

Relation between Family Environment and Depression Proneness among College Students



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Abstract

Depression is a condition in which one feels blue or sad. When an individual makes negative judgments about himself, this tends to develop negative self-concepts. These negative self-concepts emerge from a great force in depression (Beck & Alford, 2009). The causes of depression are not fully understood and may not be down to a single source. As we know, the family environment is one of the important factors which affect the individual. The family constituted an interpersonal social system held together by strong bonds between attachment, affection, caring, and yet exercised control, approval, and discipline on each other's actions. Hence, research is needed to understand the relationship between the variables of family environment with depression. The aim of this study was to examine the relationship between family environment and depression proneness among students. Totally 80 college students are selected as the sample from rural and urban area. Data were collected by DPS & FES questionnaire made by Yadav, (2015) and Bhatia and Chadha (2015). The results revealed that there is a negative relationship between depression proneness and family environment among rural ($P < 0.01$, $r = -0.96$), and ($P < 0.01$, $r = -0.98$) urban students.

Keywords: Depression Proneness, Family Environment, Rural & Urban Students.

Introduction

Early in life, individually develop a wide variety of concepts and attitudes about themselves and their world. Some of these concepts are anchored to reality and form the basis for a healthy personal adjustment; others deviate from reality and to possible psychological disorders. People's concepts realistic as well as unrealistic are drawn from experiences, from the attitudes and opinions communicated to by others, and from identifications. Among the concepts that are central to the pathogenesis of depression are people's attitudes toward self, environment, and future. People's self-concepts are clusters of attitudes about themselves, some favorable and others unfavorable. When an individual makes negative judgments about himself, this tends to develop negative self-concepts for example "I am alone," "I am inferior," "I cannot do anything" and "No one can love me." These negative self-concepts emerge with great force in depression (Beck & Alford, 2009). Depression is a condition in which one feels blue or sad. But these feelings are usually for a short period of time. Depression interferes with daily life activities of an individual. It is a common but serious illness (National Institute of Mental Health, 2011).

The causes of depression are not fully understood and may not be down to a single source. Depression is likely to be due to a complex combination of factors that include: genetics, biological - changes in neurotransmitter levels, environmental (Family & Social), psychological and social (psychosocial). As we know, the family environment is one of the important factors, which affect the individual. The family is the most important socializing agent that influences the child's life (Tewari, Morbhatt & Kumar, 1981). Family environment is the complex of social and cultural conditions, the combination of external or extrinsic physical conditions that affect and influence the growth and development of the members of a family, the most instinctive fundamental social group which includes parents and their children. The family constituted an interpersonal social system held together by strong bonds of attachment, affection,

caring, and yet exercised control, approval, and discipline on each other's actions. Hence, research is needed to understand the relationship between the variables of family environment with depression proneness.

Review of Literature

YunmioYu (2015) Studied role of family environment in depressive symptoms among university students. They reported soft family environment factor like-cohesion, conflict and control appeared to play significant role in occurrence of depressive symptoms.

HuiZhai et al. (2015) investigated relationship between family environment and suicidal ideation among university students of China. They found prevalence of suicidal ideation (9.2%) among students from poor family structure, parents with improper parenting styles. Male students were less likely to have suicidal ideas than female students.

Sharma, Kirmani (2015) conducted the study to a) Examine Depression in a group of college going Boys b) Examine Anxiety in a group of college going Girls. a) Beck Depression Inventory (Beck, 1961) used to examine Depression and b) Beck Anxiety Inventory (Beck, 1961) to examine Anxiety. Sampling technique was used to collect data. Descriptive statistics like mean and SD and inferential statistics like t test was used examine group differences. The results indicate that girls reported more symptoms of depression and anxiety in comparison to boys as revealed through the questionnaires. The findings of the current investigation also revealed that professional students reported more symptoms of depression and anxiety than the non-professional students.

Shukla, Ahmad, et. Al. (2019) conducted a study among 2187 school-going adolescent girls (10–19 years) in Barabanki district from September 2016 to September 2017 using multistage sampling. Sociodemographic characteristics such as age, residence, family background, and socioeconomic status were assessed through direct interview of the adolescent girl, with its reconfirmation from school records. Kutcher Adolescent Depression Scale was used for assessment of depression. The result revealed that depression was significantly higher among those residing in rural areas. Depression was also found to be significantly higher among those whose mothers were educated up to primary. Similarly, depression was found to be more common among those girls whose fathers were educated up to intercollege or were graduate and above. A significant proportion of school-going adolescent girls were suffering from depression, which reflects the need for reinforcement and strengthening of school-based mental health screening programs.

Liu C.et al. (2019) investigated prevalence of depression and anxiety among doctoral students . They also studied effect of mentoring relationship on their depression. Result shown that nearly 23.7% participants showed sign of depression and 20% showed sign of anxiety. They also reported negative correlation between mentoring relationship and levels of depression.

Objectives of the Study

To study the relationship between family environment and depression proneness among college students.

Hypotheses

From the review of the literature, it is found that previous studies are not sufficient and some offer inconsistent and contradictory results. Limited Indian studies are found on depression among students in relation to their family environment, which prompted the investigator for further research in this area. On the behalf of objectives stated by reviewing the literature, the investigator formulated the following hypotheses for the present study, which are described below:

H1

There is a relationship between family environment and depression proneness among college students of the rural area.

H 1.1

There is a relationship between cohesion in family and depression proneness among college students of the rural area.

H 1.2

There is a relationship between expressiveness in family and depression proneness among college students of the rural area.

H 1.3

There is a relationship between conflict in family and depression proneness among college students of the rural area.

H 1.4

There is a relationship between acceptance in family and depression proneness among college students of the rural area.

H 1.5

There is a relationship between independence in the family and depression proneness among college students of the rural area.

H 1.6

There is a relationship between Active recreational orientation in family and depression proneness among college students of the rural area.

H 1.7

There is a relationship between organization in the family and depression proneness among college students of the rural area.

H 1.8

There is a relationship between control in family and depression proneness among college students of the rural area.

H2

There is a relationship between family environment and depression proneness among college students of the urban area.

H 2.1

There is a relationship between cohesion in family and depression proneness among college students of the urban area.

H 2.2

There is a relationship between expressiveness in family and depression proneness among college students of the urban area.

H2.3

There is a relationship between conflict in family and depression proneness among college students of the urban area.

H 2.4

There is a relationship between acceptance in family and depression proneness among college students of the urban area.

H 2.5

There is a relationship between independence in the family and depression proneness among college students of the urban area.

H 2.6

There is a relationship between Active recreational orientation in family and depression proneness among college students of the urban area.

H 2.7

There is a relationship between organization in the family and depression proneness among college students of the urban area.

H 2.8

There is a relationship between control in family and depression proneness among college students of the urban area.

Delimitation of the study

The study under investigation will delimit to the following:

1. The study will delimited to government and private college of rural and urban area of durg district (C.G.).
2. Hindi and English medium student were sample for the study
3. The study was delimited to college students only.

Research Methodology

Research Design

A research design is a conceptual structure within which research is conducted; it constitutes the blueprint for the collection, measurement, and analysis of data (Kothari, 2012, p. 31) the present

study is designed to find out the relationship of depression with the family environment. Its design is correlation research design.

Sample

The quality of a piece of research stands or falls not only by the appropriateness of methodology and instrumentation but also by the suitability of the sampling strategy that has been adopted (Cohen, Manion & Morrison, 2007). In the present study, the random sampling technique has been used to choose the sample. For the study 40 college students from the Rural area & 40 students from the urban area are selected as sample.

Tools

In this study the following tools have been used for data collection:

1. Depression proneness scale (2015) was designed by Yadav. This questionnaire is constructed from 30 items, which are able to distinguish depression proneness in students and persons. In a study, a reliability coefficient of the whole questionnaire is estimated at 0.81 by the method of test-retest.
2. Family Environment Scale (2015) was designed by Bhatia & Chadha. This questionnaire is constructed from 69 items. This 69-item questionnaire has 8 subscales including cohesion, expressiveness, conflict, and acceptance and caring, independence, active recreational orientation, organization, control. In a study, the reliability coefficient through spearman brown prophecy formula is 0.95 and both face and content validity were tested by giving the scale 18 experts to evaluate the test items.

Statistics

The mean, standard deviation, Pearson's correlation coefficients- r have been calculated accordingly hypotheses.

Analysis:

**Table No.1
Mean & SD. in Rural & Urban Area students**

S.No.	Variables	Rural Students			Urban Students		
		Mean	Std. Deviation	N	Mean	Std. Deviation	N
1.	Cohesion	57.42	6.18	40	56.77	6.87	40
2.	Expressiveness	36.77	4.69	40	27.42	6.22	40
3.	Conflict	48.22	6.61	40	39.05	6.50	40
4.	Acceptance&caring	51.05	5.97	40	46.60	7.22	40
5.	Independence	38.07	5.37	40	34.15	5.19	40
6.	Active recreational orientation	30.00	4.78	40	29.10	4.85	40
7.	Organization	6.55	1.79	40	6.17	1.76	40
8.	Control	15.00	2.72	40	12.50	2.70	40
9.	Whole Family environment	283.1	34.50	40	251.77	37.17	40
10.	Depression Proneness	85.32	11.67	40	127.47	17.65	40

Descriptive statistics of, mean, and SD were calculated for the urban and rural group of students (Table 1). The table indicates that the mean values for family dimensions among rural student belong to the Average range and mean value for depression proneness is also in the average range. Similarly, In urban students, the mean value for family dimensions belong to the average range but the mean value for

family dimension in the urban area is comparatively less than the rural students and mean value for depression proneness is in high range in urban students according to test manuals. Table 1 show that the family environment is negatively related to depression proneness.

Table No.2
Correlation in Rural&Urban Areastudents

Dimensions of Family Environment	Correlation coefficient 'r' with Depression Proneness	
	In Rural Area	In Urban Area
Cohesion	-0.89**	-0.85**
Expressiveness	-0.74**	-0.96**
Conflict	-0.83**	-0.94**
Acceptance & caring	-0.93**	-0.95**
Independence	-0.95**	-0.97**
Active recreational orientation	-0.89**	-0.83**
Organization	-0.79**	-0.65**
Control	-0.83**	-0.47**
Whole Family environment	-0.96**	-0.98**

** . Correlation is significant at the 0.01 level

In the above Table, No-1Karl Pearson Product Moments method is used for calculation of correlation. There is a correlation between Dimensions of family environment and Depression Proneness of the students, studying in colleges of rural area is found negative in all dimensions of the family environment. The table of correlation at the level of significance 0.01 for the degree of freedom 38 is 0.403, which is less than its calculated value at 0.01levels of significance. This perusal reveals that the hypothesis H1 has been proved and represent that there is a very high negative correlation between the Family environment and Depression proneness in rural area's students, studying in colleges. Further table cleared that with all dimensions of family environment, student's Depression proneness is negatively correlated among rural college students so the hypotheses H1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8 all have been proved.

In addition, Table 1 illustrates a negative correlation between scores of the Family environment and Depression proneness in urban area college students. The table of correlation at the level of significance 0.01 for the degree of freedom 38 is 0.403, which is less than its calculated value at 0.01levels of significance. This perusal reveals that the hypothesis H2 has been proved and represent that there is a very high negative correlation between the Family environment and Depression proneness in urban college students also. Table No. 1 further indicated that with all dimensions of family environment, student's Depression proneness is negatively correlated among urban college students so the hypotheses H2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8 all have been proved.

Result and Discussion

Finding show the correlation among research variables. Correlation coefficient between Whole Family environment and Depression Proneness among rural students is negative and significant (p<0.01, r= -0.96). Correlation coefficient between Cohesion and Depression Proneness is negative and significant among rural students (p<0/01, r= -0.89). correlation of depression proneness to other family environment factors like - Expressiveness , Conflict, Acceptance & caring, Independence , active recreational orientation , Organization and Control

have significantly(p<0.01) negative correlation & obtain Correlation coefficient are respectively -0.74, -0.83, -0.93, -0.95, -0.89, -0.79 -0.83 . In urban students Cohesion (p<0.01, -0.85) Expressiveness (p<0.01, r= -0.74), Conflict (p<0.01, r= -0.83), Acceptance & caring (p<0.01, r= -0.93) and Independence (p<0.01, r=-0.95), active recreational orientation (p<0.01, r= -0.89), Organization (p<0.01, r= -0.79), Control (p<0.01, r= -0.83), also correlate negatively and significantly with Depression Proneness. The Pearson Product Moments method has been used for surveying the correlation between of depression proneness, and family environment. Based upon correlation coefficients it can be asserted that family environment has negatively correlated with depression proneness among rural & urban college students.

Surveying the gained results shows that the dimension of the family environment and depression proneness are significant correlates with each other but there is a negative relation. It means that by increasing these family factors like family cohesion and expressiveness the depression proneness decreases. Family cohesion exerted direct and indirect effects of depression on a person's life. An emphasis on the positive expression of emotions within the family may be associated with a decreased risk of depression which is in line with the result of the previous researches (Ahookhosh, et al., 2017; Eileen L Cooley, 1992). Another family environmental factor i.e. acceptance was moderately and negatively correlated with anxiety and depression. family acceptance predicts greater self-esteem, social support, and general health status; it also protects against depression which is in line with the result of the previous researches (Dominic Crowley & Leanne Andrews, 2017; Ryan, et al., 2010) Beck and Alford (2009) discusses that the vulnerability of a depression-prone person is attributable to the constellation of enduring negative attitudes about self, world, and future. Even though these attitudes (or concepts) may not be prominent or even discernible at a given time, they persist in a latent state like an explosive charge ready to be detonated by an appropriate set of condition. Once activated, these concepts dominate the persons thinking and lead to the typical depressive symptomatology. These cognitive distortions seem to develop from early life

experiences and to be triggered by present environmental conditions or events, thus leading the person to view the self, the world and the future in a negative way. Beck believes that the activation of these maladaptive thought patterns leads to the effective, motivational and physical symptoms of depression. But a healthy and loving family environment can remove or decrease this tendency. The results suggest that the quality of family interactions and environment are relevant for understanding the development of depressive symptoms in adolescents.

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