

DEPRESSION AS A PREDICTOR OF ACADEMIC PERFORMANCE IN MALE AND FEMALE UNIVERSITY STUDENTS

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The purpose of the present research is to examine the predictive relationship of depression and academic performance, and difference in the level of academic performance and depression among male and femaleuniversirystudents.

## STUDY DESIGN

CrossSectional study

# PLACE ANO Olll{ATION or STUDY

The research was performed in Karachi, Pakistan from July to December, 2012.

## SUBJECTS & METHODS

The research was consisted of 331 participants, 166 females and 165 males between age ranges from19-30 years (Mean = 21.70, SD=2.700). The data was collected from different universities of Karachi, Pakistan

through purposive sampling technique. Center for Epidemlological Studies Scale for Depression and demographic form was administered and for academic performance CGPA of last completed exams were noted.

## RESULTS

The finding of the current research indicates that Depression is significantly negatively correlated with academic performance (R2*=* .222,

F(329, 1) =17.061,p < .OS).Malescore significantly higher on-rhe variable

of depression (t (329) = 2.033, P<. OS] and they found to have lower academic performance thanfemale[t (329)=-4.972,P<.05].

## CONCLlJSION

It isconcluded that depression is significantly negatively correlated with academic performance.It'salso foundthatthere isa difference in thelevel of depression and academic. performance in male and female university students. This research provides us an important understanding about thestudents' level of depression andacademic performance and we can providekeyImplications to curedepressionandto maintain theadequate levelof academicperformancein universitystudents.

## KEYWORDS·

Depression, academic performance, gender differences and male and femaleuniversity students

## INTRODUCTION

Depression istheoneofmajor psychiatric disorder in allover the world thelifetime occurrence ofdepression Is 16.2%and annual occurrence of depression is 6.6 % in general population'. There is also high prevalence of depression in university student'. The estimated prevalence rate of depression is10% in graduate university students' however, among first year university students 7% of men and 14% of womenhavemajordepressive disorder".

Depression greatly affects the academic performance and health of university students. Depressive individuals have low academic achievement'"' and have frequent academic failure'. Previous research depicted that depressive symptomsisassociated withpooracademic performance'••·

Researches suggestgenderdifferences in depression;female aremorelikelyto experience depressive disorder ascompare with male'' There is a significant difference of academic performance in male and female university students'' Female students have higher levelofacademic achievement thanmalestudems"·".

InPakistan,literatureisavailable onprevalence ofdepression in medical university studentsIn respect to genderdifference but researches conducted in other universities are scarce. Therefore, present research is aimed to investigate the predictive relationship of depression and academic performance in male and female university students.There are three main objectives of present research a) to investigate the predictive relationship of depression and academic performance in male and female university students, b) to examine the difference of depression in male and female university students andc)to see thedifference of academic performance in male and female university students.

## SUBJECTS 1\ND METHOD SAMPLE

The present research contained 331 university students (male= 165 and female'= 16f>) from different universitiesof

Karachi, Pakistan. Theirqualification ranged fromBS to PhD through purposive sampling technique. The participants' age ranged from 19·30 years.Themeanageis 21.?0andStandard Deviation is 2.700.



## INSJ RUMENTS

Demographic information form was used through record variables likeage, gender,birthorder, education, familystructure,addressetc. WhileCumulative Grade Point Average(CGPA) of last examwas used asmeasureof academic achievement.

***Centre* of *Epidemiologic Studies Depression Scale***

Depression was assessed with Centre of Epidemiologic Srudies Depression Scale (CES-D) ". This 20-ltems scale contains four main dimensions that are negative emotions, positive emotions, physical complaints and interpersonal relationships.Total score ranges from 0·60. A score of 16 or above Indicates presence of depression. The Scale has excellent internal consistency, the Cronbach's alpha reliability coefficient is ranged from 0.84 to 0.85 and the reliability in Whitesociety is0.90.

**PROCEDURE**

Brief introduction of research and researcher were given to participants. They were also informed that their provided information would remain confidential and they have right to withdraw fromresearch at anytime. Demographic information form and Centre of Epidemlologic Studies Depression Scale were administered. The data were analyzed by using SPSS (version· l 8). Descrlptive statistics, Linear regression analysis and t-test was computed.

# RESULTS

The demographic details of the sample are providedln table 1. The re.suits of the current research showed that depression predicted

academic performance (R2*=*.222, F*=* 17.061, p < 0.05), depression

explained 22% variance in academic performance of university students (see table 2 & 3).Male university studentshave higher level

of depression than female university, t (329)*=* 2.033, P< 0.05 while

female university students had higher level of academic performance than maleuniversity students, t (329) =-4.792, P< 0.05

(seetable 4).

Table1

Demographic Cba.raclerisli sofsa1111,le

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Category** | **Frequency** | **Percentage** |
| **Gender** | Male | 166 | 50.2 |
|  | Female | 165 | 49.8 |
| **Family status** | .Joi111 | l02 | 30.8 |
|  | Nudcar | 229 | 69.2 |
| **Socioeconomic** | Middle | 109 | 32.9 |
| **Status** | Upper Middle | 135 | 40.8 |
|  | Upper | 087 | 26.3 |
| **Age** | **Mean**  21.70 | **Sid. Oevintion**  2.700 | |

**Table2**

**Summary of Linear Regression Annlysi wilh Depression** as **predictor of academic performance in universitystudents**

|  |  |  |  |
| --- | --- | --- | --- |
| **Vulabte1** | **Category** | **Fn!11uency** | **Pucentage** |
| **Gender** | Male | 166 | 50.2 |
|  | Female | 165 | 49.8 |
| **Family status** | Joint | 102 | 30.R |
|  | Nuclear | 229 | 69.2 |
| **Socioeconomic** | Middle | 109 | 32.9 |
| **Status** | Upper Middle | 135 | 40.8 |
|  | Upper | 087 | 26.3 |
| **Age** | **Mean**  21.70 | **Std. De,•iution**  2.700 | |

Table3

Coellicioots summary of Linear Rl-gression Analysis with Depression as

**p1·edictor of acadt.•mic pcrforn anc('.in univcrs.ity studcnts**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MncM** | **Unstandardtied Coefficients** | | **Standardized co mcienls** | **t** | **Sig.** |
| **B** | **Std. Ern1r** | **Beta** |
| Constant  DcprCS$ion | 3.090  -.012 | .063  .003 | -.222 | 49200  -4.130 | ,000  .000 |

Table4

Summary of gender wise comparison in the level of depression and academicpet'formance in university students

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vuriable** | **Croups** | **N** | **1\1** | **SD** | I | **df** | **S111** |
| Depression | Mole | 166 | 20.37 | 8.012 | }.033 | 329 | .043•• |
|  | Female | 165 | I S.43 | 9.331 |  |  |  |
| Academic  Pcrformuncc | Male | 166 | 2.727 | .4826 | -4.972 | 329 | .000\*\*\* |
|  | Female | 165 | 2,890 | .4431 |  |  |  |

# DISCUSSION

In present research depression explained 22% variance in academfc performance of male and female university students. Depression is significantly predicted academic performance. It is consistent with number *of* pervious finding••. Due to depression, students face difficulty in academic activities like required ability to sustain attention and good concentration level to fulfill educational task including home work assignment, presentations etc. Research indicated that depressive symptoms havenegative association with academic performance".

In this research results showed significant difference of depression and academic performance In male and female university students and these finding areharmonious withearlier research findingl' ",2• ". The reasonbehind this phenomenon is may be that male student spend more time with friends, concentrate less on studies than females.Researchers found thatfemale studenthave goodacademic performance in academics and educationalcareer". An other reason

may be that fewer numbers of females reach university education; this proportion may be more focused for higher academic. performance already (before entering the university) hence causes genderdifferences In academic performance.



Further, the mean difference of male and female university student reflectthatmaleuniversitystudentshashigher levelof depression as compare withfemaleunillersitystudents.

## CONCLUSION

Depression influences the academic performance of university students. There ls also a significant difference in depression and academic performance of male and female university students.This research is a door way for teachers , university administration, parents, advisors and curriculum makers in recognizing the risk factors of depressive disorders and for the promotion of techniques like counseling services, psychotherapeutic interventions and psychotropic medication (if required) in the prevention of depressive disorder In university students. Counselors and

educational psychologist should develop strategies for enhancement of academic performance in university students and prevention of depressive symptomatology.

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