Depression and Anxiety among Girls Students: With Reference to Government First Grade Colleges Tumkur District

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Abstract: Anxiety and depression occur in both genders, but by the teenage years, girls are much more at risk than boys. Before puberty, the prevalence of mood disorders is about the same in boys and girls. Even the participation of far more girls in sports and other intense physical activities hasn't reduced the rate of depression, though physical activity is important to emotional wellbeing, and one effective way to help jumpstart recovery in someone who's depressed. We know from looking at brain scans that there are differences in the way girls and boys process emotional stimuli. Girls mature, in terms of their emotional recognition, faster than boys—and that sensitivity could make them more vulnerable to depression and anxiety. Stress is the body's response to life's demands. However, feeling too much stress could lead to health problems and could negatively interfere with everyday life. Learn more about what you can do to effectively manage your stress. Depression is an illness that causes a persistent feeling of sadness and loss of interest. Many college students face many challenges, pressures and anxieties that can cause them to feel overwhelmed. But these emotions pass within a few days. Untreated depression persists and interferes with normal activities. Mental health counsellors say students these days have a harder time dealing with stress than previous generations. Student distress may influence professional development and adversely impact academic performance contributing to academic dishonesty.

Methodology

1. INTRODUCTION

Anxiety and depression occur in both genders, but by the teenage years, girls are much more at risk than boys. Before puberty, the prevalence of mood disorders is about the same in boys and girls. Even the participation of far more girls in sports and other intense physical activities hasn't reduced the rate of depression, though physical activity is important to emotional wellbeing, and one effective way to help jumpstart recovery in someone who's depressed. We know from looking at brain scans that there are differences in the way girls and boys process emotional stimuli. Girls mature, in terms of their emotional recognition, faster than boys—and that sensitivity could make them more vulnerable to depression and anxiety. Stress is the body’s response to life’s demands.

However, feeling too much stress could lead to health problems and could negatively interfere with everyday life. Learn more about what you can do to effectively manage your stress. Depression is an illness that causes a persistent feeling of sadness and loss of interest. Many college students face many challenges, pressures and anxieties that can cause them to feel overwhelmed. But these emotions pass within a few days. Untreated depression persists and interferes with normal activities. Mental health counsellors say students these days have a harder time dealing with stress than previous generations. Student distress may influence professional development and adversely impact academic performance contributing to academic dishonesty.

Suggestions

Although many college students are able to experience the pleasures and novelties of college life without experiencing debilitating adjustment difficulties, a significant number of college students develop elevated levels of depression commonly cited reasons for their depression were academic problems, loneliness, economic problems, and relationship difficulties. Unfortunately, many young adults, including college students, do not typically seek professional consultation on their own accord when such concerns arise. There are a number of important issues relevant to depression prevalence rates among college men and women. Equally important is the issue of treatment seeking behaviour among potentially distressed college students. Some of the salient problems specific to college students are, time pressure, fear of failure, struggle to establish identity, pressure of academic excellence and tough competence. Emotional problems such as Feel inferior to others, not able to think properly, worrying too much, feel life is not worth living. Feel anxious without any apparent reason.

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II. METHODOLOGY

The nature and objectives of the study is to analyze Students Observation, stress and depression among the girl students.

Material sources

The present study depends upon mainly upon these tools of data collation such as.
1. Interview schedule to collect data.
2. Observation and secondary data.
3. Sample - From the whole population only 100 female students have been selected by using simple random sampling technique by applying interview method.

Objectives of the study

1. To understand the stress level of these students
2. To know the impact of the anxiety
3. To identify possible solutions for them
4. To identify the effective role of students counselling committee

III. REVIEW OF LITERATURE

Narayan (1990) many researches has been conducted related to the anxiety pattern, of which some are as found that there is no significant difference in anxiety levels of adults and elders.

Alam (2001) found that negative relationship exists between anxiety and academic achievements and positive relationship between motivation and academic achievements.

National Institute of Mental Health, 2008 Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. However, when anxiety becomes overwhelming, it may fall under the classification of anxiety disorder.

According to Walter D. Smitson (1974), Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both Intra-psychically and Intra-personality. Emotional Maturity or stability might be considered as a potential factor in any field of life.

Kaur, H. (2004) in her study found non-significant correlation between emotional maturity and self confidence of students. No significant difference was found in emotional maturity girls. However, study reported significant differences in the emotional maturity of students of rural areas.

Problems identified

The period of adolescence is of supreme importance in the life of human. It is the period in which a person gets physical, emotional and mental maturity. Adolescence is a time of emerging risky health behaviours, and many health disorders have their onset during this time period. Everyone has both positive and negative experiences in life. The ability to cope with negative experiences varies greatly from one person to another and, in large part, determines whether people enjoy their lives. Performance in any endeavour is largely contingent upon mental preparation, psychological strength and emotional maturity.

Emotional and anxiety is increasing day by day especially at every stage. Unrest, anxiety and frustrations are occurring in all the spheres of life. Parents have no time to spend and guide their children. Students are frequently troubled with their daily problems because they do not have the capacity and training to solve problems. Our educational system also provides no direction to the Students. Due to high anxiety; child develops certain personality traits which inhibit his proper physical, emotional and social development.

All these factors add to emotional tensions of the child and make him an unbalanced personality. Today most of the young students do not achieve according to the expectations of the parents as well as the teachers despite of the fact being intelligent. Integrated efforts by teacher, parents and society are required to overcome this problem. Children should be provided with such an environment which leads to maximum development to positive emotions and minimum development to negative emotions.

IV. MAJOR FINDINGS

From this minor survey of study which has been undergoing right now certain findings in the process has been observed. Several such kind of observation are pointed out right below followings :-

- Majority of the girl students are from rural background comes from the poor and middle class families has the pressure of homely responsibilities along with their studies in the college who are unable to balance their stress associated with them.
- The transportation system is one of the added reasons to an extend hinds their mood of entering into the college putting the anxiety level of stress causing them unable to reach the college in time. Most of the girl students reach to college from the distance of about 30-40 K. M. Without having even, breakfast they find it even more burden and unable to listen in the classroom during lectures, especially in the morning schedule of the time table allotted to them.

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Another major finding is that the health issues, anaemia reasons, lack of nutritional intakes, menstrual problems, they find it very sensitive unable to overcome during class hours as in some of the cases from the counselling cell, had addressed it very carefully and counselled them in this regard students becomes too sensitive and they feel very shy to reveal it to their parents.

Another important factor notified here is certain rigid traditional orthodox customs and practices in their homes one also found very rigid that these girls finds it very difficult to oppose or seek for support. So, these it is an important fact that most of these girls are college drop outs due to fixation of marriages. They feel very depressed for unable to complete their education.

Another important observation is that groups or group culture which they are associated with in this regard. In the sense type of friends they make, very sincere to their groups, pressure from this groups also act as an agent of several stressful decision in their academic career.

Students’ feelings of “belongingness” (i.e., good relations with teachers and peers, measured separately) were generally found to be positively and strongly related to their academic motivation and academic expectations but weakly related to their grade point averages, absenteeism, and tardiness. Academic effort was positively related to perceived teacher support but was unrelated to peer support.

Responsive Classroom aims to create a caring classroom environment. It also uses various techniques (e.g., modelling, role playing, teacher reinforcement, reminders, and redirection) to foster students’ social skills—cooperation, assertion, responsibility, empathy, and self-control. Classroom approaches, which emphasize both social and academic learning, include a classroom that provides interest areas, displays of student work, and a mix of whole-class, small-group, and individual instruction; morning meetings in which students exercise social skills through greeting, conversing, and solving problems; students participation in the development and enforcement of classroom rules; choice time, during which students can direct their own learning in both individual and cooperative group activities; guided discovery in which students have the opportunity to explore various learning experiences; and frequent assessment and reporting to parents.

V. RESULTS AND DISCUSSION

Age of menarche depends on multiple factors like nutrition, geographical conditions, health status etc. Dysmenorrhoea was the commonest menstrual problem in late adolescents. One or the other symptom of Premenstrual syndrome was present in majority of girls. Menstrual problems were apparently not causing depression among the study subject.

The need for proper knowledge, guidance and counselling is unmet. While the need for specialized support in college is large, the actual involvement of teachers seems very low. The medical consultation for the menstrual problems is very low. Proper and early intervention, through well established channel like health counsellor is required to ensure decrease in the extent of the problem.

Students in rural areas of India are trapped between two worlds, the breakneck competition of the outside world and local traditions. The particular vulnerabilities of rural youth, who tended to be more isolated & have fewer educational, recreational and other public health resources. Relative to urban community rural settings may be characterized by greater isolation, fewer educational and public health resources and higher levels of poverty.

The measures taken to address this issue are largely concentrated on altering exam patterns and changing methods of evaluation. With this background in mind the research intends to explore the extent of depression, stress, anxiety and there causes among the arts, commerce and science students in a rural area.

Suggestions

1. It is compulsory to from anti-task force cell. Make it proactive iv observing the behavioural changes within the campus and maintain discipline for the welfare of all the students.

2. The existence of women cell, student welfare committee is necessary to co-ordinate and assist in various issues addressing students’ problems very carefully and confidentially.

3. Students counselling committee must be much more dedicated in counselling these students to handle things very carefully in the parental approach, love and affect mate manner.

4. Organising talks an teenagers issues, gynaecological problems by inviting doctors, lawyers is also very effective impact on them.

5. Finally if certain financial helps are needed to an extend it should be made possible to organise in a proper manner, family counselling is also equally important.

6. Homes have a great role in helping students to manage their anxieties, fears and emotional outbursts. Colleges should provide an opportunity for each individual to learn and grow at his/her own pace. Parents should ensure that home provides children sufficient emotional support and encouragement for their learning.
7. The colleges’ atmosphere should be supportive for the emotional development and mental health of students should be free to express their feelings. Teachers should be approachable and they ought to give emotional support to students in hours of crises.

8. The colleges can make use of the help of professional counsellors and psychologists. At least one teacher should be trained in the basics of Guidance and Counselling. Students should be encouraged to seek Guidance and Counselling help in colleges.

9. Parent-Teacher Association can discuss the general and academic problems of students and take necessary steps to tackle them.

10. When students find their colleges environment to be supportive and caring, they are less likely to become involved in substance abuse, violence, and other problem behaviours. They are more likely to develop positive attitudes toward themselves and prosaically attitudes and behaviours toward others.

VI. CONCLUSION

In conclusion we can say depression, anxiety and stress among junior college students in the rural area is matter of great national concerns is of problems and address the issue of children’s mental health. The levels of depression, anxiety and stress were significantly higher than those seen in other studies. This shows that levels of depression are more in rural students. Contrary to popular belief arts and commerce students are equally and in some cases more vulnerable to depression anxiety and stress.

Further studies are needed to identify factors contributing to this observation. The writers suggest that uncertainty regarding future, past academic performance, low self esteem may all be contributing to higher levels of depression, anxiety and stress. Studying subjects which are not of students own choice, appearing for board exams, students previous grades, burden of parents expectations all lead to higher levels of depression, anxiety and stress in students.

Although many college students are able to experience the pleasures and novelties of college life without experiencing debilitating adjustment difficulties, a significant number of college students develop elevated levels of depression commonly cited reasons for their depression were academic problems, loneliness, economic problems, and relationship difficulties. Unfortunately, many young adults, including college students, do not typically seek professional consultation on their own accord when such concerns arise.

There are a number of important issues relevant to depression prevalence rates among college men and women. Equally important is the issue of treatment seeking behaviour among potentially distressed college students. Some of the salient problems specific to college students are, time pressure, fear of failure, struggle to become involved in substance abuse, violence, and other problem behaviours. They are more likely to develop positive attitudes toward themselves and prosaically attitudes and behaviours toward others.

VII. REFEREENCE


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