to react to that. This causes low self-confidence and then depression starts on first stage. A proper treatment is very essential for this mental illness. A depressed person needs to be handled very gently or it can cause a major damage where they can lose control of themselves. When these persons go for treatment, after certain talk the doctor then decides on what stage of depression, he/she is. With that identification, further the treatment is decided with proper medication dose. This treatment that is given depends upon person to person. Even the time that is required to be cured depends on how that person follows the treatments told to him/her.

It many a times happens that, that young mind doesn't understand, that they are depressed. In these cases, it then becomes difficult since their behaviour changes and they themselves don't know why. Many of the times symptoms of depression are ignored. This can happen by the person itself and even the family being not being so knowledgeable being ignorant of the fact that their child is in depression. That young child can also sometime be afraid of their parents and also does not know who and what to talk to their parents. Also, it can many a times end up at a very negative note for that young person. This major problem should be tackled by giving and getting enough knowledge about depression, not only for the young people but also their parents should know about it. Certain colleges have counselling centres in their campus, which is a great initiative, which makes future of these young students brighter. It has really become important for colleges to have a counselling centre, since the world of these people is competitive at that young age. The college environment can also sometimes led to a totally confident person to become a person with very low confidence and low self-esteem. Today's college environment has become more competitive, that pressure, that wish to always be at top, always be famous can affect severely.

Not only college environment but also the reason can be from their home itself, where these young students are being pressurised to be at top. This affects negatively to a young mind and that person can need help to recover from that. With such counselling centres, without any fear these students can open up with the therapist about their problems and they are guided properly at those centres. And not every time that person can be depressed, it can also be that he just is not able to adjust, and his/her problem can be solved just in one-two sessions. But even understanding that and getting proper guidance is also important.

This research done here was related to how D.I.Y Kits can positively impact into coping therapy of depression. Though here many therapies already exists, these D.I.Y kits can be used as one of the self-healing therapies for the depressed person. Through discussion with Doctors (Therapist) and also on the other hand discussion with actual depressed college students, it was also found that these Kits can be a part of the self-healing therapy. These Kits can boost self-confidence, which is lacked due to some reasons. Usage of these kits helps the person and gives the feeling of "It is done by me".

We today find many D.I.Y kits available in the market. Kits like grow your own plant, we find many Food Packages and also making Best from Waste is also a part of D.I.Y's. D.I.Y's also become part of Stress buster from daily chores. These not only can be helpful for Depressed College students but also can be used by a general/common person. Taking break from normal routine and thus taking time for yourself and doing something creative that makes you satisfied. On this note, this particular research/thesis can then be further taken in account about how these D.I.Y Kits can be helpful in for others and how they react to these kits.

6. CONCLUSION

This research/thesis was based on how D.I.Y kits can help in coping up with depression in college students. The concept of D.I.Y kits is though new in market but is also not experimented if it can be a part of self-healing therapy. D.I.Y was also at a boom during the pandemic of Covid-19. People when were stuck in their houses had no option but to do all the things on their own. But these being all the household things, it then also needs some creativity into it. Household women are often seen experimenting with various materials available with them. Thus, further research can be conducted on how these kits are helpful for these people. Also, it can be a stress buster for those working people who want a break and are also creative and want to make something of their own, but don't know how to start with. So these kits can be a perfect solution them.

The research has thus also been concluded that, these D.I.Y kits can be useful as a part of self-healing therapy in college students. From all the research it is also found that an early-stage depression can make these D.I.Y kits a part of therapies. College students being at their young age must face many new events after coming out of their comfort zone. Those unexpected events can sometimes be critical and that can cause severe mental stress to their mind, thus causing depression. It mainly happens that these students tend to lose their confidence and don't know how to do daily tasks. Having perfect guidance and healing therapies can cure them. Another research part here also comes where it cannot be said that it cannot happen again, depression can happen at any stage of the life. There are also other target samples with whom this research can be conducted which are depression because of old age, post-pregnancy depression, loss of important things from life, and such many more.

Thus, all the problems have solutions if not one there will be other available. So as a part of this research it can be concluded that D.I.Y Kits can be helpful in many ways starting from a young person to an old person who still want their lives on track. To conclude D.I.Y Kits can make a person feel self-confident included with other activities and can help in making their daily tasks easy for them.

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