

Level of Depression Proneness Among the Students of Govt. Chaltlang High School and St. Joseph High School

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Abstract

One of the most prevalent mental health disorders is depression, which frequently coexists with anxiety. It may be moderate and transient or severe and protracted. Depression affects some people only once, but it may afflict others more than once. This paper compares the level of depression proneness among the students of Govt. Chaltlang High School and St. Joseph High School. It also studies the level of students' depression in their academic achievements. It was found out that the majority of the two high school students had below average depression proneness. Majority of male students in both high schools had low depression proneness and maximum number of female students in St. Joseph High School had low depression proneness while higher percentage of female students in Govt. Chaltlang High School had below average depression proneness. This paper also found out that majority of the students from Govt. Chaltlang and St. Joseph High Schools passed their last examination in first division.

Keywords: *Depression Proneness, Students, High School.*

Introduction

Depression is one of the most common mental illnesses in the world. While depression can occur at any age, the precise ethology of depression in certain people is not always known. The Centres for Disease Control and Prevention estimate that around one in five Americans has received a diagnosis of depression at some point in

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their lives. According to estimates from the World Health Organization, 5% of men and 9% of women may suffer from depressive diseases at any given time. High school students experience rapid physical and mental transformations. They are unable to control their body and mind as well as their own anticipations. They then tend to get concerned and depressed over these things. This further may cause the “clumsy” and “Stubborn” people to undergo major adjustments in their lives. Teachers and parents need some knowledge of psychology in order to provide children and pupils with the care they need during this developmental stage. Most students may suffer from depression and anxiety if adequate treatment is not given at this stage. We ought to offer them extra awareness-raising initiatives in addition to ensuring their academic achievement. Children in high schools will grow up to be happier, more productive, and better scholars if we can properly implement this program.

Review of Related Literature

Bhandari (2017) did a study on “Anxiety and depression among adolescent students at higher secondary school” and found out that the findings of the study revealed that there was significant correlation between total depression and total anxiety score i.e. Spearman’s rank correlation coefficient value was 0.554 ($p=0.000$). The study also found that the depression and anxiety were significantly associated with type of family ($p=0.005$ & $p=0.015$). The depression was significantly associated with academic performance of adolescent students ($p=0.030$) and major accident in the family ($p=0.009$). Similarly, the anxiety was significantly associated with parental fight ($p=0.007$), conflict with father ($p=0.019$), and death of family member ($p=0.016$). It can be concluded that adolescent anxiety and depression are significant mental health problems, and so, further studies are needed to validate the findings.

Harlak, Dereboy & Gemalmaz (2008) did a study on “Prevalence of and Factors Related to Depression in High School Students” found out that 141 students (17.5%) scored on and above the cut-off point on the Children Depression Inventory (CDI). In the first regression analyses low self-esteem, low grade point average (GPA) and low perceived social support from friends in boys, and low self-esteem, low paternal educational level and low social support from friends were the predictors of girls’ depression. When self-esteem scores were excluded, low GPA, low perceived social support from friends and family, and inefficient problem-solving skills were predictors of depression in boys; low perceived social support from friends and family, low paternal educational level, and inefficient problem-solving skills were the independent predictors of depression in girls.

Alexander & Higgins (1985) did a study on “Stress and depression in high school students” found out that the High School Social Readjustment Scale, a measure of

stressful life events, and the centre for Epidemiological Studies Depression Scale, a short self-report scale measuring depressive symptomatology were administered twice to 285 high school students over a 6-mo. Interval. Both measures were statistically reliable. On both test administrations, girls but not boys, displayed a significant relationship between stress and depression.

Bansal, Gupta, Sharma & Sood (2009) did a study on “Study of prevalence of depression in adolescent students of a public school” found out that 15.2% of school-going adolescents were found to be having evidence of distress (GHQ-12 score ≥ 14); 18.4% were depressed (BDI score ≥ 12); 5.6% students were detected to have positive scores on both the instruments. Certain factors like parental fights, beating at home and inability to cope up with studies were found to be significantly ($P < 0.05$) associated with higher GHQ-12 scores, indicating evidence of distress. Economic difficulty, physical punishment at school, teasing at school and parental fights were significantly ($P < 0.05$) associated with higher BDI scores, indicating depression.

Rationale of the study

Adolescence is the most crucial time in anyone's life, where most of us are attending secondary school/high school. Based on the achievements throughout this period, the student's future is usually shaped. High school stage is characterized by significant physical, emotional and intellectual changes and changes in social roles, relationships and expectations and is marked by stress. They could be experiencing anxious feelings and overwhelming sense of fear while others may have lack of confidence and feeling of un-wellness. That is why the Investigators chose this topic in order to know the real condition of depression proneness manifesting in high school students. The hope is that this study can help find out the true condition and the levels of depression proneness experienced by high school students in their everyday life.

Statement of the Problem

The problem under study can be stated as “Level of Depression Proneness among the students of Govt. Chaltlang High School and St. Joseph High School”.

Objectives of the study

1. To study the level of depression proneness among the students of Govt. Chaltlang High School and St. Joseph High School.
2. To find out the level of depression proneness between male and female students in Govt. Chaltlang High School and St. Joseph High School.

3. To compare the significant differences in depression proneness between the students of Govt. Chaltlang High School and St. Joseph High School.
4. To assess the level of depression proneness in terms of their latest academic achievement among the students of Govt. Chaltlang High School and St. Joseph High School.

Hypothesis

H1: There exists a significant difference between male and female students in the level of depression proneness in Govt. Chaltlang High School and St. Joseph High School.

Null Hypothesis

HO1: There exists no significant difference between male and female students in the level of depression proneness in Govt. Chaltlang High School and St. Joseph High School.

Methodology

The present study employs Descriptive Survey Method.

Population and Sample

The population of the study involves all the students of Govt. Chaltlang High School and St. Joseph High School. 120 students were selected as representative sample, 60 students (30 males and 30 females) from Govt. Chaltlang High School and 60 students (30 males and 30 females) St. Joseph High School using a cluster sampling method.

Tool Used

The detail of the tool used is given as under:

Name of the tool:	Depression Proneness Scale
Author:	Dr. Niranjana Prasad Yadav
Year:	2005
Published by:	National Psychological Corporation

The Depression Proneness Scale had 30 statements.

Scoring System and Norms for Interpretation

Scoring System

Never	Seldom	Often	Very Often	Always
1	2	3	4	5

Norms for Interpretation of the Level of Depression Proneness

Sl.No.	Range of z-scores	Grade	Level of Depression Proneness
1	+2.01 and above	A	Extremely High Depression Proneness
2	+1.26 to +2.00	B	High Depression Proneness
3	+0.51 to 1.25	C	Above Average Depression Proneness
4	-0.50 to +0.50	D	Average Depression Proneness
5	-1.25 to -0.51	E	Below Average Depression Proneness
6	-2.00 to -1.26	F	Low Depression Proneness
7	-2.01 and below	G	Extremely Low Depression Proneness

Statistical Treatment of data

For analysis of the collected data, descriptive statistics like percentage frequency distribution and measures of central tendency were used. T-test was also employed to find out significance of difference.

Analysis of data and results

Analysis and interpretation of data was done in accordance with the objectives as follows:

Objective-1: To study the level of depression proneness among the students of Govt. Chaltlang High School and St. Joseph High School.

- (i) The total number and percentage of the level of depression proneness among the students in Govt. Chaltlang high school and St. Joseph high school are as shown in Table-1:-

Table-1

Level of Depression Proneness among Govt. Chaltlang High School and St. Joseph High School

Sl. No.	Level of Depression Proneness	Govt. Chaltlang High School	St. Joseph High School
		No. & % of Respondent	No. & % of Respondent
1	Extremely High Depression Proneness	0	0
2	High Depression Proneness	0	4(6.66%)
3	Above Average Depression Proneness	3(5%)	2(3.33%)
4	Average Depression Proneness	14(23.33%)	13(21.67%)
5	Below Average Depression Proneness	25(41.67%)	19(31.67%)
6	Low Depression Proneness	16(26.67%)	19(31.67%)
7	Extremely Low Depression Proneness	2(3.33%)	3(5%)
Total		60(100%)	60(100%)

Source: Field Survey

Table 1 shows that the degree of depression proneness at St. Joseph High School and Govt. Chaltlang High School students. Not a single student at any of the two high schools was at the significantly depressed risk level. There are no students in extremely high depression proneness while 3.33% Govt. Chaltlang and 5% St. Joseph High School students had extremely low depression proneness. 6.66% students in St. Joseph High School had high depression proneness while Govt. Chaltlang High School had none. There are 5% Govt. Chaltlang and 3.33% St. Joseph High School students who had above average depression proneness. Govt. Chaltlang High School had highest depression proneness in below average (41.67%) meanwhile St. Joseph High School had highest depression proneness in below average and low depression (31.67%).

Objective-2: To find out the level of depression proneness between male and female students in Govt. Chaltlang High School and St. Joseph High School.

- (ii) The total number and percentage of the level of depression proneness between male and female students in Govt. Chaltlang High School and St. Joseph High School are as shown in Table-2:-

Level of Depression Proneness Among the Students of Govt. Chaltlang High School and St. Joseph High School

Table-2

Level of Depression Proneness between male and female students in Govt. Chaltlang High School and St. Joseph High School

Sl. No.	Level of Depression Proneness	Govt. Chaltlang High School		St. Joseph High School	
		No. & % of Respondent		No. & % of Respondent	
		Male	Female	Male	Female
1	Extremely High Depression Proneness	0	0	0	0
2	High Depression Proneness	0	0	3 (10%)	1 (3.33%)
3	Above Average Depression Proneness	1(3.33%)	2(6.67%)	1 (3.33%)	1 (3.33%)
4	Average Depression Proneness	5 (16.67%)	9 (30%)	6 (20%)	7 (23.34%)
5	Below Average Depression Proneness	11 (36.67%)	4 (46.67%)	9 (30%)	9(30%)
6	Low Depression Proneness	12 (40%)	4 (13.33%)	9 (30%)	1 (36.67%)
7	Extremely Low Depression Proneness	1 (3.33%)	1 (3.33%)	2 (6.67%)	1 (3.33%)
Total		30 (100%)	30 (100%)	30 (100%)	30 (100%)

Source: Field Survey

Table-2 highlights level of depression proneness between male and female students in Govt. Chaltlang High School and St. Joseph High School. Fortunately, there are no students with extremely high depression proneness level in the two high schools. St. Joseph High School had 10% male and 3.33% female students who had high depression proneness while Govt. Chaltlang High School had none. Govt. Chaltlang High School and St. Joseph High School had 3.33% male students in above average depression proneness meanwhile Govt. Chaltlang high school had higher number of female students in above average depression proneness level. Both high schools had highest number of male and female students in below average depression proneness level. 40% male and 30% male students and 13.33% female and 36.67% female students in Govt. Chaltlang and St. Joseph High School had low depression proneness level. There are 3.33% female students and 3.33% male and 6.67% male students in Govt. Chaltlang and St. Joseph High School had extremely low depression proneness level.

Objective-3: To compare the significant differences in depression proneness between the students of Govt. Chaltlang High School and St. Joseph High School.

- (iii) Significance of differences between male and female students in Govt. Chaltlang High School and St. Joseph High School are as shown in Table-3

Table-3

Significance of differences between male and female students in Govt. Chaltlang High School and St. Joseph High School

		Male	Female
Mean		69.344	71.482
S.D		24.154	16.052
Mean Difference		2.138	
SE.D		3.74	
t-value		0.571	
df		59	
Significant 2tailed	0.01 level	NS	NS
	0.05 level	NS	NS

Source: Field Survey

The calculated 't'-value in table-3 was smaller than the critical 't'-value. Hence, the null hypothesis was accepted. It was inferred that there exists no significant difference between male and female students in Govt. Chaltlang high school and St. Joseph High School in the level of depression proneness. This study revealed that female students had a higher mean value (71.482) than male students (69.344). It can be concluded that female high school students had more depression proneness level in both high schools.

Objective-4: To assess the level of depression proneness in terms of their latest academic achievement among the students of Govt. Chaltlang High School and St. Joseph High School.

- (iv) The total number and percentage of the level of depression proneness between Govt. Chaltlang High School and St. Joseph High School in terms of their latest academic achievement are as shown in Table-4:-

Table-4

Level of Depression Proneness between Govt. Chaltlang High School and St. Joseph High School in terms of their latest academic achievement

Latest Academic Achievement	GCHS	Level of Depression Proneness	St. JHS	Level of Depression Proneness
	No.&% of Students		No.&% of Students	
D	12(20%)	50% BA&L	11(18.33%)	45%BA,37%L,9%A&AA
I	27(45%)	15%A,40%BA,L,5%EL	30(50%)	40%BA,6%H,30%A,4%EL,20%L
II	12(20%)	6%AA,24%A,L,43%BA,3%EL	16(26.67%)	57%L,12%A,12%BA,12%H,7%EL
III	9(15%)	12%AA,BA,50%A,26%L	3(5%)	33.33%EL&L,33.34%A
Total	60(100%)		60(100%)	

Source: Field Survey

Table-4 showed that level of Depression Proneness between Govt. Chaltlang High School and St. Joseph High School students in terms of their latest academic achievement. Govt. Chaltlang High School had 20% students passing out in Distinction, and among them, there was 50% below average and low depression proneness levels. Meanwhile, St. Joseph High School had 18.33% students passing out in Distinction, and among them, the highest depression proneness level was found in below average depression proneness level. Govt. Chaltlang High School had 45% students passed out in first division within them 40% had below average and low depression proneness. In comparison, 15% had average depression proneness level and St. Joseph high school had 50% students passed out their last examination in first division within them 40% had below average. In comparison, 30% had average depression proneness level. Govt. Chaltlang High School had 20% students passing out their latest examination in second division. Among them, 43% had below average. In comparison, 6% had above average depression proneness level and St. Joseph High School had 26.67% students passed out their last examination among them 57% had low depression proneness level. In comparison, 12% had high depression proneness level. Students of Govt. Chaltlang High School had 15% passing out their last examination in third division; within this bunch, 50% had average and 26% had low depression proneness meanwhile students in St. Joseph High School had 5% passing out their last examination in third division, among whom 33.34% had average depression proneness level.

Discussion

The above table shows that there is no serious depression proneness level in Govt. Chaltlang High School and St. Joseph High School students. Both high schools had highest level of depression proneness students in below average level which is quite good. Luckily, they do not have high and extremely high depression having students in their high schools. The Investigators found zero percentage of students in extremely high depression proneness level between male and female students in Govt. Chaltlang and St. Joseph high schools. This paper found a healthy result for students in their depression proneness level. It also showed that there is no significant difference between male and female students in Govt. Chaltlang and St. Joseph High Schools. Their latest examinations showed that highest percentage of students was found among the first division students which may incidentally also be the reason for their low depression proneness levels.

Conclusion

It is common for children to feel depressed from time to time; this is a natural aspect of growing up. However, if these feelings persist for extended periods of time and have an impact on a child's social, familial, or academic life, they may be concerning. It can occur commonly, causing suffering, functional impairment, increased risk of suicide, added health care costs and productivity losses. Most people experience awkwardness and clumsiness during their teenage years in high school. And each of us often experience some form of it after periods of despair and anxiety. For this reason, parents, teachers and educators must be aware of the insecurities that exist in their students. In this day and age, and for the sake of the pupils' mental health, we must provide better programs and activities for overcoming depression proneness level. If we can improve this, both the lives of the students and the inhabitants of our state will be better and more productive.

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