

Prevalence and Awareness of Depression among Youth in Urban Area

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ABSTRACT

Background: Depression among Youth is increasing at an alarming rate. Every section of society has its unique perceptions about Depression, particularly the youth. Depression is a disease that affect majority of public in the world wide as a survey 450 million people suffer from mental disorder out of that 121 million people suffer with depression in the world. Suicide is an important cause of premature death, is strongly associated with depression.

Methods: An Exploratory, cross sectional survey study was conducted on 100 youths of 15 to 25 yrs. age group were included in the study using convenient sampling technique. The Depression Scale and Awareness knowledge questionnaire was used to collect the data.

Results: In this study the majority 84 % of the youths are age group of 15-18 years, 50% youths are male and female, majority 74% of them completed primary education, majority 72% of youths are students & 19% youths are employed. The prevalence of depression was 19% among youth. The majority of the youth 73% were Average level of awareness regarding Depression.

Conclusion: Depression among Youth is increasing at an alarming rate and there desperate need for prevention and awareness programme regarding depression to reduce the suicide by 2030.

Keywords: Depression, Youth, Awareness, Prevalence.

INTRODUCTION

Depression among Youth is increasing at an alarming rate. Every section of society has its unique perceptions about Depression, particularly the youth. Since our modern education system, urbanization and industrialization has made a great influence on this generation, so educating youth is necessary. They are the future of this society and windows of our modern India.

Everyone experience variations in Mood, blues that come and go, disappointment, the normal grief that accompanies the loss of someone you love. A depression is an illness that involves the body Mood and thoughts and it is not a sign

of personal willful condition that can be willed or wished away. ^[1]

Depression is a disease that affect majority of public in the world wide as a survey 450 million people suffer from mental disorder out of that 121 million people suffer with depression in the world. ^[2] It has been predicted that by 2020 depression will be second most common cause of death and disability worldwide. ^[3] Major depression is the fifth top reason for loss of reproductive life throughout world. ^[4] 5 Suicide, which is as important cause of premature death, is strongly associated with depression. ^[5]

Depression is a significant contributor to the global burden of disease

and affects people in all communities across the world. Today, depression is estimated to affect 350 million people. The World Mental Health Survey conducted in 17 countries found that on average about 1 in 20 people reported having an episode of depression in the previous year. [6]

The prevalence of depression among elderly attending OPD, was 13.75% as high as 40%, female 19.35%, male 10.20%, in urban 21%, and in rural 5%. The prevalence of depressive symptoms in Bangalore among young adult attending college, men were found to be more depress (25%) than women that is (18%). [7]

The average lifetime rates of depression according to study were to be found to be 14.6% in 10 high income country and 11.1% in 8 low to middle income country, but lifetime incidents of what was identified as major depressive episode (MDE) were highest among Indians at 35.9%. [8]

MATERIAL & METHODOLOGY

An Exploratory, cross sectional survey study was conducted in the urban area to assess the prevalence and awareness regarding depression among youth. Total 100 youths of 15 to 25 yrs. age group were included in the study using convenient sampling technique. The Depression Scale and Awareness knowledge questionnaire was used to collect the data. Pilot study was done to ascertain the feasibility of the study. Followed by informed consent, Data collection was done during January to March 2017. Analysis of data was done by using descriptive statistics on basis of objectives.

RESULTS

The above table 1 shows that the majority 84 % of the youths are age group of 15-18 years, 50% youths are male and female, majority 74% of them completed primary education, majority 72% of youths are students & 19% youths are employed and 63% youths from joint family.

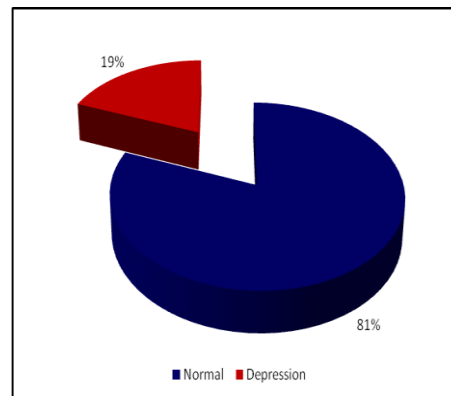


Fig. 1: Prevalence of Depression among youth

The prevalence of depression was assessed and according to the rating score, the youth were diagnosed as normal or in Depression. Fig. 1 depicts that majority 81% youth were normal and 19% of youth was having Depression.

Youth diagnosed with Depression further divided into the three level i.e. Mild (50-60), Moderate (60-70), & Severe (above 70). The majorities 16% youth were Mild & 3% youth were moderate level of Depression.

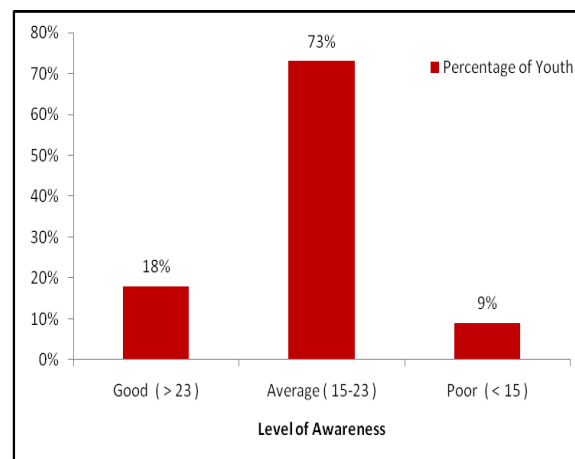


Fig. 2: Distribution of youth according to Level of Awareness

Youth were assess for awareness regarding Depression and distributed according to score in three level of awareness i.e. Good (above 23), Average (15-23), & Poor (below 15). Fig. 2 shows that the majority of the youth 73% were Average level of awareness regarding Depression.

There is no association of prevalence and awareness with demographic attributes.

DISCUSSION

This study contributes to the research literature on prevalence and awareness of depression among youth in urban area. The prevalence of depression were 19% found similar to previous studies finding 18% Drent et al. (1998), [9] 17% Wirnsberger et al. (1998). [12] 25% Goracci et al. (2008). [10] And contrary to the 46.9% Kalayou Kidanu et.al., 38% Spruit et al. (2005) [11] and 46% Yeager et al. (2005). [13]

This study finding 84 % of the youths are age group of 15-18 years, 50% youths are male and female similar to Nalugya-Sserunjogi et al. study age group 14-16 and mean age was 16 yr.

In this study majority of the youth 73% has average level of awareness regarding Depression findings were comparable to 98% Carmine et.al. and 90.6% Sadia R. S. study findings.

CONCLUSION

Depression is one of the common and most affected worldwide public health problems among Youth. The prevalence of depression s 18% among youth and had average awareness regarding depression. Depression among Youth is increasing at an alarming rate and there desperate need for prevention and awareness programme regarding depression to reduce the suicide by 2030.

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