

**COMPARATIVE STUDY OF DEPRESSION AMONG URBAN AND RURAL
ADOLESCENT STUDENTS**

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Abstract

The priceless resource of any country is its human resources and youth are the backbone of the society. Young people are a crucial segment of a nation's development, their contribution is highly needed. But in the 21st century due to advancement of science, technology and educational system the life style of individual's changes in a greater extend which cause many psychological problems and bring them under the umbrella of stress, depression and academic pressure. Depression is more likely to occur in adolescence and adolescent girls consistently have higher rates of depression than adolescent boys (Blatt, 2004; Graber, 2004; Nolen-Hoeksema, 2004, 2007). According to World Health Organization (WHO) the rate of depression has increased by 70% among adolescent and many studies focused on the most serious cases such as suicides and self harm. So the main objectives of the topic are to compare the depression among urban and rural boy's and girl's higher secondary school student. Mental Depression Scale developed by Prof. L .N. Dubey is used for the study. A sample size of 180 class-XI & XII Students were selected and taken up for the study. It has been found that, there is no significant mean difference of depression among urban and rural boy's and girl's student.

Keywords: Depression and Urban and Rural Boy's and Girl's Student.

Introduction

The industrial development in modern times has given birth to complex system of society, which creates frustration among individuals. Any period of change in society is likely to be accompanied by many potential difficulties. G.S. Hall has called the adolescence as a period of stress and strain brought with many problems. Most of the students suffer from frustrations, conflicts, complexes, anxieties and worries. Changing pattern of education system and pressure for achievement by parent during adolescence are related to depression for adolescent which are likely to show up as factor in suicide attempts. Depression is more likely to occur in adolescence and adolescent girls consistently have higher rates of

depression than adolescent boys (Blatt, 2004; Graber, 2004; Nolen-Hoeksema, 2004, 2007). According to World Health Organization (WHO) the rate of depression has increased by 70% among adolescent and many studies focused on the most serious cases such as suicides and self harm. In particular, depressive tendencies among adolescents have been linked with not having a close relationship with a best friend, having less contact with friends and experiencing peer rejection. The experience of difficult changes or challenges also is associated with depressive symptoms in adolescents. During this period suicide behaviour is more among adolescents 13 through 19 years of age. In the last two decades, the suicide rate has increased from 7.9 to 10.3 per 100, 000, with very high rates in some southern regions. Just as a lack of affection and emotional support, high control and pressure for academic achievement by parent during adolescent are related to depression. Lack of proper school and home environment students are in the line of stress, depression which not only effect their normal growth but also affect their academic growth. Thus this study tries to study the depression levels of both urban and rural boy's and girl's student.

Significance of the Study:-

The priceless resource of any country is its human resources and youth are the back bone of the society. Young people are a crucial segment of a nation's development, their contribution is highly needed. Young people are social actors of changes as "youth are not only the leader of tomorrow but also the partners of today. But in the 21st century due to advancement of science, technology and educational system the life style of individual's changes in a greater extend which cause many psychological problems and bring them under the umbrella of stress, depression and academic pressure. Certain family factors includes having a depressed parent, emotionally unavailable parents, parents who have high marital conflict and parents with financial problems place adolescents at risk for developing depression. Poor adjustments with peers are also associated with adolescent depression. Just as a lack of affection and emotional support, high control and pressure for academic achievement by parent during adolescent are related to depression. Here the investigator thought that depression is very much influential by locality, gender and environment. Depression not only effects their normal growth but also affect their academic growth of adolescent. Hence, the investigator has tried to study the depression levels of both urban and rural boy's and girl's student.

Statement of the Problem:-

The problem for the present study is stated as follows:

Comparative Study of Depression among Urban and Rural Adolescent Students.

Objectives of the Study:-

The most important objectives of the research are to studies the significant mean difference of depression among boy's and girl's students of higher secondary school situated in rural and urban area of Raipur and Durg Districts of Chhattisgarh State.

Hypotheses of the Study:-

1. There is no significant mean difference of depression among rural boy's and rural girl's students of higher secondary school.
2. There is no significant mean difference of depression among rural boy's and urban boy's students of higher secondary school.
3. There is no significant mean difference of depression among rural boy's and urban girl's students of higher secondary school.
4. There is no significant mean difference of depression among rural girl's and urban boy's students of higher secondary school.
5. There is no significant mean difference of depression among rural girl's and urban girl's students of higher secondary school.
6. There is no significant mean difference of depression among urban boy's and urban girl's students of higher secondary school.
7. There is no significant mean difference of depression among rural and urban higher secondary school students.

Sample

In order to collect the data for the present study four higher secondary schools situated in rural and urban area of Raipur and Durg districts of Chhattisgarh were selected through purposive sampling techniques. 90(45+45) Girls students from higher secondary schools situated in rural and urban area and 90(45+45) Boys students from higher secondary schools situated in rural and urban area have taken randomly as the subjects of the present investigation.

Tools and Techniques Used

The researcher has used the following tools for the present study.

- Mental Depression Scale developed by Prof. L. N. Dubey.

Statistical Techniques Used

In order to analyze the data in the present study and to test the hypothesis 't' test was used.

Findings

HO-1 There is no significant mean difference of depression among rural boy's and rural girl's students of higher secondary school.

Table-1
 Depression among Rural Boy's and Rural Girl's.

Category.	N	Mean	SD	SED	t-test Value	df	Significance Level	interpretation
Rural Boy's	45	16.56	6.38	1.41	0.865	88	0.05=1.99	HO -1 Accepted
Rural Girl's	45	17.78	6.99				0.01=2.63	

It has been found that, there is no significant mean difference of depression among rural boy's and rural girl's students of higher secondary school.

HO-2 There is no significant mean difference of depression among rural boy's and urban boy's students of higher secondary school.

Table-2
 Depression among Rural Boy's and Urban Boy's.

Category.	N	Mean	SD	SED	t-test Value	df	Significance Level	interpretation
Rural Boy's	45	16.56	6.38	1.37	1.13	88	0.05=1.99	HO -2 Accepted
Urban Boy's	45	18.11	6.65				0.01=2.63	

It has been found that, there is no significant mean difference of depression among rural boy's and urban boy's students of higher secondary school.

HO-3 There is no significant mean difference of depression among rural boy's and urban girl's students of higher secondary school.

Table-3
 Depression among Rural Boy's and Urban Girl's.

Category.	N	Mean	SD	SED	t-test Value	df	Significance Level	interpretation
Rural Boy's	45	16.56	6.38	1.27	0.606	88	0.05=1.99	HO -3 Accepted
Urban Girl's	45	17.33	5.71				0.01=2.63	

It has been found that, there is no significant mean difference of depression among rural boy's and urban girl's students of higher secondary school.

HO-4 There is no significant mean difference of depression among rural girl's and urban boy's students of higher secondary school.

Table-4
 Depression among Rural Girl's and Urban Boy's.

Category.	N	Mean	SD	SED	t-test Value	df	Significance Level	interpretation
Rural Girl's	45	17.78	6.99	1.43	0.23	88	0.05=1.99	HO -4 Accepted
Urban Boy's	45	18.11	6.65				0.01=2.63	

It has been found that, there is no significant mean difference of depression among rural girl's and urban boy's students of higher secondary school.

HO-5 There is no significant mean difference of depression among rural girl's and urban girl's students of higher secondary school.

Table-5
 Depression among Rural Girl's and Urban Girl's.

Category.	N	Mean	SD	SED	t-test Value	df	Significance Level	interpretation
Rural Girl's	45	17.78	6.99	1.34	0.33	88	0.05=1.99	HO -5 Accepted
Urban Girl's	45	17.33	5.71				0.01=2.63	

It has been found that, there is no significant mean difference of depression among rural girl's and urban girl's students of higher secondary school.

HO-6 There is no significant mean difference of depression among urban boy's and urban girl's students of higher secondary school.

Table-6
 Depression among Urban Boy's and Urban Girl's.

Category.	N	Mean	SD	S _{ED}	t-test Value	df	Significance Level	interpretation
Urban Boy's	45	18.11	6.65	1.3	0.6	88	0.05=1.99	HO -6 Accepted
Urban Girl's	45	17.33	5.71				0.01=2.63	

It has been found that, there is no significant mean difference of depression among urban boy's and urban girl's students of higher secondary school.

HO-7 There is no significant mean difference of depression among rural and urban higher secondary school students.

Table-7
 Depression among Rural and Urban Students.

Category.	N	Mean	SD	S _{ED}	t-test Value	df	Significance Level	interpretation
Rural Students	90	17.17	6.72	0.965	0.57	178	0.05=1.97	HO -7 Accepted
Urban Students	90	17.72	6.22				0.01=2.60	

It has been found that, there is no significant mean difference of depression among rural and urban higher secondary school students.

Conclusion:-

The secondary school adolescent's students are at the cross roads of the life, slight mistakes can lead them in the wrong path. Some mistakes may affect their emotional stability, ability to interact with others and school performance. These charges can increase the risk for future depression. Though no significant mean difference of depression among boy's and girl's students of higher secondary school from rural and area was found but I feel that it happens due to awareness of the parents, teacher and due to low sample size. Depression causes the loss of interest and poor concentration in studies. Therefore, it is the utmost duty of the society and school to provide proper educational, vocational and psychological guidance service to the students. Individual guidance should be provided to the students. The teacher should meet the parents of the child and found out the causes of their stress and depression. Efforts should be made by the parents to provide them with the best possible atmosphere at home. Depression can be caused by many reasons there is not any particular cause of depression and it happens in adolescence period, that's way adolescence

period is known as period of stress and storm. To solve the cause of depression many research work has been conducted and some are going on. The present research is one of them which try to find out cause reasons of depression among adolescents by comparing urban and rural secondary school student.

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