

# A Conformatory Indegenous Study to Find Similarities/Differences Regarding Presence of Depression among Medical/Engineering Students Belonging to Different Cultures

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**Abstract-** A conformity study to find out the presence of 'depression symptoms' as reported by various recent studies was conducted in Faisalabad Pakistan to find out similarities/differences among the medical and engineering students male/female studying in different colleges of Faisalabad as reported by published studies on the subject however the findings did not confirmed the presence of symptoms as reported in the recent studies in case of Faisalabad Pakistan

**Index Terms-** Depression, Medical/ Engineering Studies

## I. INTRODUCTION

Higher and professional studies are an etic global phenomenon. Entire world maintains almost similar position towards the phenomenon but of course with 'different' position to approach thus making the phenomenon an area of interest for various social science disciplines and psychology is not an exception that approaches it with various questions like how do professional studies influence behavior in general and what affects such association plays to make, to generate, to shape, to evolve abilities, to develop cognition, to inculcate social aspects and to interact with adoptability in both ways? Some of the studies are about the demanding nature of various professional studies and in that context, medical studies and engineering studies especially in case of subcontinent are important.

It was supposed to be a stereotype that both medical and engineering studies are comparatively more demanding, however, in a few recent studies the demanding nature of both medical/Engineering studies was conformed, In one such study three groups of students belonging to various educational specialties that include BCA, Engineering and physical education were tested on Goldberg Depression Questionnaire (GDQ) and a significant difference for the presence of 'depression' during the course of studies was observed in the Engineering group as compared with other two groups (Darhana, Rajbir 2014) Another one such study it was found that depression was there among the students studying in medical because of their professional studies commitments (Vankar, Prabhakran and Sharma 2014). In another study it was found that medical students are more liable to the risk of anxiety, depression and burnout during the course of their professional studies as compared with other professional studies (Thomas et al 2014)

Medical profession is directly related with well-being of humanity and such kinds of professional demands, demand better adoptability to fulfill the professional needs as compared with the profession such are less demanding so far the human needs are concerned although all professional studies and professions are equally important. Perhaps that is the reasons that studies are there that reflect that how and what methods of training are there in medical studies to improve the adoptability among the medical students? In one such study it was reported that 'student centered' education can positively contribute to inculcate improvement among the medical students to improve 'attitudes' towards the understanding of 'depression' (Ye Rong et al 2011) and such training is certainly an additional strength to cope with the medical schools 'stressful environment' that can affect negatively the mental health and psycho-social well-being of medical students (Coumarvelou, Rasy 2014) because some studies have reported that students studying medicine in medical schools are more liable to develop depression and depict more suicidal ideations (Jaykaran, Bhardwaj, Panwar 2008). Whereas medical profession demands, expert communications with patients having major mental symptoms and thus a need for mechanisms and training needs for 'expert communications as par the needs of the profession (Lisa, Radhika, Ramanan 2006). However a recent study reveals that depression symptoms are increasing among medical students (Kaur, Depti and Lal 2014). Generating thereby a genuine need to study that how do such findings are important in case of emic findings and if so than what measures are needed for further studies and future of the well-being of humanity?

## II. METHOD AND PROCEDURE

For the indigenious confirmation of the latest findings a sample of 60 medical students studying in various institution including 30 male and 30 female total 60 as well as 30 various engineering discipline students including 30 male and 30 female were taken and were tested on and indigenously developed Sadiqui Shaw Depression Scale to find out the 'similarities'/differences regarding the presence of 'depression amount' among the students of both the disciplines.

## III. RESULTS

The performance of the subjects on the test revealed no significant presence of depression among students of both the

disciplines irrespective of gender as well as revealed significant similarity among both the groups so far the presence of the amount of 'depression' falling in the category of 'normal' indicated in the scale in 'sometimes' and 'Never' categories was concerned.

#### IV. CONCLUSION

Further studies are needed to confirm the findings at indigenous level to work out the probability of emic findings in etic prospective.

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