



“Depression Disorder Person and Anxiety”

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Abstract

The purpose of the research was to examine the Anxiety of depressed persons. To find an Anxiety of high and low level depressed male and female persons. The sample consists of total 120 depressed persons. Out of that 60 depressed male (30 high and 30 low level) and 60 depressed female (30 high and 30 low level). Within age range of 20 to 50 years. Ratio for the male and female was 1:1. Researcher used purposive sampling method for data collection, its collect from various psychiatric clinics from Dhule city in Maharashtra. Depressed Scale (Personality Assessment Scale) was designed by Krug. Samuel E. and Laughlin James E. and Anxiety inventory was designed by Dr. A. P. K. Sinha and L. N. K. Sinha were used for data collection. 2 X 2 factorial research design was used. The data were analyzed by using descriptive statistics, i.e. Mean, SD, and “t” Test. The result revealed that there was significant mean difference between high and low level depressed male persons relate to Anxiety. Researcher also found significant difference between both level of female. Researcher found gender wise significant difference relate to anxiety, depressed male shows slightly higher anxiety as compare to female.

Keyword: Anxiety, depressed persons and gender.

I. INTRODUCTION

Anxiety is arguably and emotions that evolution and predates of human. It's presence in range of anxiety disorder. Make it and important clinical focus. Now a day everyone faced various anxious situations. The word Anxiety is came from the Latin word “Anxietas” (trouble and upset) and encompasses behavior, affective and cognitive responses to the perception on danger. Anxiety is a normal human emotion.

The term Anxiety generally means “A state of emotional and physical disturbance induced in a standard or fear that one does not hole appropriate

standard. Psychologist believe that some Anxiety is essential because it helps us to stay alert and give us motivation to deal with our problem, but it has also been observed that high level Anxiety may block recalling ability and expression of individual's potentials. In new modern society Anxiety, it stimulates an anticipatory and adaptive response to challenging or stressful events. Excess anxiety is considered as excessive or pathological. When it arises in the absence of challenge or depression, when it is out of proportion to the challenge or stress duration or severity, when it results in significant distress and when it results in psychology, social, occupational, biological and other impairment.

According WHO, “Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self worth, disturb sleep or appetite, low energy and poor concentration.” The term of depression generally means “A state of mental illness which is characterized by deep long lasting feeling of sadness or despair depression that can change individuals thinking, feeling and also can affect his / her social behavior and sense of physical wellbeing.”

Depression is common factor of human being, but the question has been arisen that how to know that you are depressed. According to DSM V a manual used to diagnosed mental disorder, depression occurs when you have depressed mood during most of the day or in the morning, weight loss or gain, poor concentration, fatigue feeling, sleep disturbances, at least five symptoms for two week persons have.

Our life style keeps on changing. Time to time we face various challenges to fulfill our needs. But when we fail or not able to fulfill our needs then we may get depressed. A study by government of India shows that one out of every five people is suffering from various types of depression and day to day that increases rate of depression in population. Depression is caused due to various



reasons. It depends on an individual's life events. Depression is a major problem which is faced by male and female both that's why researcher wants to research on the Anxiety of depressed male and female persons.

Statement of the Problem:

" To study Depression disorder persons and Anxiety."

II. REVIEW OF LITERATURE :

Joseph N., (2011) had conducted a study to find out the prevalence of depression among pre university students in Mangalore city. The study found that prevalence of depression was very high among pre university college students in college. The prevalence and severity of depression levels were found to be significantly more in older age group. Student from commerce stream were found to suffer from depression significantly more than student from science stream. Depression levels were seen slightly more among male students.

Ahmed, A. and Mazlan, N (2014) have conducted a study of compare the prevalence of stress and depression between men and women inmates and to determine the association between stress and depression. It can be concluded that high prevalence of stress and depression among inmates was associated with men and women inmates had different level of stress and depression.

Manjiri (2016) conducted a study to measure the depression level among college going students and to study it according to their age and gender. The study revealed that there is no significant difference in the level of depression among male and female college students, but female students are more depressed.

Mitchell et. all: conducted a study to prevalence of depression, anxiety and adjustment disorder in oncological, haematological and palliative-care setting a meta analysis of 94 interviews based studies, they found that there are few consistent correlates of depression, there are no effect of age, sex or clinical setting and inadequate data to examine cancer type and illness duration.

Objectives of the study:

1. To study Anxiety of the high and low level depressed male persons.

2. To find out Anxiety of high and low level depressed female person.
3. To focus on the Anxiety of high level depressed male and female person.
4. To find out the Anxiety of low level depressed male and female person.
5. To observe the Anxiety of depressed male and female person.

• **Hypothesis of the study :**

1. There is significant mean difference between high and low level depressed male persons with concern to Anxiety.
2. There is significant mean difference between high and low level depressed female persons with regard to Anxiety.
3. There is significant mean difference between high level depressed male and female persons with relation to Anxiety.
4. There is significant mean difference between low level depressed male and female persons with regard to Anxiety.
5. There is significant mean difference between depressed male and female person with relation to Anxiety.

III. METHODOLOGY :

Sample – The sample of the study consisted of 60 depressed male persons (30 high and 30 low level) and 60 depressed female persons (30 high and 30 low level) of various psychiatric hospitals, which located at Dhule city in Maharashtra. The sample was selected under purposive sampling technique. The study has employed 2 x 2 factorial research designed.

Variables –

Independent Variables : Gender, Depressed persons.

Dependant Variables : Anxiety.

Tools used :

Following Tools has been used to collect data:-

- 1) Depressed Scale (Personality Assessment Scale) by Krug. Samuel E. and Laughlin James E.
- 2) Anxiety Inventory by Dr. Sinha K. A. P. and Sinha N. L. K.

Statistical Treatment:

Mean, S.D. and "t" value statistics were used for interpretation of the data.



IV. RESULT & DISCUSSION:

H-1) There is Significant Mean difference between High and Low level Depressed Male persons with concern to Anxiety.

Table No. 1.1 Indicating Anxiety of High & Low Level Depressed Male.

| Variable | Male Depressed Levels | N | Mean | SD | df | t | Significant Level |
|----------|-----------------------|----|-------|-------|----|------|-------------------|
| Anxiety | High | 30 | 36.83 | 28.28 | 58 | 3.15 | Sig. |
| | Low | 30 | 33.83 | 22.01 | | | |

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

Table no. 1.1 showed that Mean difference between high and low level depressed male person with concern to Anxiety. High level depressed male calculated **Mean score is 36.83, (SD- 28.28)**. Low level male **Mean is 33.83, (SD- 22.01)**. The calculated “t” value is **3.15**, which is **significant at**

0.01 level of significant. It indicates that higher anxiety in high level depressed male. Thus, the researcher concluded that high level male slightly higher anxious than low level depressed male. Therefore, relate to anxiety variable hypothesis is **accepted**.

H-2) There is Significant Mean difference between High and Low Level Depressed female persons with regard to Anxiety.

Table No.-2.1 Indicating Anxiety of High & Low Level Depressed female.

| Variable | Female Depressed Levels | N | Mean | SD | df | t | Significant Level |
|----------|-------------------------|----|-------|-------|----|-------|-------------------|
| Anxiety | High | 30 | 56.50 | 10.12 | 58 | 33.67 | Sig. |
| | Low | 30 | 33.50 | 26.85 | | | |

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

Above the table shows that calculated results of high and low level Depressed female relate to Anxiety. For high level female **Mean is 56.50, (SD- 10.12)** and for low level depressed female **Mean is 33.50, (SD- 26.85)**, the df is 58 and calculated “t” value is

33.67, which is **significant at 0.01 level**. It mean high level depressed female more anxious than low level depressed female persons. Thus, researcher concluded that high level depressed female shows higher Anxiety. Therefore, hypothesis is **accepted**.

H- 3) There is Significant Mean difference between High Level Depressed Male and Female persons with relation to Anxiety.

Table No. 3.1 Indicating Anxiety of High Level Depressed Male and Female.

| Variable | Gender | N | Mean | SD | df | t | Significant Level |
|----------|--------|----|-------|-------|----|---------|-------------------|
| Anxiety | Male | 30 | 36.83 | 28.28 | 58 | - 33.95 | Ns. |
| | Female | 30 | 56.50 | 10.12 | | | |

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

Above the table no. 3.1 shows that mean difference between high level depressed male and female person with relate to Anxiety. For high level depressed male, the calculated **Mean is 36.83, (SD- 28.28)** and for high level depressed female **Mean is 56.50, (SD- 10.12)**. Calculated “t” value is **-33.95**,

which is **not significant**. It indicates that high level depressed male and female showed same level anxiety. Thus, researcher concluded that there is no significant difference between high level depressed male and female persons regard to anxiety. Therefore, hypothesis is **rejected**.



H- 4 There is Significant Mean difference between Low Level Depressed Male and Female persons with regard to Anxiety.

Table No. 4.1 Indicating Anxiety of Depressed Low Level Male and Female.

| Variable | Gender | N | Mean | SD | df | t | Significant Level |
|----------|--------|----|-------|-------|----|------|-------------------|
| Anxiety | Male | 30 | 33.83 | 22.01 | 58 | 0.37 | Ns. |
| | Female | 30 | 33.50 | 26.85 | | | |

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

From the table no 4.1 showed that the Mean and SD score of low level depressed Male and Female. Low level depressed male calculated score was **Mean is 33.83, (SD- 22.01)**. For low level depressed female **Mean is 33.50, (SD 26.85)**. The calculated “t” value is **0.37**, which is **not significant**. It showed low level depressed male and female both faces same level of anxiety symptoms

like racing thoughts, excessive worries, fear, palpitations, nausea, insomnia, sweating, fatigue, restlessness, lack of concentration and attention. Related to anxiety, hypothesis is **not accepted**.

H- 5 There is Significant Mean difference between Depressed Male and Female persons with relation to Anxiety.

Table No. 5.1 Indicating Anxiety of Depressed Male and Female.

| Variable | Gender | N | Mean | SD | df | t | Significant Level |
|----------|--------|----|-------|------|-----|------|-------------------|
| Anxiety | Male | 60 | 16.60 | 2.87 | 118 | 3.18 | Sig. |
| | Female | 60 | 13.80 | 2.31 | | | |

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

From the Table No. 5.1 result indicates that Anxiety of depressed male and female person. The Depressed male calculated **Mean is 16.60, (SD- 2.87)**. For depressed female calculated **Mean is 13.80, (SD- 2.31)**. Depressed male person received slightly high mean score as compared to depressed female person. The df is 118 and the calculated “t” value is **3.18**, which is **significant at 0.01 level**. It indicates that depressed male showed more anxiousness than depressed female. Thus, the researcher concluded that depressed female having less anxiety than male. Therefore, relate to anxiety, hypothesis is **rejected**.

Limitations of the study:

- 1) The finding of the study is based on small sample.
- 2) The sample was restricted to Dhule city in Maharashtra.
- 3) The study was restricted to only depressed male and female persons only.
- 4) The study was restricted to 20-50 years old persons only.
- 5) Small sample size of only 120 persons were selected which is too small to generalized the finding.

Suggestions:

- 1) No research is conclusive in real sense. Every research paves the way and carves. The way for future research.
- 2) A sample of 120 depressed persons was taken in the present study. Same study can be conducted on large sample.
- 3) Similar research can be conducted in other district and state to study adjustment problem.
- 4) The present study was confined to male and female depressed persons only. It can be expand to more persons.

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V. CONCLUSION:

When researcher statistically analyzed the data following conclusion are found-

- 1) Relate to Anxiety high level depressed male shows slightly higher anxiety as compare to low level Depressed male.
- 2) There is significant mean difference between high and low level depressed female person relate to Anxiety.
- 3) High level depressed female were more anxious than high level Depressed male.
- 4) Low level depressed male and female person shows that same level of Anxiety.
- 5) Depressed male person shows slightly higher anxiety as compare to depressed female.



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