

Level Of Depression, Anxiety And Stress Of Orphan And Non-Orphan – A Comparative Study

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Introduction

Adolescents are the energy of today and the bright hope of the future. Adolescence is a period of life with specific health and developmental needs and rights. It is also a time to develop knowledge and skills, learn to manage emotions and relationships, and acquire attributes and abilities that will be important for enjoying the adolescent years and assuming adult roles. Depression is a common mental health problem that causes adolescent to experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. Symptoms may vary among people but generally encompass a feeling of sadness or hopelessness.

Stress is defined as an internal state which can be caused by physical demands on the body or by environmental and social situations which are evaluated as potentially harmful, uncomfortable, or exceeding the individual resources for coping. It plays a major role in adolescent stage. This stage is subject to depression like biological changes and vulnerability to stress in social relation and eating disturbances can aggravate depression.

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. Everybody feels anxious sometimes, especially when faced with unfamiliar, dangerous or stressful situations. Anxiety during adolescence typically centers on changes in the way the adolescent's body looks and feels, social acceptance, and conflicts about independence. When flooded with anxiety, adolescents may appear extremely shy. They may avoid their usual activities or refuse to engage in new experiences.

Stressful experiences damage their personalities and affect all interpersonal relationships. Deficiency in communication causes high negative emotions, poor self-image, low confidence, increased level of daily stress, poor management of internal and external stressors, psychosocial troubles and issues, and deficits in creative activities and cognitive motivation.

Significance of the study

Adolescence is also considered as a stressful period due to physical, psychological, emotional changes and is also influenced by maturity. However, during this stage, some of adolescents, experience anxious feeling, overwhelming, sense of fear, depression and academic stress. Adverse effect of negative emotional feeling have significant impairment in social and academic functioning and produces a substantial distress. If not treated, these disorders tend to persist, and increase the risk for medical illnesses, impaired well-being, and various psychiatric disorders. The loss of parents during childhood also termed as orphan hood is considered stressful and deemed as a risk factor for poor mental health. The impact of orphan hood on the mental health of adolescence is vulnerable. Research findings indicate that adolescence in institutional care have more behavioral problems, such as aggressive behavior and have higher levels of depression and anxiety, compared to children that are reared in a family environment. Thus Present study was carried out to find the level of depression, anxiety and stress of orphan and non orphan Adolescents.

OBJECTIVES

The objective of the present study is

To find the level of Depression of orphan and non orphan .

To find the level of Anxiety of orphan and non orphan .

To find the level of Stress of orphan and non orphan .

HYPOTHESES OF THE STUDY

H1 There would be no significant difference in the level of Depression of orphan and non orphan adolescence.

H2 There would be no significant difference in the level of Anxiety of orphan and non orphan adolescence.

H3 There would be no significant difference in the level of Stress of orphan and non orphan adolescence.

SAMPLE OF THE STUDY

The Sample selected for the present study was Adolescent. The total sample consist of 100 , comprising of 50 Orphans and 50 Non- Orphans between the age group of (16-17) years .Stratified sampling method was used.

TOOL USED

The DASS 21 (DEPRESSION, ANXIETY, STRESS) scale by Lovibond, S.H. & Lovibond, P.F. (1995).

DESCRIPTION OF THE TOOL: The DASS21 consists of 21 items. For every statements the possible responses are divided into four categories which are ; Did not apply to me at all, Applied to me to some degree, or some of the time, Applied to me to a considerable degree or a good part of time, Applied to me very much or most of the time. This questionnaire assesses the three related negative emotional states of Depression, Anxiety and Stress. it will give an indication whether any of these issues having a significant effect on the person's life at present.

RELIABILITY: The DASS-21-V had adequate to very good internal consistency with Cronbach alphas of 0.906 for the overall scale, 0.835 for the Depression subscale, 0.737 for the Anxiety subscale and 0.761 for the Stress subscale.

VALIDITY: The scale was validated by the author.It was found to have excellent internal consistency, discriminative, concurrent and convergent validities.

SCORING: The rating scale is as follows: 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time. Add together the scores in each sub scale- Depression , Anxiety, Stress. The summed numbers in each sub-scale need to be multiplied by 2.

INTERPRETATION:

Range	DEPRESSION	ANXIETY	STRESS
NORMAL	0-9	0-7	0-14
MILD	10-13	8-9	15-18
MODERATE	14-20	10-14	19-25
SEVERE	21-27	15-19	26-33
EXTREMELY SEVERE	28+	20+	37+

ADMINISTRATION: The questionnaire was given to them and their responses were collected directly. The following instructions are given to the samples. 1. Read the questions and answer it carefully. 2. There are no right or wrong answers. 3. Do not take much time in answering. The obtained response are kept confidential.

STATISTICS:

* Descriptive statistics (Mean and SD)

* Differential statistics – 't' test

RESULT AND DISCUSSION

TABLE 1: Shows the significant difference in the level of Depression of orphan and non-orphan

VARIABLE	SAMPLE	N	MEAN	STANDARD DEVIATION	't' TEST	LEVEL OF SIGNIFICANCE
Depression	Orphan	50	18.5	5.27	2.1*	SIGNIFICANT
	Non-Orphan	50	15.5	5.31		

* indicates Significant at 0.05 level

From the table 1: The mean of orphan is 18.5 and the mean of non -orphan is 15.5.The standard deviation is 5.27 and 5.31.The computed 't' value is 2.3 which is greater than the table value 1.98 with 98 degrees of freedom it is significant at 0.05 level. It is found that there is a significant difference in the level of Depression of orphan and non-orphan adolescents. Hence, the hypothesis **H1 There would be no significant difference in the level of Depression of orphan and non- orphan** is rejected.

TABLE 2: Shows the significant difference in the level of Anxiety of orphan and non-orphan adolescents.

VARIABLE	SAMPLE	N	MEAN	STANDARD DEVIATION	't' TEST	LEVEL OF SIGNIFICANCE
Anxiety	Orphan	50	17.8		2.5*	SIGNIFICANT
	Non-Orphan	50	14.64			

* indicates Significant at 0.05 level

From the table 2: The mean of orphan is 17.8 and the mean of non-orphan is 14.64. The standard deviation is 5.27 and 5.31. The computed 't' value is 2.3 which is greater than the table value 1.98 with 98 degrees of freedom it is significant at 0.05 level. It is found that there is a significant difference in the level of Anxiety of orphan and non-orphan adolescents. Hence, the hypothesis **H1 There would be no significant difference in the level of Anxiety of orphan and non-orphan** is rejected.

TABLE 2: Shows the significant difference in the level of Anxiety of orphan and non-orphan adolescents.

VARIABLE	SAMPLE	N	MEAN	STANDARD DEVIATION	't' TEST	LEVEL OF SIGNIFICANCE
Stress	Orphan	50	16.9		2.3*	SIGNIFICANT
	Non-Orphan	50	14.5			

* indicates Significant at 0.05 level

From the table 2: The mean of orphan is 16.9 and the mean of non-orphan is 14.5. The standard deviation is 5.27 and 5.31. The computed 't' value is 2.3 which is greater than the table value 1.98 with 98 degrees of freedom it is significant at 0.05 level. It is found that there is a significant difference in the level of Stress of orphan and non-orphan adolescents. Hence, the hypothesis **H1 There would be no significant difference in the level of Stress of orphan and non-orphan** is rejected

CONCLUSION:

The present study result shows that

- There is a significant difference in the level of Depression of orphan and non-orphan.
- There is a significant difference in the level of Anxiety of orphan and non-orphan.
- There is a significant difference in the level of Stress of orphan and non-orphan.

Limitations:

In this Present study adolescent were selected comprising of orphan and a non-orphan between the age group of (16-17) years.

Suggestions:

- The research can be carried out for Gender difference.
- The Effects of negative emotion on academic and psycho-social factors can be researched.

Recommendations:

- Positive approach to enhance Psycho-Social aspects for an individual physical, mental and emotional well-being.
- Awareness on the role of Psychological well being to help adolescence to understand their potentials and to face life challenges positively

Reference

1. Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales. (2nd Ed.) Sydney: Psychology Foundation.