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Title:	Mental Well Being and Depression Among BS-MS Students at Institute of National Importance
Authors:	S.S, Sreenath (/jspui/browse?type=author&value=S.S%2C+Sreenath)
Issue Date:	10-Oct-2019
Abstract:	<p>The study is to find out the emotional, mental health and depression among BS- MS students of Indian Institute of Science Education and Research Mohali (IISER Mohali). IISER Mohali student community is unique population as students from all over the India study together. The faculty and students are staying in the same campus. This study will help to understand the student community better and how they are doing mentally. To know the mental state of students BECK II inventory was used. The 633 students have volunteered out of which 608 students provided complete information. From the study it is found that 25.33% students have mild mood disturbance, 12.44% students have borderline clinical depression, 16.74% students have moderate depression, 4.97% students have severe depression and 2.03% students have extreme depression. The first and second year students are the most depressed with the figures reading 11.99% and 9.05% respectively. Final year students are the least depressed (2.04%). Among female students, 20.58% are depressed and among male students 15.61% are depressed, female students are more depressed than male students. 9 in every 22 female students and 8 in every 24 male students are either under borderline or moderate or severe or extreme depression. Financial instability is not a major cause for depression. Students from Northern Region of India are the most depressed (18.55%), followed by Southern Region of India (8.37%), Western Region of India (3.85%), Eastern Region of India (3.17%), Central Region of India (1.81%), and North-East region of India (0.45%). Students from the North- East Region of India are the least depressed. 151 students volunteered for in-depth interview out of which 46 interview was conducted by randomly picking them. The contributing factors for depression according to survey and in-depth interviews are academic pressure, almost or daily quarrel between parents, always worried about future, failing to have friend or friends, break up, cheated by your best friend or friends, cultural shock, high expectation from yourself, hopelessness, lack of dependable friend or friends, lack of involvement in extracurricular activities like sports, athletics , cultural and others, obsession or dislike with your appearance, social media addiction, stress related to choosing a major and poor academic performance, alcohol abuse, pornography, pressure from parents, friends and thesis guides.</p>
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