

DEPRESSION, ANXIETY, STRESS AMONG MEDICAL STUDENTS IN A MEDICAL COLLEGE IN SOUTH KERALA

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INTRODUCTION

Medical training being an intensive course provides stress and this a topic of concern for nearly half a century. Depression is a multi-problematic disorder that cause heavy burden in society which leads to the impairment of individual, social, interpersonal and occupational functioning. Anxiety is an internalized arousal of fear that may be real or imaginary. Anxiety is an unconscious reaction to depressive tendencies which may turn into severe fear or panic.

METHODS

STUDY DESIGN: Cross sectional study

STUDY SETTING: Medical College In South Kerala

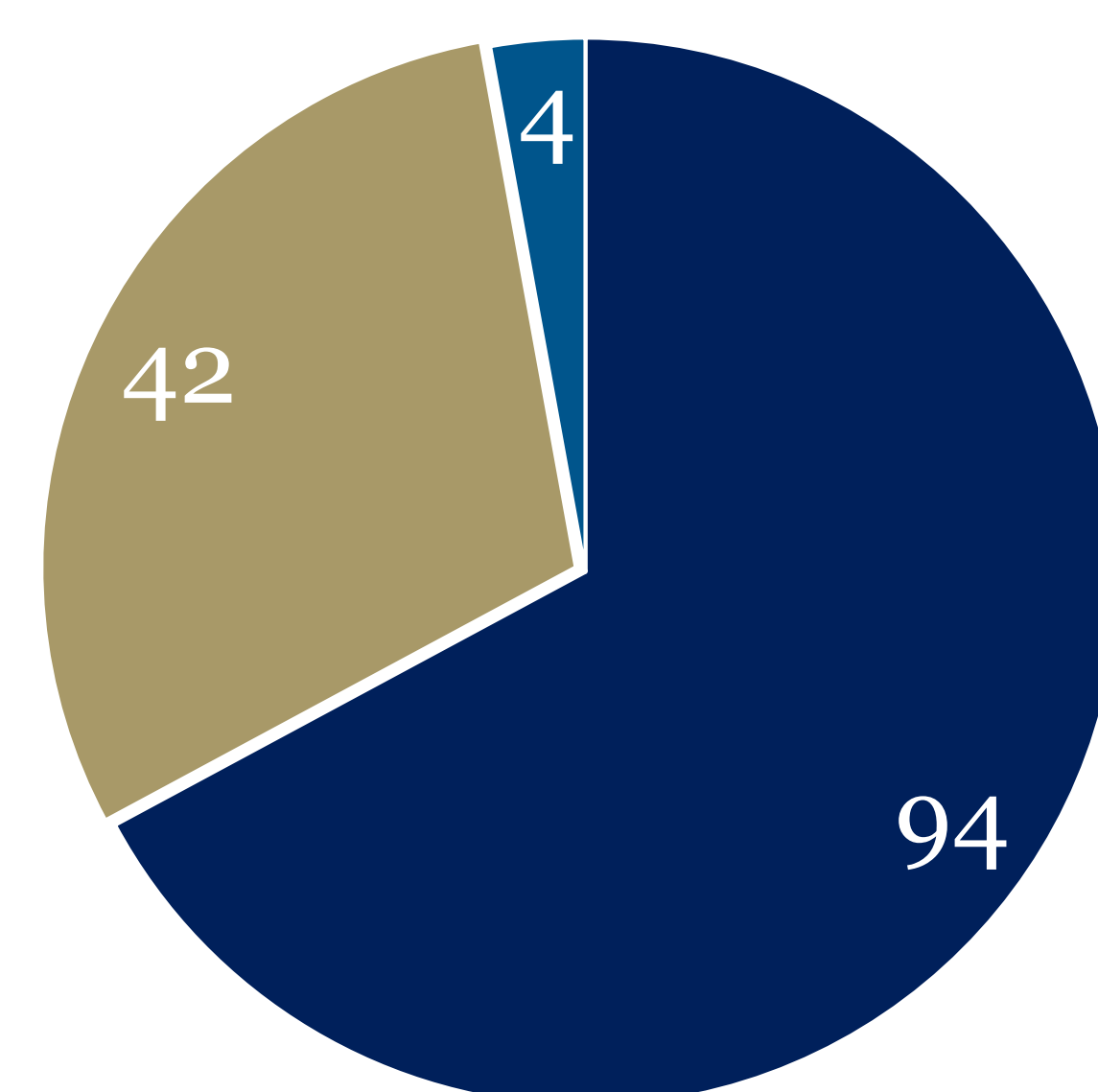
STUDY POPULATION: First year, Second year and Third year students of a Medical College In South Kerala

STUDY PERIOD: The study was conducted for a period of 3 months from November 2020 to January 2021

RESULTS

This cross-sectional study was conducted among students in a medical college in South Kerala.. Out of the 140 subjects studied, 94 (67.1%) belongs to Nuclear Family, 42(30.0%) belongs to Joint Family and 4 (2.9%) belongs to Third Generation Family. Among the 140 subjects studied, 40 (28.6%) belonged to First Year, 36(25.7%) belonged to Secondary year and 64(45.7%) belonged to Third Year. Stress is the most prevalent issue among the current sample with highest percentage of 74.9%. Type of family, year of study and type of student accommodation is associated with depression. Type of family and year of study is associated with anxiety. Gender and type of student accommodation is associated with stress

Type of family



■ Nuclear ■ Joint ■ Three Generation Family

Table 1

VARIABLES	GRADES OF DEPRESSION					Total	pvalue
	Normal	Mild	Moderate	Severe	Extremely Severe		
Type of Family							
Nuclear	22 (23.4%)	8 (8.5%)	31 (33.0%)	13 (13.8%)	20 (21.3%)	94	
Joint	24 (57.1%)	5 (11.9%)	8 (19.0%)	1 (2.4%)	4 (9.5%)	42	0.014
Three Generation Family	2 (50.0%)	0	1 (25.0%)	0	1 (25.0%)	4	
Year of Study(MBBS)							
First Year	11 (27.5%)	4 (10.0%)	7 (17.5%)	7 (17.5%)	11 (27.5%)	40	
Second Year	17 (47.2%)	5 (13.9%)	9 (25.0%)	3 (8.3%)	2 (5.6%)	36	0.042
Third Year	20 (31.3%)	4 (6.3%)	24 (37.5%)	4 (6.3%)	12 (18.8%)	64	
Type of Student Accommodation							
Hostel	45 (37.8%)	13 (10.9%)	29 (24.4%)	11 (9.2%)	21 (17.6%)	119	0.032

Table 2

FACTORS	GRADES OF ANXIETY					Total	p value
	Normal	Mild	Moderate	Severe	Extremely Severe		
Type of Family							
Nuclear	21 (22.3%)	15 (16.0%)	32 (34.0%)	15 (16.0%)	11 (11.7%)	94	
Joint	26 (61.9%)	5 (11.9%)	7 (16.7%)	0	4 (9.5%)	42	
Three Generation Family	1 (25.0%)	0	2 (50.0%)	0	1 (25.0%)	4	0.001
Year of Study(MBBS)							
First Year	7 (17.5%)	7 (17.5%)	11 (27.5%)	8 (20.0%)	7 (17.5%)	40	
Second Year	17 (47.2%)	7 (19.4%)	10 (27.8%)	2 (5.6%)	0	36	
Third Year	24 (37.5%)	6 (9.4%)	20 (31.3%)	5 (7.8%)	9 (14.1%)	64	0.022

Table 3

FACTORS	STRESS					Total	p value
	Normal	Mild	Moderate	Severe	Extremely Severe		
Gender							
Male	16 (21.3%)	19 (25.3%)	19 (25.3%)	11 (14.7%)	10 (13.3%)	75	0.044
Female	19 (29.2%)	4 (6.2%)	18 (27.7%)	11 (16.9%)	13 (20.0%)	65	
Type of Student Accommodation							
Hostel	32 (26.9%)	22 (18.5%)	28 (23.5%)	15 (12.6%)	22 (18.5%)	119	0.013
Day Scholar	3 (14.3%)	1 (4.8%)	9 (42.9%)	7 (33.3%)	1 (4.8%)	21	

CONCLUSION

The current findings revealed that the stress is the most prevalent issue among the current sample with highest percentage of 74.9%. Depression was the second most prevalent problem with 65.8%, among medical students. The prevalence of Depression with respect to severity was within the range of mild (9.3%), moderate (28.6%), severe (10.0%) and extremely severe (17.9%) in the current sample. The prevalence of anxiety was found to be in the range of mild (14.3%), moderate (29.3%), severe (10.7%) and extremely severe (11.4%). Stress was mild (16.4%), moderate (26.4%), severe (15.7%) and extremely severe (16.4%) in current findings. Type of family, year of study and type of student accommodation is associated with depression. Type of family and year of study is associated with anxiety. Gender and type of student accommodation is associated with stress. In order to create a better learning environment and smooth functioning, it is urgently needed to focus and promote the mental health of students during their academic burden.

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