

Role of depression in Personality of Adolescent Boys and Girls – A Survey

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Abstract: The responsibility of making a country great rests on the shoulders of the young generation known as youth. It is the youth only who can and will change the image of our country. However, problem of depression among these youths not only becoming a cause of worry to the parents, guardians and educational authority but it has become a national concern. It is one of the burning problems of present era. There is a wide spread depression among these students. Instead of becoming a positive force in nation building, they are getting increasingly resentful. They are showing their discontentment by behavior against social norms in a manner which bewilder the elders. Also there is a drastic change in their personality in their behavior and attitude, which is causing a great concern for all. Present paper studies the major work done by various researchers in this direction.

Keywords: Depression, Personality, Attitude.

I. Introduction

The Goal of education is the production of good quality citizen who later contribute to the community and finally to the country as a whole. Adolescents are the future of nation. Adolescence is a period of intensive growth and development with respect to physical, cognitive, social, emotional and sexual aspect of child's personality. Adolescence often termed as the age of storm and stress, has so many conflicting situation and problems of adjustment. Adolescents have very special and distinct needs, which can no longer be over-looked. It is also essential to invest in adolescents as they are the future of the country.

It must be taken cognizance of the fact that today's youth are living in societies which are fast evolving under the impact of modernization, often have little access to reliable information and even less to adult counsel. As a result parents and educators are often confronted with young people's questions and expectations. The needs and problems of adolescents are the following:-

- Perplexity with regard to somatic variations.
- Intensification of sex consciousness.
- Need for social status, acceptance and security.
- Child as an adult.
- Peer group relationship.
- Need to from set values.
- Vocational choice and need of self support.

As a result of these needs and problems they constantly feel stressed and strained. The adolescents who cannot cope up with stress and strains suffer from depression. Depression is one of the major health problems of this age group. Keeping these facts in mind the investigator find the study of much importance. The present study is an effort to establish the relation between depression & personality i.e. neurotic or extroversion, which type of personality is directly related to depression.

The relation between Gender & Depression is also established in the present study. On the basis of the study teachers may provide the guidance & counseling to the student and prevent them from

depression. The study will be very significant for teachers, guardians, parents, as well as society & community.

II. Literature Review

A brief summary of related studies provides evidence that the investigator is familiar what has already been explored and what is still to be explored. This step provides useful information and suggestion for significant investigation. Some relevant researches are as follows:-

Aggarwal, Rani & Saxena, Shobha [1] studied the frustration reaction patterns among children at various stages of cognitive development. The present investigation focuses the reactions to frustration at different operational stage of Piaget. The finding of this study reveals that the age factor has positive effect on the reactions to frustration. As the children grow up, the tendency of extra punitive aggression was observed increasing and tendency of obstacle-dominance was found decreasing.

Gyanani, T.C [2] studied the beliefs in internal external control and reactions to frustration of the adults. The focus of the present was to test the relationship between two concepts viz. Frustration reaction and locus of control. Result revealed that reaction to frustration of the adults was independent of their Internal-External locus of control. Pyari, Anand & Mishra, Sharan [3] studied the frustration reactions of adolescent players. The aim of present study was to find the frustration reaction in adolescent players. The finding of this study shows that sex plays an important role in frustration reaction of student's players in the present complex society.

Suri, Aruna [4] studied the depressive behavior in relation to psychological determinants. This study was designed to investigate the main effects of depressive behavior on intelligence and creativity and its interaction with locality and sex. Result showed the significant difference in the intellectual level of depressive and non depressive, urban and rural and male and female students.

Yadav, S.Ashwini & Mayuri, K [5] studied the personality factor in Academic Achievement. The study aimed at finding out gender difference in the contribution of personality factor. Finding showed that there was a significant difference between boys and girls in academic achievement. Jaswal, Sushma & Gulati, Jatinder [6] studied the developmental changes in personality traits of rural children. The aim was to know the various personality traits of different age levels. The result indicated the intensity of various personality traits changed with increase in age and all most all the personality traits similar developmental trend was observed for boys and girls.

Kumar Sanjay [7] studied the prevalence of depression disorder among urban – rural population. The present study was aimed to investigate the prevalence of depression in urban – rural population in Faridabad. Result shows a significant association between urban – rural population and male and females. Mathur, Kusum. & Alka [8] studied the direction of aggression and reaction type as function of gender and self-disclosure. The present study was an attempt to investigate the effect of gender and self-disclosure on frustration. The result show that there is a significant difference in the extra-punitive, intro-punitive and imperative of aggression and obstacle dominance, ego defensive and need-persistence reaction type of high and low self-discloses.

Shakti, Mehrotra [9] studied the difference in personality profile of Male and Female candidates as revealed by TAT Responses. The study was carried out with the aim to find out of the difference in personality profile of male and female candidates. Result indicated that girls were better in qualities like power of expression, sense of responsibility etc. where as boys were found to be high in self confidence and courage. Srivastava, S.K. [10] studied the menopause in relation to feeling of inferiority, insecurity and depression. The aim of present study was to determine the effectiveness of

menopause on depression and insecurity. Result indicate that menopause play a significant role in depression and felling of inferiority and insecurity.

Yadva, Y.S Patil, B. Perma [11] studied the problem of depression among older people. The focus of the present study was to show the relationship of depression among older people. The result indicated a significant and negative relationship between depressions. Gupta, Niti & Mathur [12] studied the hopelessness among depressed university students; this study was designed to study hopelessness among low depressed and high depressed university female students. The findings reveal that higher depression higher is the hopelessness. Both the groups differ significantly on level of hopelessness.

Sidhu, Ravi. & Kashyap, Seema [13] studied the difference in stress and coping mechanism used by adolescents of science and commerce streams. The study aim was to assess the level of different stress and amount among adolescents studying science and commerce .The result revealed different levels of amount and frequency of stress among adolescents of both the streams. Saxena & Gyanani, T.C [14] studied the frustration reaction patterns as a function of gender, cognitive style and conformity at different age levels , the aim of the present study was to find out the relationship between frustration relation and predictive variables i.e. gender , cognitive style and conformity at different age levels. Result indicates significant positive relationship between various reaction to frustration and predictive variables at different ago levels.

Gupta, N. & Joshi [14] studied the depression in relation to optimistic and pessimistic attitude among adolescent boys and girls. The finding of the present study revealed that boys as compared to girls were found to experience more depression. Further, the respondents having pessimistic attitude reported to feel more depression then the respondents who had reported optimistic attitude.

Pandey, Samidha & Lakshmi Vijay [15] studied the personality characteristics and dependent processes of adolescents. The aim of present study was to find out the dependency and different personality characteristics of advantaged and disadvantaged adolescents. Result revealed that disadvantaged need mental and physical strength from society and not to live just for mercy. Tickoo, Sangeeta [16] studied the Introversion and mental health among School going students. The aim was to study the relationship between introversion – extroversion and mental health. Result revealed that extroversion tendency enhances mental health, where as introversion tendency deteriorates mental health.

III. Conclusion and Future Work

From the above study it is clear that many studies have been done on depression with respect to various factors like academic achievement, health issues, behavior and attitude. However there is very less work done where depression was studied in relation to personality. In future I would like to explore this study in detail and will emphasis on empirical relationship between depression and personality in case of adolescents.

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