

ԷԲԹԵՍԱՍ ՓԱՋՈՒԻԱԼԴԵՅ
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INVESTIGATION OF THE WITH REGARD TO NON-
RESIDENT GIRL STUDENTS IN TWO CITIES: WELL OFF
AND DEPRIVED

introduction

Depression is characterized by a number of common symptoms. These include a persistent sad, anxious, or “empty” mood, and feelings of hopelessness or pessimism. A person who is depressed also often has feelings of guilt, worthlessness, and helplessness. They no longer take interest or pleasure in hobbies and activities that were once enjoyed; this may include things like going out with friends or even sex. Insomnia, early-morning awakening, and oversleeping are all common¹(Grohol,2008).

According to American Academy of Family Physicians women are about twice as likely as men to suffer from depression. This two-to-one difference persists across racial, ethnic, and economic divides. In fact, this gender difference in rates of depression is found in most countries around the world. There are a number of theories which attempt to explain the higher incidence of depression in women. Many factors have been implicated, including biological, psychological, and social factors. Before adolescence, girls and boys experience depression at about the same frequency. By adolescence, however, girls become more likely to experience depression than boys²((NIMH,2010).

Research points to several possible reasons for this imbalance. The biological and hormonal changes that occur during puberty likely contribute to the sharp increase in rates of depression among adolescent girls. In addition, research has suggested that girls are more likely than boys to continue feeling bad after experiencing difficult situations or events, suggesting they are more prone to depression. Another study found that girls tended to doubt themselves, doubt their problem-solving abilities and view their problems as unsolvable more so than boys. The girls with these views were more likely to have depressive

¹ Grohol, John M., Psy.D. 2008.on 19 Oct.By NATIONAL INSTITUTE OF MENTAL HEALTH.

² The National Institute of Mental Health (NIMH) is part of the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services August 31, 2010

symptoms as well. Girls also tended to need a higher degree of approval and success to feel secure than boys. ((NIMH,2010).

Finally, girls may undergo more hardships, such as poverty, poor education, childhood sexual abuse, and other traumas than boys. One study found that more than 70 percent of depressed girls experienced a difficult or stressful life event prior to a depressive episode, as compared with only 14 percent of boys((same resource).

A study from the American College Health Association in 2000 said 10% of college students have been diagnosed with depression. And the National Mental Health Association quotes a study saying 30% of college freshmen report feeling overwhelmed a great deal of the time; 38% of college women do³(Peterson, 2011).

In November 2009 the researcher evaluated 600 participants composed two groups of students.382 at Esfahan and 218 at Lorestan.they all were selected randomly from one girls dormitory All of students filled the questionnaire completely in one week. And the data were analyzed by t-test.

The Beck Depression Inventory (BDI, BDI-II), created by Dr. Aaron T. Beck, is a 21-question multiple-choiceself-report inventory, one of the most widely used instruments for measuring the severity of depression. Its development marked a shift among health care professionals, who had until then viewed depression from a psychodynamic perspective, instead of it being rooted in the patient's own thoughts⁴(Beck, Rush,Shaw, and Emery, 1979)..

Concurrent validity is a measure of the extent to which a test concurs with already existing standards; at least 35 studies have shown concurrent validity between the BDI and such measures of depression as the Hamilton Depression Scaleand the Minnesota Multiphasic PersonalityInventory-D(same resource).

The data were analyzed by t-test and the result show that the mean of two groups

After conducting BDI the following result obtained :table (1)

Table:(1)Resident

	Cumulative Percent	Valid Percent	Percent	Frequency
Valid Esfahan	382	63.7	63.7	63.7
Lorestan	218	36.3	36.3	100.0
Total	600	100.0	100.0	

³ -Petersen,2011)Timothy Petersen, (2011,depression and college students, PhD, a clinical and research psychologist with the Mood Disorders Program at Rhode Island Hospital p:408. Lifespan | 167 Point Street Providence | RI 02903 | .2011 Life a phenomenon during initial military training: Homesickness. Proceedings of the 42nd

⁴ -Beck, A. T., A. J. Rush, B. F. Shaw, and D. Emery. *Cognitive therapy of depression*. New York: Guilford Press, 1979.

63.7 Of students live in Esfahan university dormitory and other live in Lorestan university dormi

Table:(2)Resident

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63.7 Of students live in Esfahan university dormitory and other live in Lorestan university dormitory

Table(3)Depression in two cities

Resident	N	Mean	Std. Deviation	Std. Error Mean
Depression Esfahan	382	15.52	10.145	.519
Lorestan	218	18.06	9.431	.639

The result show that the mean of two groups of Esfahan (15.52) and Lorestan(18.06) student in depression has significant different

Discussion

This research showed that there is significant different between depression scores among two groups of non-domestic girl students who live in two different cities(well-off and deprived cities. Students with depression have especially poor academic performance. Depression has important effects on student performance. Lots of students who have significant depression on some dimension are performing just fine, but may be at risk and go unnoticed because there is no noticeable drop in functioning.

Women are about twice as likely as men to suffer from depression. This two-to-one difference persists across racial, ethnic, and economic divides. In fact, this gender difference in rates of depression is found in most countries around the world. There are a number of theories which attempt to explain the higher incidence of depression in women. Many factors have been implicated, including biological, psychological, and social factors.

In short, university officials need to consider placing these variables, The allocation of resources to vulnerable groups to prevent the students from a chronic condition. Numerous studies have reported the relationship between gender and mental health in students. In this regard,⁵Bagheri and Mardani in their research concluded that the prevalence of depression in female is more than

⁵ -Bafeghi,Mahmood.Mirzamani,Masoomeh (2007) . The relationship between brain activity and behavioral systems p:23-33, support and depression. Journal of Social Welfare, No. 26.In the seventh, 1386 (in perssion).

male students. But it is inconsistent with research findings that mental health is higher for girls than boys.⁶

Many factors are involved in the promotion of mental health communities. These include links to the relations and noted that the individual will interact with others. These relationships and social bonds of the network analysis approach, individuals are considered as social capital and assets and the resources and support available through the network links can achieve. Social capital represents a valuable set of resources (political, economic, cultural, social) in the form of a network of social contacts with the engagement. Thus, social capital, people and communities in terms of values, norms and social bonds that occurs during social interactions. Increase their capabilities and also to gain control of their lives, the environment and social support networks that they are entitled. The evidence shows that people are more socially isolated, have fewer mental health, and images. The social cohesion of society is more of a community mental health will be higher. Loss of mental illness and mental health characteristics of the upgrades that are necessary for people to accept social roles. Social capital in turn support the environment and creates social networks. These relationships and social connections for a valuable source of support provides. Thus, social support also another component that can directly and indirectly promote the mental health of individuals and communities. Social support to the enjoyment of love, and the accompanying family members, friends and other people is defined.

Poverty is more common cause of among women than men. Poverty is a severe, chronic stressor than can lead to depression. Loss of social support system or the threat of such a loss is another cause of women depression which is common in deprived cities.

According to importance of depression disorder and is that this disorder is the main society disorders and importance of perceived social support, could say that concentration on social support may be useful for prevention of depression. For this reason adult education especially the student in explosion skills and to join to supportive sources, may increase their abilities for access to needed supportive sources for saving their mental health against negative events. experts say that for many college students, Homesickness is another cause for increased depression in College Students.

Depression can be caused by a number of factors including genetics, family history, and psychological factors; but the issues named can cause or worsen depressive symptoms in a large percentage of college students, so in further researches the deferent factors must be mention.

⁶ Mirsamiee, Maryam, Ghawam, Ebrahim. Relationship between self-efficacy, social support and stress test]. Mental health among Allamehtabatabaee university Journal of Psychology and Educational Sciences. 1387-(in Persian)

Recommended in future studies of different universities and students outside a dormitory. Likely status in other populations at risk of depression are different. From The results of studies on depression can use and identify those at risk of mental confusion at universities the significant drop in academic performance and social cohesion, for interventions to control depression and to take timely measures to prevent destructive acts such as suicide occur.

References:

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- (NIMH) The National Institute of Mental Health is part of the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services August 31, 2010.

ԱՄՓՈՓՈՒՄ

Այս ուսումնասիրության նպատակն է գնահատել ղեպրեսիայի ինտենսիվությունը աղջիկ ուսանողների շրջանում՝ բարձրագույն քաղաք Սպահանում և աղքատ քաղաք Լորեստանում:

Դիտարկվել են 600 մասնակիցներ, ովքեր ընդգրկվել են երկու առանձին խմբերում, երկու տարբեր քաղաքներում՝ Սպահանում և Լորեստանում: 382 մասնակից դիտարկվել են Սպահանում և 218 մասնակիցներ՝ Լորեստանում: Նրանք բոլորն էլ պատահականությամբ են ընտրվել աղջիկների ուսանողական հանրակացարաններից /2150/, ընտրվել են 10-ը հանրակացարաններից Սպահանում և 6-ը հանրակացարաններից Լորեստանում: Նրանք գնահատվել/ընտրվել են BDI կողմից: 1200 հարցաթերթիկներ տրվել են մասնակից 600 ուսանող աղջիկներին հենց հետազոտողի կողմից: Աղջիկները ապրել են առանձին երկու խմբերով՝ Սպահանի հանրակացարաններից մեկում, և հարցվողներից 382-ը վերադարձրել են պատասխանած հարցաթերթիկը: Եվս 900 հարցաթերթիկ բաժանվել է 500 աղջիկ ուսանողների, ովքեր կրկին երկու առանձին խմբերով ապրել են Լորեստանի հանրակացարաններից մեկում, և նրանցից 218-ը լրացված հարցաթերթիկները վերադարձրել են: Եվ տվյալները վերլուծվել են T-թեսթի միջոցով երկու խմբերում էլ, և պարզվել է, որ միջին հաշվով ղեպրեսիվ վիճակում են այն աղջիկները, ովքեր ապրում են աղքատ քաղաք Լորեստանում, այստեղ բավականին բարձր է ղեպրեսիվության ցուցանիշը, քան բարձրագույն քաղաք Սպահանում: