Prospects of Depressive Behaviour of Secondary Students: a Descriptive Study

Dr. Bapi Mishra

Assistant Professor, Department of Education, University of Gour Banga, Malda.

Abstract:

Depression is a mental illness that affects the whole system of human personality which is related to cognitive, affective as well as psychomotor characteristics as well as corresponding operations. Basically, feeling sad, losing interest in action, drastic change in the sleeping enhancing fatigueness development of guilty, problems in thinking as well as decision making, suicidal tendency etc. are same fundamental external features regarding depressive behavior. If, these problems will continue for long time at least more than two weeks; then the influence of said problem will be assured. In this study investigator has designed to find out the actual status of depressive behaviour; reflection of depressive behaviour will assure the negative effects on the performed actions. To find out the actual prospects of depressive behaviour of secondary students, investigator has selected a problem for research with the help of specific characteristics of survey research. Depression of student is not desirable personality habit in the case of expected educational outcome. This problem will divert the actual target of education that is effective development of human personality. This target of man making will also be diverted due to the influence of depression. Depression specifies the presence of higher extent of psychological conflicts, complexes etc. which are highly responsible to divert the normality of performance of an individual. Due to negative practice of educational activities, students' personality pattern will be diverted which will develop a negative habitual system among students. This habitual system will resist the whole performance of students. To find out the status of depressive influence on the behavioural pattern of students, present study has been designed to survey the existing features of said problems.

Keywords: **Depression, Depressive Behaviour, Personality influenced with Depression**

1.0.   Introduction

Depression is an essential psychological problem to divert the normality of human personality as per the influences of environmental factors. It is associated with a series of mental illness of affected person which specifies the level of effects of negative feelings in high level. This problem will influence individual whole cognitive processes which are also be responsible to nullify the own potentialities. Depression plays an important role in the case of negative evaluation of own capacities in respect to the demand of the situation. Affects for depression has been systematically recorded among 15 year adults almost 6.7% in every year. One out of six people has the experienced of depression in life (*American Psychiatric Association*). Therefore, it is an alarming problem of society perceived in all over the world. Women are more affected sector of society with this problem of depression. It has been considered as a common mental illness which presence has been reflected worldwide due to lead the journey of disabilities. It has been estimated that near about 350 million people have been affected by the depression (*WHO*). There are some basic symptoms of depressive behaviour which are directly measurable by observing behavioural pattern of an individual. Sadness, loss of interest in daily activities has been observed among affected persons (*Mac Gill, 2017*). There are some fundamental symptoms of depressive behaviour which play an important role to measure the status of corresponding problematic behaviour. Some of them are - a) sadness for continuing form due to different types of cognitive problems or any problematic perception regarding the reality, an individual will be affected with the sadness; continuation

of sadness for minimum one week will create a non-desirable behaviour pattern that is considered as depressive behaviour; b) tendency to loss of interest in daily activity – due to the influence of depression, an individual will face a problem of interest losing of daily necessary activities; due to the feeling of grief, an individual will lose interest or inner supports; c) drastic losing of weight is an important symptom of depressive behaviour pattern. Due to continuous sad feeling, an individual will face a lot of problems to maintain daily activities; those may be the physiological nature. Due to this problem drastic change in diet system will be observed; d) guilty feeling – due to over influence of depression, an individual will realise the guilty feeling in respect to perform day to day activities. In this case an individual will nullify the reality or honesty in respect to the performed activities; e) there are so many other symptoms of depression namely difficulties in thinking process, sleeping trouble, rapid loss of energy and purpose less physical movements etc. Those are more vital symptoms of depressive behaviour. Depression is related with the parenting behaviour; these are related to each other to develop moderate effect. Influence of depression has been observed in the case of effective diversion positivity; socio-economic status is an indicator of depression to develop negative psychological effects. Negative effect of depression has been found higher among disadvantage women of the society. Therefore, it has been observed that depression is an indicator of negative psychological practice (*Lovejoy, M. C., Graczyk, P. A., O' Hare, E., Neuman, G., 2000*). Depressed client will be recovered with the help of psychotherapy; overall impact of psychotherapy has been observed. Importance of effective collaborative application of psychotherapy and pharmacotherapy has been observed in the study of depression (*Robinson, L. A., Berman, J. S., & Neimeyer, R. A., 1990*). Self-control model is an important mechanism to minimise the effective of depression; basically, depression is related with the problem of self-control. Effective development of self-controlling abilities will minimise the effect of depression; through the effective consciousness of self-controlling approaches regarding the control of depression (*Rehm, L. P., 1977*). Cognitive therapy is an effective mechanism to reduce the influence of depression of corresponding distortion of human personality; it is comparatively significant in nature (*Dobson, K. S., 1989*). Different cognitive processes play important role to develop depressive behaviour; performance evaluation, perception about environmental information, information reproduction, exercises of cognitive biases and attributional approaches are important influencing components to develop the depressive character in individual (*Coyne, J. C., & Gotlib, I. H.,1983*). To find out the level of depression in activities, present study has been designed. In this case, the depressive behaviour of school going secondary students have been concentrated to study.

2.0.   Objectives of the study:
 At the end of the study, investigator wants –
- To measure different aspects of depressive behaviour.
- To describe the influence of depressive perception to distort the normality of human personality.
- To determine the difference in respect to said problem.

3.0.   Analysis and Interpretation

Collected data regarding the depressive behaviour has been analyzed to describe the reality of corresponding influences as well as to test the inference regarding the gender as well as locality wise mean difference. Corresponding result has also been interpreted below.

3.1. Descriptive Analysis:

Practical characteristics have been analyzed as well as corresponding result has been interpreted below.

**Table -1 Descriptive Analysis of Depressive Behaviour of secondary students**

	DBUB	DBUG	DBRB	DBRG	DBURBAN	DBRURAL	DBBOYS	DBGIRLS	DBTOTAL
N	50	50	50	50	100	100	100	100	200
Mean	95.34	99.48	97.32	97.92	97.41	97.62	96.33	98.7	97.51
Median	95.5	100.5	99	94.5	99	98	98	98.5	98
Mode	81	99	98	92	99	98	99	92	99
Std. Deviation	13.1	20.21	11.3	13.64	17.07	12.21	12.21	17.17	14.91

**DBUB→ Depressive Behaviour of Urban Boys Students, DBUG → Depressive Behaviour of Urban Girls Students, DBRB → Depressive Behaviour of Rural Boys Students, DBRG Depressive Behaviour of Rural Girls Students, DBURBAN → Depressive Behaviour of Urban Students, DBRURAL → Depressive Behaviour of Rural Students, DBBOYS → Depressive Behaviour of Boys Students, DBGIRLS → Depressive Behaviour of Girls Students, DBTOTAL → Depressive Behaviour of Total Students.*

Average performance regarding Depressive Behaviour (among UB, UG, RB, and RG) has been found higher in the case of urban girls students and lowest performance has been found in the case of urban boys students. Average performance regarding Depressive Behaviour (between URBAN and RURAL) has been found higher in the case of urban students and lowest performance has been found in the case of rural students. Average performance regarding depressive behaviour (between BOYS and GIRLS) has been found higher in the case of girl's students and lowest performance boys students. Median Value regarding Depressive Behaviour (among UB, UG, RB, and RG) has been found higher in the case of urban girl's students and lowest performance has been found higher in the case of urban girls students. Value of Median regarding Depressive Behaviour (between URBAN and RURAL) has been found in case the urban and lowest performance has been found in the case of rural students. Midpoint position performance regarding (between BOYS and GIRLS) has been found higher in the case of boy's students and lowest performance girls students. Value of SD (among UB, UG, RB, and RG) has been observed higher in the case of rural boys students and lowest performance has been found in the case of rural girls students. Value of SD (between URBAN and RURAL) has been found higher in the case of rural students and lowest performance has been found in the case of urban students. Value of SD regarding corresponding behaviour (between BOYS and GIRLS) has been found higher in the case of girls students and lowest performance boys students. Corresponding picture has been presented below with the help of a bar graph.

Figure -1 Strata wise prsentetation of Cnetral Tendency
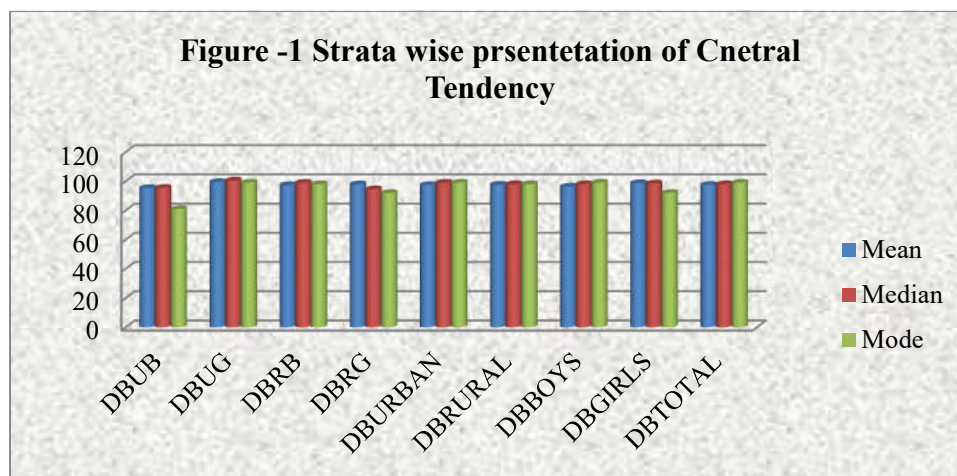
Lower level of scattered response has been found among the urban girl secondary students which have been cleared in the figure -2.


Figure -2 Presentation of SD
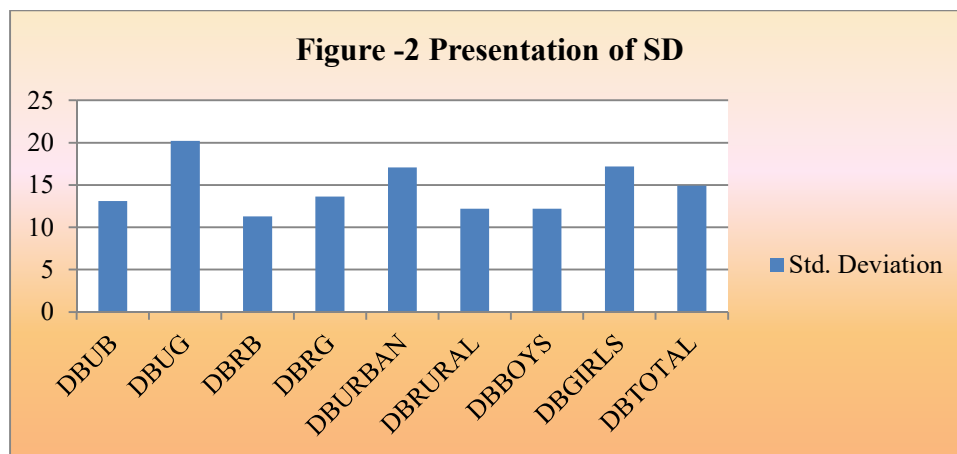
To conceptualise the actual data position and the nature of the distribution related to Depressive Behaviour has been presented in different graphical plotting namely Histogram with NPC and Normal P-P Plot respectively.

Figure-3 Histogram with NPC regarding Depressive Behaviour
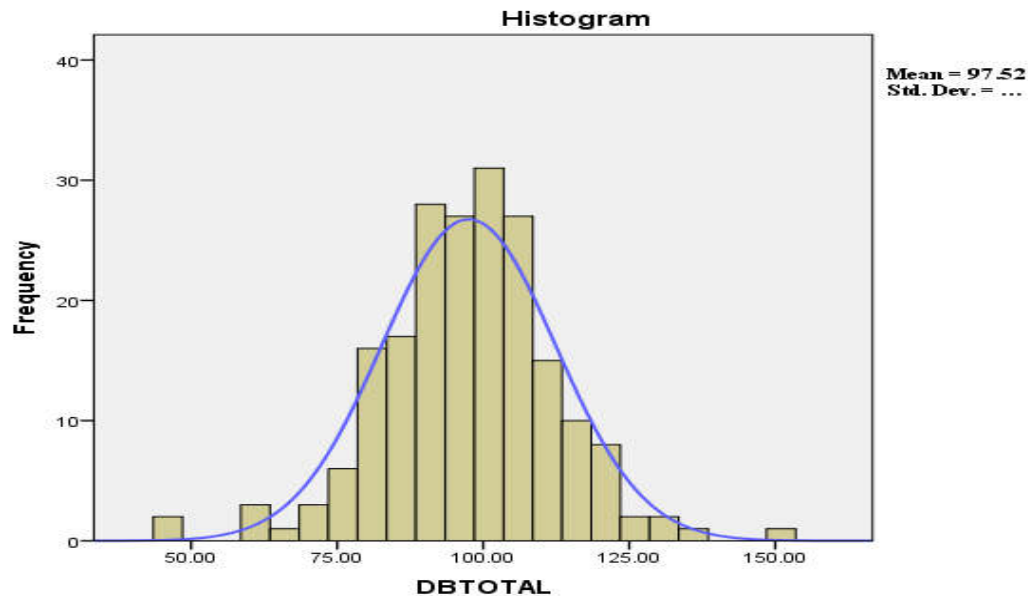
By analyzing the above graph, it has been interpreted that the slight deviation from normal line of the corresponding data found regarding Depressive Behaviour responded by all selected secondary students under study.

Figure -4 Normal P- P Plot regarding Depressive Behaviour
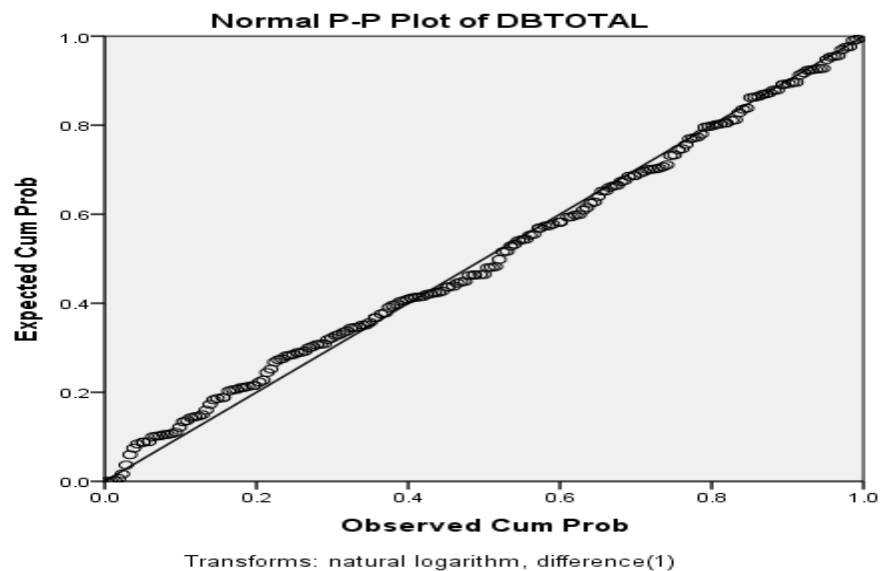
Slight Normality of individual score of the distribution regarding depressive behaviour of secondary students has been observed on the above graph.

To find out the probability of corresponding result regarding the measurable issue i.e. depressive behaviour of secondary students in the case of larger sample, investigator has determined the result in

respect to analysis of data with the help of bootstrapping samples. Said types of result have been presented below.

Table -2 Descriptive analysis of Depressive Behaviour as per Locality cum Gender wise response

		Statistic	Bootstrap[a]			
			Bias	Std. Error	95% Confidence Interval	
					Lower	Upper
N	DBUB	50	0	0	50	50
	DBUG	50	0	0	50	50
	DBRB	50	0	0	50	50
	DBRG	50	0	0	50	50
Mean	DBUB	95.3400	.0000	.0000	95.3400	95.3400
	DBUG	99.4800	.0000	.0000	99.4800	99.4800
	DBRB	97.3200	.0000	.0000	97.3200	97.3200
	DBRG	97.9200	.0000	.0000	97.9200	97.9200
SD	DBUB	13.10026	.00000	.00000	13.10026	13.10026
	DBUG	20.21642	.00000	.00000	20.21642	20.21642
	DBRB	11.30367	.00000	.00000	11.30367	11.30367
	DBRG	13.64093	.00000	.00000	13.64093	13.64093
Sk	DBUB	-.409	.000	.000	-.409	-.409
	DBUG	-.766	.000	.000	-.766	-.766
	DBRB	-.351	.000	.000	-.351	-.351
	DBRG	1.506	.000	.000	1.506	1.506
SEsk	DBUB	.337				
	DBUG	.337				
	DBRB	.337				
	DBRG	.337				

a. Unless otherwise noted, bootstrap results are based on 5000 stratified bootstrap samples

From the above table, it has been observed that corresponding analysis has been done on the basis of 5000 stratified bootstrapping samples in respect to assess the measurable variable of present study. Locality cum Gender wise response has been analyzed on the basis of 50 real samples in respect to every segment of said variation. No bias has been found in any case; value of error, value of skewedness has been found in minimum level. Symmetrical picture has been found in respect to measure of arithmetic mean. This result has proved the common parameter of corresponding treatments of depression.

Gender and locality wise responses have separately been analyzed below on the basis of 5000 stratified bootstrapping samples in respect to assess the measurable variable of present study.

Table -3 Descriptive analysis of Depressive Behaviour as per Locality and Gender wise response

		Statistic	Bootstrap[a]			
			Bias	Std. Error	95% Confidence Interval	
					Lower	Upper
N	DBURBAN	50	0	0	50	50
	DBRURAL	50	0	0	50	50
	DBMALE	50	0	0	50	50
	DBFEMALE	50	0	0	50	50
Mean	DBURBAN	95.3400	.0000	.0000	95.3400	95.3400
	DBRURAL	97.3200	.0000	.0000	97.3200	97.3200
	DBMALE	95.3400	.0000	.0000	95.3400	95.3400
	DBFEMALE	99.4800	.0000	.0000	99.4800	99.4800
Std. Deviation	DBURBAN	13.10026	.00000	.00000	13.10026	13.10026
	DBRURAL	11.30367	.00000	.00000	11.30367	11.30367
	DBMALE	13.10026	.00000	.00000	13.10026	13.10026
	DBFEMALE	20.21642	.00000	.00000	20.21642	20.21642
Skewness	DBURBAN	-.409	.000	.000	-.409	-.409
	DBRURAL	-.351	.000	.000	-.351	-.351
	DBMALE	-.409	.000	.000	-.409	-.409
	DBFEMALE	-.766	.000	.000	-.766	-.766
Std. Error of Skewness	DBURBAN	.337				
	DBRURAL	.337				
	DBMALE	.337				
	DBFEMALE	.337				

a. Unless otherwise noted, bootstrap results are based on 5000 stratified bootstrap samples

From the above table – 3, it has been observed that corresponding descriptive analysis has been done on the basis of 5000 stratified bootstrapping samples to present the result in terms of larger level response regarding the measurable variable. Nearer symmetrical picture regarding the dimension and gender wise analysis of corresponding responses found from the 5000 bootstrapping samples have been found in the case of mean value and also in the case of value of SD. Symmetrical picture has been found in the case of upper as well as lower level confidence of measurement in terms of 95% level of confidence. Lower level influence of error regarding the measurable issues has been observed in this case of measurement.

3.2. Inferential Analysis of Data:

In this study, investigator has assumed the presence of difference in terms of gender wise as well as locality wise responses regarding the depressive behavioural responses. This approach of measurement has been presented below. Mean difference regarding Depressive Behaviour of secondary students has been analyzed and presented below.

Table-4 Strata Wise Mean Difference between Groups in respect to DB (Depressive Behaviour)

	Mean	SD	SEm	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
				Lower	Upper			
DBUB - DBUG	-4.14	23.35	3.30	-10.77	2.49	-1.25	49	.216
DBRB - DBRG	-.60	19.06	2.69	-6.017	4.81	-.22	49	.825
DBURBAN - DBRURAL	-.21	22.56	2.25	-4.68	4.26	-.09	99	.926
DBBOYS - DBGIRLS	-2.37	21.28	2.12	-6.59	1.85	-1.11	99	.268

By analyzing the above table, it has been found that in the all cases of the mean difference has been found insignificant and therefore, the corresponding null-hypothesis will be accepted. Therefore, it has been concluded that gender and locality are not indicator to make a difference in respect to deal with the depressive behaviour.

To find out the result regarding the difference by enhancing samples response with the help of bootstrapping stratified 5000 samples, following analysis has been done which is presented below.

Table-5 Strata Wise Mean Difference between Groups in respect to DB (Depressive Behaviour) on the basis of Bootstrap for Paired Samples

	Mean	Bootstrap[a]				
		Bias	Std. Error	Sig. (2-tailed)	95% Confidence Interval	
					Lower	Upper
DBUB - DBUG	-4.14000	.00000	.00000	.000	-4.14000	-4.14000
DBRB - DBRG	-.60000	.00000	.00000	.000	-.60000	-.60000
DBURBAN - DBRURAL	-1.98000	.00000	.00000	.000	-1.98000	-1.98000
DBMALE - DBFEMALE	-4.14000	.00000	.00000	.000	-4.14000	-4.14000

a. Unless otherwise noted, bootstrap results are based on 5000 stratified bootstrap samples

From the above table -5, it has been observed that there exists significant mean difference in terms of depressive behaviour in respect to larger responses by bootstrapping sample.

4.0.   Conclusion

Depressive behaviour is an important distorted behavioural pattern which is not common in nature. It is an outcome of cognitive illness related to the issues of cognitive functioning. In this study, below average influence in respect to depression has been found among school going secondary students. Gender is not indicator to differ in respect to nurture this cognitive problem; similarly, locality influence has not been found as significant level. But, a probability of significance difference has been found through enlarging the sample size. In the case of large sample, significant difference will be found in the case of depressive behavioural exercises.

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