Depression among Fresh College Hostellers during Pre and Post Semester

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Abstract- This research work is an attempt to study the level of depression among fresh college Hostellers. The sample for this study comprises of 100 fresh college hostellers (50 male and 50 female). Data was collected by face-to-face interview method. Tools used for data collection were the personal information schedule and revised. Beck depression inventory (BDI) developed by Beck (1961). Mean, standard deviation and 't' test were the statistics calculated. The results indicated that depression among fresh college hostel inmates differ significantly in pre and post semester. Depression of fresh college hostel inmates found to be reduced in post semester when compared to pre semester. Depression of fresh college hostel inmates of female students also differs significantly in pre and post semester.

I. INTRODUCTION

Hostel is a place where the students are away from home. After the higher secondary school education, students are coming from various places to pursue their education by staying in hostel. Students before entering into the college hostel, they have positive ideas about the situation, place, room mates, education, etc. After entering the college hostel the students develop depression, fear, dissatisfaction, irritability, etc. In home they have freedom within certain limits; they are provided and protected from many problems by their parents. In the hostel they may face the problems within the hostel as well as in the college because of lack of adequate support. In the initial stage the students in hostel are all new to each other, even their roommates. So Students face difficulty in coping, adjusting, helping with others because there may be difference in language, lifestyle, belief, personality, etc. Within a short period however, a section of them cope with others, adjust with others and share with others immediately to the roommates. Then this sharing, adjusting extends to others. Some face however difficulty in this and it leads to depression among them. It interferes in their day to day activities and it gets expressed in their words, action, and thinking.

Depression is the common mood disorder found among all the age groups and races. Depression has been recorded since olden days and descriptions of what are now called mood disorders can be found in many ancient documents.

Depression in the normal individual include a state of sadness characterized by feeling of inadequacy, lowered activity, and hopelessness about the future, and in pathological cases, an extreme state of unresponsiveness to stimuli, together with self-depression , delusions of inadequacy and hopeless (Atkinson, Berne and Woodworth, 1988).

Beck and Beamesdefer (1974) suggest that characteristics of depression include hopelessness, sense of failure, self-dislike, social withdrawal, and somatic preoccupations.

The American Psychological Association(APA) DSM-IV-TR(2000) states that the essential features of depressive episodes are either depressed mood (or possibly in children and adolescents an irritable mood) or loss of interest or pleasure in almost all activities and the associated symptoms of the disorder include weight change, sleep disturbance, psychomotor agitation or retardation, decreased energy, feelings of worthlessness or excessive or inappropriate guilt, difficulties in thinking or concentrating or suicidal ideations or attempts.

In simplest terms, depressive states typically show a combination of three psychological symptoms (1) depressed mood (feelings of helplessness, hopelessness, guilt, worthlessness, psychic pain), (2) drive inhibition (loss of energy), and (3) anxiety. These symptoms are associated with disturbances of appetite, sleep and sexual libido. Behavioural symptoms such as social withdrawal, crying spells, and suicide attempts occur along with the typical depressive posture and faces with furrowed brow, turned-down corners of the mouth, and lack of animation.

II. OBJECTIVE OF THE STUDY

To assess depression among fresh college hostel inmates pre & post semester.

III. METHODOLOGY

Hypothesis:-
In view of the objective, the following null hypotheses were framed in the present study.

1. There is no significant difference in depression among fresh college hostel inmates pre and post semester.
2. There is no significant difference in depression among fresh college hostel inmates of female students pre and post semester.
3. There is no significant difference in depression among fresh college hostel inmates of male students pre and post semester.

Sample:-
The sample consisted of one hundred male and female fresh college Hostellers between ages of 17 and 20 served as subjects. The sample comprised of 50 males and 50 females, students belonging to various departments of a COLLEGE OF

ARTS AND SCIENCE HOSTEL in coimbatore, Tamilnadu, India.

Tools Used:

The tools used in the study by the researcher were selected after a thorough analysis of literature on depression. The following scales were employed to collect data:
   i.   Personal information schedule
   ii. Beck depression inventory (BDI)

i) Personal information schedule

An information schedule was designed by the investigator to collect demographic and biographical information from the sample required for study .

ii) BECK DEPRESSION INVENTORY (BDI).

The Beck Depression Inventory was used to measure self-reported depression. This inventory consists of twenty one well known items and its reliability and validity has been established. Each item consists of a graded series of 4 Self-Evaluative statements. The statements are ranked to reflect the range of severity of the symptom from neutral to maximal severity. Numerical values from 0 – 3 are assigned each statement to indicate the degree of severity. Greater scores on the BDI reflect greater depression. The scores of 0 – 16 represents low depression, 16 – 32 mild depression, 32 – 48 moderate depression and 48 – 63 severe depression.

Procedure:

The inventories were distributed in the hostel. The students were given general instruction to complete the instrument in the order presented in personal information schedule followed by Beck Depression Inventory (BDI). The same questionnaires were given to the selected subjects in pre semester. After the first semester was over (six month later), the same inventories were given to the subjects as that of pre semester.

Statistical Analysis:

Beck Depression Inventory obtained from each subject was scored. Fresh college Hostellers were compared on the depression scores pre and post semester using a 't' test. The values were analyzed at 0.05 level of significance.

IV.   RESULTS AND DISCUSSION

Table I: Showing the values for depression among fresh college hostel inmates in pre and post semester.

S.No	Group	N	Mean	S.D	t
1.	Pre Semester	100	24.76	8.77	7.31*
2.	Post Semester	100	15.48	9.32	

Expected 't' value < 1.96**. The 't' value is significant.

From the above table it can be seen that the 't' value (7.31) for depression among fresh college hostel inmates in pre and post semester is significant. This shows that there is difference in depression pre and post semester in the total sample. The null hypothesis is therefore rejected. The depression level was mild during pre semester and it was reduced to low depression at post semester. The time period of six months between pre and post semester influence the results of the depression. This may be due to the enhanced coping behavior and adjustment, sharing with roommates, hostel facilities and circumstances, etc., of the students of both sexes.

Table II: Showing the values for depression among fresh college hostel inmates of female students in pre and post semester.

S.No	Group	N	Mean	S.D	t
1.	Pre Semester	50	25.32	9.46	5.15*
2.	Post Semester	50	15.28	9.87	

Expected 't' value < 1.96**. The 't' value is significant.

From the above table it can be seen that the 't' value (5.15) for depression among fresh college hostel inmates of female students in pre and post semester is significant. This shows that difference in depression exist. Hence the null hypothesis is rejected. The depression level was mild during pre semester and it got reduced to low depression at post semester. Perhaps the time period of six months between pre and post semester influenced the results of the depression. It may be also due to the improved coping behaviour, adjustments, sharing with roommates, hostel facilities and circumstances, etc.,

Table III: Showing the values for depression among fresh college hostel inmates of Male students in pre and post semester.

S.No	Group	N	Mean	S.D	t
1.	Pre Semester	50	24.20	8.08	4.98*
2.	Post Semester	50	15.68	8.83	

Expected 't' value < 1.96**. The 't' value is significant.

From the above table it can be seen that the 't' value (4.98) for depression among fresh college hostel inmates of male students in pre and post semester is significant. This shows that the difference in depression exists. The depression level was mild during pre semester and it was reduced to low depression at post semester. The time period of six months between pre and post semester perhaps influenced the results of the depression. Depression is found to differ in pre & post semester among fresh college hostel inmates in pre and post semester. Thus the period of six months, several factors and circumstances may lead to reduce the level of depression in post semester when compared to the pre semester among college hostellers.

The result shows that depression had reduced. It may be due to several circumstances & facilities available in the hostel, the lifestyle, belief, etc. of the hostellers.

V. SUGGESTION AND CONCLUSION

Depression among fresh college hostel inmates may be due to their dissatisfaction, irritability, hopelessness, lifestyle, personality, beliefs, etc. However Hostel administration has takes appropriate action/planning to reduce the ill effects of the above problems through proper guidance & counseling, providing the needed facilities, creating a good rapport with hostel inmates, visiting regularly and meeting them to express their difficulties and grievances faced by them, and suggesting solutions to the problems, etc. Therefore, the hostel has become "a second home" for the inmates. Further studies are needed to clarify the role of hostel administration in alleviating depression among hostellers.

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