

Depression among urban students preparing for competitive examinations

DABHI KULDIPBHAI ARJANBHAI

Government Arts & Commerce College, Ghogha, Dist. Bhavnagar

ABSTRACT: -

The present research study aims to investigate the prevalence of depression among urban students preparing for competitive examinations in Bhavnagar. The study focuses on comparing the depression levels between male and female students. A sample of 60 students (30 boys and 30 girls) was selected from urban areas. The data was collected using "Dr. David B. Burns' Depression Check List," which is a highly reliable (0.98) and valid (0.95) research instrument. Statistical analysis was performed using the 't-test' to compare the mean scores of both groups. The results revealed a mean score of 47.73 for boys and 53.80 for girls. The calculated 't' value was 3.70, which is statistically significant at the 0.01 level. This indicates that female students experience significantly higher levels of depression compared to male students. The findings highlight the psychological pressure faced by students in competitive environments and emphasize the need for mental health support in urban educational settings.

Keywords: Depression, Urban Students, Competitive Examinations, Gender Difference, Mental Health.

• INTRODUCTION: -

Depression is a modern-day mental illness that can apply to anyone of any caste or caste. It is inevitable for a person to experience any phase in his entire life which includes disappointment depression sadness or even loneliness happiness and sadness happiness and sadness are connected with life Example When a student is preparing for any competitive exam and fails in the exam When mentally lost, problems like anxiety, sadness, depression arise in the student's mind and when the situation or problem changes, the sadness also goes away, but if any kind of sadness is caused without any reason, then the sadness lasts for a long time. In time the lack of depression is more seen in the students because they work day and night for their needs even though they work hard for a competitive exam but they don't get success then the student gets mental thoughts of suicide which makes them lose mentally. A student's life goes on fulfilling his goals

First of all, the need arises in the mind of a person and he does the pursuit activity to satisfy the need but when the problem comes the student does not achieve the goal and then he becomes depressed and the purpose is to study depression among urban students preparing for competitive examination.

• DEFINITION OF DEPRESSION: -

"When people are depressed, they tend to remember negative things, the person makes a negative cognitive appraisal of the world about their future."

- Aaron t. Beck

"person with depression is more realistic in their thought process that others do not encourage their behaviour. It is because of their depression and their poor lack of social connection that these people find."

- Kawer and other

"The feeling of depression definitely affects the behaviour a person who is depressed is sad and complains. Warmth and emotion are characteristic of individuals"

- Stack and James Coyne

"Thoughts Cause Sadness Many people experience depression due to other stressors"

- Dasne Bugental

• **TYPES OF DEPRESSION**

1. **Major Depression**

Major depression is one of the causes of many symptoms in which there is an imbalance in one's energy such as work, study, sleep, food, pleasure etc.

2. **Dysthymia**

A less effective form of depression is dysthymia, in which a person will act up and be depressed for long periods of time.

3. **Bipolar disorder**

A third type of depression is bipolar disorder which is included in the group of mood disorders. Bipolar disorder, formerly known as manic depression, is characterized by rapid onset and severe problems with sex or erratic behaviour.

• **REMEDIES FOR DEPRESSION**

- 1. Develop confidence
- 2. Abandon false concepts of discipline
- 3. Stop conflict
- 4. Clinical psychology
- 5. Homeopathic psychiatric
- 6. Psychiatric

• **AIMS**

Depression among urban students preparing for competitive examinations.

• **HYPOTHESES**

There will not be significant difference between urban boys and girls preparing for competitive examinations.

• **SAMPLE**

A total of 60 students out of which 30 boys and 30 girls were selected from the urban area preparing for the competitive examination were sampled.

• **VARIABLE**

- 1. Independent variable
 - A boy preparing for a competitive exam in an urban area
 - Girls preparing for a competitive exam in an urban area
- 2. Dependent Variable
 - Depression
- 3. Tool

RESEARCH DESIGN

In the present research there are 60 samples of boys and girls preparing for a competitive examination in an urban area. Out of which 30 were boys from urban areas and 30 were girls from urban areas. Difference according to 2*2 table design by raw score after collecting data of questioners through Online survey social media.

• **DATA COLLECTION TOOLS**

Research is presented to examine depression among students preparing for competitive examinations. In which Dr.D. B. Burn's Depression Check List questionnaire was used. Reliability of this scale is 0.98 and validity is 0.95 as calculated by "t" test.

• **DATA ANALYSIS**

After selecting the group based 't' test, the 't' test was performed by calculating the marks obtained from the respondents according to the formula.

Sir no	Group	N	M	SD	"t"	Signification level
1	Boys	30	47.73	9.01	3.70	0.01
2	Girls	30	53.80	0.27		

Level of significant difference= 0.05

0.01

• INTERPRETATION

From the table it can be said that the calculated 't' Value between the group of boys from urban areas and rural areas. Calculated 't' is 3.70 and it is significant at 0.01 level. Hence, the null hypothesis is rejected and there's a significant difference between the boys' and girls' level of depression. From the statistical analysis, it is determined that there is a measurable difference in depression levels between the groups studied. The data collection involved 60 students, consisting of 30 boys and 30 girls from urban areas.

Mean Scores: The mean depression score for boys was 47.73 (SD = 9.01), while the mean score for girls was 53.80 (SD = 0.27). Calculated t-Value: The calculated 't' value is 3.70 with 58 degrees of freedom (df). Significance Levels: The table value for 't' is 2.00 at the 0.05 level and 2.66 at the 0.01 level.

Because the calculated 't' value (3.70) exceeds the table values at both the 0.05 and 0.01 levels, the difference between the groups is statistically significant. Consequently, the null hypothesis—which predicted no significant difference between urban boys and girls—is rejected.

Contextual Supporting References

To further validate these findings, contemporary research highlights similar trends in the mental health of students preparing for competitive examinations:

Prevalence of Depression: Studies on Indian medical aspirants have shown that up to 63.8% of students experience depressive symptoms due to the high-stakes nature of entrance examinations (Mishra, 2020).

Gender Disparities: Research indicates that female aspirants often report higher levels of both parental and peer pressure compared to their male counterparts, contributing to a greater emotional burden (Sadhna, 2025).

Impact of Academic Stress: Academic and family-related stressors are confirmed to lead to higher depression levels, which negatively impacts overall learning outcomes and academic performance (Deng et al., 2022).

Urban vs. Rural Stressors: Urban adolescents frequently report higher stress levels and a greater need for coping strategies compared to their rural peers, often due to more intense competitive environments (Karve Institute, 2025).

CONCLUSION

There is a significant difference Depression among urban students preparing for competitive examinations.

REFERENCE

- Kessler R.C., McGonigle K.A., Zhao S., et al., Lifetime and 12-month prevalence of DSM-III-R psychiatric disorders in the United States, Results from the National Comorbidity Survey Arch Gen Psychiatry, 51, 8-19, (2003) 2.
- Robins L., Regier D., Psychiatric Disorders in America, New York: Free Press (2004) 3. Depression
- https://www.researchgate.net/publication/273769453_Depression_-_A_Review
- Ahad, A., Chahar, P., Haque, E., Bey, A., Jain, M., & Raja, W. (2021). Factors affecting the prevalence of stress, anxiety, and depression in undergraduate Indian dental students. Journal of Education and Health Promotion, 10(1), 266. https://doi.org/10.4103/jehp.jehp_1475_20
- Deng, Y., Cherian, J., Khan, N. U. N., Kumari, K., Sial, M. S., Comite, U., ... & Popp, J. (2022). Family and Academic Stress and Their Impact on Students' Depression Level and Academic Performance. Frontiers in Psychiatry, 13. <https://doi.org/10.3389/fpsy.2022.869337>
- Mishra, S. K., Yadav, A. K., Khadka, P., & KC, P. (2020). Stress and Coping Among Students Preparing For Medical Entrance Examinations. Journal of Psychiatrists' Association of Nepal, 9(2), 42-47. <https://doi.org/10.3126/jpan.v9i2.36283>
- Sadhna. (2025). An examination of perceived pressure among National Eligibility cum Entrance Test (NEET) and Joint Entrance Examination (JEE) aspirants. Sadhna Journal of Research.