



---

# **STUDY OF THE MENTAL DEPRESSION AND CHALLENGES FACED IN ADJUSTMENT BY THE STUDENTS OF SCIENCE STREAM AT HIGHER SECONDARY LEVEL**

---

**Renu Kumari**

Research Scholar, Department of Education, Calorx Teachers University, Gujarat

**Dr. Dinesh Pratap Tomar**

Principal, Department of Education, Bhagwan Mahaveer College of Education Jagdishpur,  
Sonapat, Haryana

---

## **ABSTRACT**

Depression symbolizes strain, as a medical Style employed in the 20<sup>th</sup> Century. The word was used to characterize a person's psychological transformation; it is difficult to characterize it accurately, though and has been applied in several disciplines in varied ways. Depression may be useful or damaging, depending on the circumstances. Mental depression may also assist a person to boost his or her achievement or to support or motivate him or her. A person is careless in the absence of mental sadness. A person's existence is not a bed of roses, but rather thorns are embedded in it over the course of his or her life. Both the joys and the sorrows of life may be found. Human life has numerous prerequisites, and if these criteria are satisfied, human existence becomes easy and enjoyable. Despite this, there are still obstacles and problems that stand in the way of meeting basic human requirements.

**Keywords:** Mental Depression, Human life

## **INTRODUCTION**

Many individuals nowadays suffer from serious illnesses, and depression is common among those who are afflicted. Here, we discuss cancer, which may be discovered in the patient's succulent despair as well. Depression is essential to this understanding.

Depression is an ailment in which the brain's chemistry changes due to alterations in the levels of certain thinking harmones. Small chemicals known as neurotransmitters, in particular, seem to be absent or to work incorrectly, leading to a wide range of uncomfortable symptoms affecting mood, reasoning, and perception. Depression, on the other hand, is more than simply a state of mind. Sickness is a genuine illness, and it may cause physical symptoms (such as stomach discomfort or a quick heartbeat), as well as an ongoing and recurrent mental condition that requires treatment.

Depression affects an estimated 322 million individuals throughout the world each year. This kind of mental illness is distinct from normal mood swings and short-lived emotional reactions to ordinary difficulties. Depression may be dangerous to one's health, especially if it persists for an extended period of time and is of a moderate to severe level. People who suffer from it are often unable to perform at their best in their professional and personal lives. Suicide is a possibility when depression is at its worst. Approximately one million individuals worldwide take their own lives each year, according to the World Health Organization, which equates to nearly one death every forty seconds or 3,000 each day. At least 20 people try suicide for everyone who really does it. The death rate from suicide is 16 per 100,000 persons throughout the globe. For those ages 15 to 29, suicide is the second highest cause of death.

Depression is treatable, although less than half of individuals who suffer from it (in many countries, less than 10%) are receiving it. A lack of money, a shortage of educated health-care personnel, and societal stigma associated with psychiatric problems are some of the barriers to successful treatment. Inaccurate measurement is another obstacle to providing appropriate treatment. Even in the most affluent nations, individuals who are sad are often misdiagnosed and given antidepressants when they don't need them. Across the globe, the prevalence of depression and other mental health issues is on the increase. The World Health Assembly issued a resolution in May 2013 calling for a comprehensive and coordinated approach to mental diseases at the national level.

### **Definitions of Depressive Disorder**

Depressive illness (major depressive disorder) is a frequent and dangerous medical condition that adversely affects one's mental and physical health.

An emotional condition that is characterized by feelings of poor self-worth or guilt and a diminished capacity to enjoy life is known as depression in psychology.

Depressive disorder is characterized by a long-lasting melancholy and lack of motivation. Major depressive illness, often known as clinical depression, may cause a wide range of mental and physical issues. Depression is a condition that affects a person's eating, sleeping, and thinking habits, as well as how they see themselves and the world around them.

### **Depression - What Is It?**

Depression (major depressive disorder) is a common but significant medical condition that has an impact on your mood, thinking, and ability to function in your daily life. Because it is curable, however, it is fortunate. Depressive symptoms include sorrow and/or a lack of interest in once-enjoyable activities. Emotional and physical issues might arise, as well as a loss in a person's ability to perform at home and at work.

Depression is the initial stage of all mental diseases and one of the most frequent disorders that worsens with time. When it comes to treating mental health conditions, depression is the most prevalent kind of reaction and a common symptom in anything from anxiety disorders to schizophrenia and dementia. Tuberculosis, cancer, and the amnesias all confuse the picture in situations of physical sickness. When someone is sad, they don't feel anybody is listening to them or that anything will change in the near future. As a result, depression becomes a significant issue in terms of one's mental health, with thoughts and impulses to end one's own life taking precedence over all other concerns. In modern psychiatry, however, these separate depressions are not differentiated. Depression may be treated with either psychopharmacological or psychotherapy methods, depending on the underlying cause.

### **Depression's Root Causes**

Debate persists even though scientists and psychiatrists have agreed that depression is a brain condition.

Depression may be caused by a variety of circumstances, including genetic predispositions, hormonal changes, physical conditions, sorrow, stress, or drug addiction. Depression, bipolar disorder, and other mental health issues may be caused by a combination of these causes, or they can be caused by one or more of these factors alone. It's possible that depression has several underlying causes that aren't yet completely understood. There are several elements that might contribute to the development of depression:

1. Biological - changes in neurotransmitter levels
2. Genetically
3. Psychological and social/psychosocial

#### 4. Sociological causes

##### **Type of Depression**

In the case of post-traumatic stress disorder (PTSD), it is probable those certain forms of depression are distinct or that they develop in a unique manner:

Dysthymia is the medical name for depression that lasts longer than two years (also known as persistent depressive illness). Persistent depressive disorder may have less severe symptoms than major depression, but it is nevertheless a depressed condition that lasts for two years.

**Anxiety and Depression during Pregnancy (PDD)** Women who suffer from significant depression in the weeks and months after delivery may develop postpartum depression. If you're suffering from postpartum depression, antidepressants are just as effective as those for treating more severe cases. Taking care of oneself and one's child may become more challenging for new mothers who are suffering from prenatal depression.

Phenomenon such as delusional thinking, hearing or seeing unsettling things that others are unable to see or hear, or having disturbing erroneous fixed beliefs, such as those described above, are common in those who suffer from psychotic depression. Depressive undertones may be seen in psychotic symptoms, such as mistaken thoughts about one's own guilt, lack of resources, or physical disease.

Seasonal affective disorder is characterized by the onset of depression during the winter months when there is less natural sunlight. During the spring and summer months, this grief is most likely to subside. Seasonal affective disorder symptoms, such as social isolation, increased sleep, and weight gain, are recurring.

**Anxiety and Depression Disorders Other than the Typical One** Typical depression IS characterized by recurring feelings of melancholy. This "specifier" may be used to characterize the symptoms of depression. A pleasurable event may temporarily improve your emotions if you suffer from atypical depression.

People who suffer from bipolar disorder (also known as "bipolar depression") have depressive episodes that are severe enough to fulfil the diagnostic criteria for major depression. In addition, a person with bipolar illness might have euphoric or irritated mood swings known as 'mania or 'hypomania,' respectively.

**Disorder of Premenstrual Dysphoria (PMDD)** Menstruating women who have PMDD experience depression and other symptoms in the days leading up to the menstrual cycle. Feeling sad may be accompanied by the following: Fatigue, mood changes, irritability, anxiety, difficulty focusing, and sleep deprivation a shift in one's eating or sleeping patterns, Overwhelming feelings of inadequacy.

##### **WHAT IS MENTAL DEPRESSION?**

Mental depression occurs when a problem isn't resolved quickly enough. Mental depression, for example, may have negative effects on a person's emotional and physical well-being. Many factors contribute to mental depression. Mental depression may be triggered by unexpected events. People face mental sadness and are unable to do their regular tasks as a result of such a hardship. When a spouse or kid is sick, it's common for individuals to experience depression. Emotional depression may also be triggered by little mishaps. In the event that a man's employment is jeopardized, if he doesn't listen to his wife or child, a quarrel with others, animosity from someone or fear of losing, surprise searches in the house, etc., he may suffer from mental health issues. When a person's life is in jeopardy or he is socially outcast, he experiences mental depression. In today's world, a man's mental and economic well-being are continuously threatened.

People who suffer from mental depression experience worsening of their mental health and irritation of their mental health. Afraid, tense, and ecstatic, man is. Counties find his decision- making sluggish and his position erroneous. He remains mute and unable to express himself. Internal stress may cause a person's body to feel faint and worried as he or she is developing. A person may slip and fall as a result of depression. Emotional and bodily depression might result from this.

### **Types and bases of Mental Depression**

There are three primary ways in which adaption troubles or mental depression might occur, according to James Coleman.

- (1) Frustration
- (2) Conflict
- (3) Pressure

### **TYPES OF MENTAL DEPRESSION**

Researcher shows mainly four types of mental Depression:

**1. Edu Depression:** The term 'Edu Depression' came from the Greek word 'Eu' meaning nice. Most have a positive impact on depression. Edu Depression creates a positive attitude towards challenging people and achieves optimum happiness at work. The counselor also believes that education Depression is a human condition. There isn't a person distracting himself to himself.

**2. Distress:** It is a mental decline huge detrimental impact is considered negative mental distress as it becomes physical and mental destructive and becomes a barrier in a person's growth. Mental depression is not dangerous, although it does not last for a prolonged period, according to a doctor.

**3. Extreme Depression:** It tends to generate depressive psycho-depression, contributes to severe depression, which is incredibly dangerous to a person, and creates a psycho- physical condition.

**4. Hypo Depression:** When a man is frustrated, loses, or is drained continually, he is a target of hypo-depression. The client uses addictive drugs in such situations to eliminate the depression that is dangerous to health.

In addition, various forms of psychiatric depression exist, such as economic depression, social depression, depression in the family, etc.

### **RESEARCH QUESTIONS**

- Do higher secondary students have some mental depression, like health and wellbeing, overall adjustment, strength, intelligence, and overall mental wellness?
- Does the mental wellbeing of higher secondary school students get affected by educational medium and socio-economic status?
- Do the higher secondary school students get affected in terms of parental adjustment, home environment change & overall adjustment within the gender?

### **OBJECTIVES OF THE STUDY**

- To study the mental depression and challenges faced In adjustment by the science students at higher Secondary level.
- To study and compare Mental Depression subscale such as Emotional stability, overall adjustment and overall mental health between different genders (boys& girls) of science stream students at higher Secondary level.
- To study and compare Mental Depression subscale such as Emotional stability, overall adjustment, security-insecurity, self-concept, intelligence and overall mental health between English and Hindi medium science stream students at higher Secondary level.

- To study and compare Mental health subscale such as Emotional stability, overall adjustment, autonomy, security-insecurity, self-concept, intelligence and overall mental health between Higher and Middle socio-economic status of science stream students at higher Secondary level.
- To find out association/correlation between mental Depression & Adjustment among science stream students at higher Secondary level.

### **HYPOTHESIS**

- There will be no significant difference between boys and girls or science stream students at higher Secondary level in Mental Depression subscale such as Emotional stability, overall adjustment, security-insecurity, self-concept, intelligence and overall mental health.
- There will be no significant difference between English and Hindi medium of science stream students at higher Secondary level in Mental Depression subscale such as Emotional stability, overall adjustment, security-insecurity, self-concept, intelligence and overall mental health.
- There will be no significant difference between High and middle socio economic status of science stream students at higher Secondary level in Mental health subscale such as Emotional stability, overall adjustment, security-insecurity, self-concept, intelligence and overall mental health.
- There will be no significant correlation between mental health & family adjustment among science students at higher Secondary level.

### **LIMITATIONS OF THE STUDY**

Limitations of present research are as under:

- The existing study will be limited in sample size.
- The 640 participants of this research will be selected from various English & Hindi medium Higher Secondary Schools of different cities of Uttarakhand from C.B.S.E and Uttarakhand Board of School Education (Government of Uttarakhand).
- Students of Science Stream from economically developed class & economically weaker class will be chosen from English & Hindi medium higher secondary schools from C.B.S.E and Uttarakhand Board of School Education (Government of Uttarakhand).

### **RESEARCH METHODOLOGY**

In this Research Work, study on mental depression and family adjustment of Higher Secondary Science students. The Research Methodology includes the Statement of Problem, Main Objectives, Hypothesis, Sample, Variables, and Tools for Data Collection, Procedure, and Statistical Techniques, used for Data Analysis.

### **DATA ANALYSIS METHODS**

To analyze the data Analysis of Variance (ANOVA) was used in order to study the main and interaction effect of three independent variables such as Gender, Medium of instruction and SES on scores of various subscales of mental depression and adjustment. To find out correlation between Mental Health and Family Adjustment among various group of student Product Moment Correlation Technique was used. To analyzed the data SPSS was used an all Hypotheses were tested at 0.01 and 0.05 level of significant.

### **CONCLUSION**

Adjustment involves the ability to solve one's problems in a socially acceptable and constructive way. Adjustment in a particular situation depends upon one's personal characteristics and also the circumstances of the situation in other words, both personal and environmental factors work side by side in adjustment. An adjustment is adjusted if he is adjusted to himself and to his environment. Mental health is not just the absence of mental disorder it is the full and harmonious functioning of the whole personality. People in a state of emotional, physical and social well-being fulfil life responsibilities, function effectively in daily life and are

satisfied with their interpersonal relationships and themselves. A mentally healthy child feels good about herself/himself, enjoys relationships, learns confidently and overcomes her/his difficulties. Some children find themselves overwhelmed by misery, anger or fear.

## REFERENCES

- Ashok Kumar, C. & Rajendran, K. K. (2014). Job Involvement and Mental Health among Higher Secondary Teachers, International Journal of Emerging Technologies and innovative Research, Volume: 6, Issue: 4, PP: 603 - 614.
- Bandhana (2010) investigated the impact of home environment and academic achievement on Mental Health of 12th grade higher secondary school students.
- Basu S. (2011) Adjustment of Secondary School Students. Scholarly Research Journal for Interdisciplinary Studies.1(3):430-38.
- Bhatt (2012) A study of school adjustment problems among Gujarati Medium and English medium school students.
- Roy and Mitra (2012) examined the pattern of adjustment among early and late adolescent school students.
- Ruby Kumari and Lalita Prasad (2015) A Study of Academic Achievement Mental Health and Adjustment Problems of Secondary School Students.
- Sayanika Deka (2010) Adjustment Problems among Adolescent Girl Students of Secondary Schools: A Study. International journal for innovative research in multidisciplinary field.
- Srividhya (2007) in Mental health and adjustment problems of students of Navodaya, Central and State schools.
- Subramanyam and Viswanatha Reddy (2012) Mental Health status among professional and non-professional college students.
- Surya & Mahendran (2010) Adjustment Problem and its Impact on Achievement in Mathematics among Secondary School Students.