

**PERCEIVED EFFECT OF DEPRESSION ON PSYCHOLOGICAL WELL-BEING  
OF UNDERGRADUATE IN HIGHER INSTITUTION IN ODEDA LOCAL  
GOVERNMENT, OGUN STATE.**

**BY**

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## **CHAPTER ONE**

### **1.0 Introduction**

#### **1.1 Background information**

Depression among undergraduates is extremely predominant and wide spread problem across the country. Life in the higher institution marks a transitional period for student, in which most students move far away from their respective homes and families for the very first time and lose the sense of the traditional parental supervision and can be one of the most stressful times in a person's life. Trying to fit in with their academic and social demands that they encounter during their undergraduate studies, maintaining good grades, planning for the future causes most students to get depressed. Some students might have to deal with financial difficulties and resources management for the very first time in their lives. These changes have been recognized as one of factors for developing depression.

According to World Health Organization (2012), Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life.

The concept of well-being has received considerable interest in recent years, both in the scientific and lay literature. As such, well-being is frequently cited as a national priority for government policy around the world (Beddington et al. 2008). However, depending upon one's professional and personal perspective, the notion of well-being can have quite different connotations. For instance, economists may interpret well-being in terms of economic capacity and prosperity, the growth in both individual and national economic wealth. Population health researchers may focus on issues of health promotion and disease eradication. Social policy advocates may phrase issues of well-being in terms of health-care provision, education access, and issues of justice and equality. For behavioral scientists, the notion of well-being is most frequently framed in terms of individuals' own level of experience, reflecting their personal, experiential, and phenomenological sense of happiness and engagement with their families, work, and community.

According to the National Depression Report, conducted by Joy, Inc., 31.6 percent of the population reported symptoms of depression and 27.8 percent reported symptoms of anxiety. Depression plays a vital role in the psychological well-being of students which influence their academic performance and quality of life. Many things could factor to the cause of depression majorly financial status and academic performance. The World Health Organization (WHO) reported in 2001 that about 450 million people worldwide suffer from some form of mental disorder and that one in four people meet criteria at some point in their life. In most countries, the number of people who would suffer from depression during their lives falls within an 8-12% range. At any given point of time, 25% students reported symptoms of depression.

## **1.2 Problem statement**

Depression can come in many forms among higher institution students physically, financially, socially, academically and even spiritually. According to diverse studies and researches, depression is the number one reason why students drop out of school and also involvement in diverse vices such as gambling, drug abuse, rape, smoking, internet fraud, and even suicide if left untreated. Suicide is now one of the trending issues in Nigeria especially tertiary institution students which have led to the ban of public sale of certain insecticide. The Global Health Observatory puts the global age-standardized rate at 11.4 per 100,000 people, and suicide is the second leading cause of death among those aged 15-29 years. The rate in Nigeria is put at 9.5/100,000 which has been strongly linked to depression, and also drug abuse, directly or in association with depression.

## **1.3 Research Questions**

The aim of this research is answer the following questions:

- i. What are the effects of depression on the academic performance of students?
- ii. Does family financial status contribute to psychological well-being of students?
- iii. How anxiety, sleeping disorders, depression are related to Psychological well-being of students.
- iv. Is depression more pronounced among females than males?

#### **1.4 Objectives of the Study**

Within the above mentioned background the broad objective of this study is to analyze the effect of depression on the psychological well-being of undergraduate of higher institution in Odeda Local government area, Ogun state, Nigeria. The specific objectives are as follow;

- i. What are the factors contributing to the prevalence of depression among undergraduates in Odeda local government, Ogun state?
- ii. Symptoms of depression on the psychological well-being of undergraduates in Odeda local government, Ogun state.
- iii. Factors contributing to the increased suicide rates among higher institution students in Nigeria.
- iv. Reasons for students' expulsion, rustication and dropping out of their undergraduates programme.

#### **1.5 Justification of the Study**

This study will help Educators, Counselors, Psychologists, and Researchers to develop strategies to reduce psychological problems like depression among students and to intervention programs to enhance students' psychological well-being while on campus.

#### **1.6 Scope of Study**

The scope of this study is undergraduates in higher institutions of Odeda Local Government area, Ogun state, Nigeria which is Federal University of Agriculture, Abeokuta and Federal College of Education, Osiele.

## **CHAPTER TWO**

### **2.0 Literature Review**

#### **2.1 Depression among students**

The Oxford English Dictionary defines depression as “a mental condition characterized by severe feelings of hopelessness and inadequacy, typically accompanied by a lack of energy and interest in life.” The World Health Organization (2012) defines depression as a “mental disorder characterized by sadness, loss of interest or pleasure, decreased energy, feelings of guilt or low self-esteem, disturbed sleep or appetite and poor concentration”. Depression is one of the most prevalent mental health disorders in today’s society. Currently there are thought to be 350 million people worldwide suffering with depression. An estimated 800,000 people die each year as a result of suicide (WHO, 2015). The size of these figures is not only staggering but truly concerning. At any given moment 2 to 3 percent of males and 5 to 9 percent of females are suffering from major depression. The lifetime risk of major depressive disorders is 5 to 12 percent in males and 10 to 26 percent in females (APA, 1994).

The issues of students mental health has been a global problem that extend to different countries, both developed and developing countries. During student’s undergraduate programme which elapses for the duration of four (4) to five (5) years and six (6) years for medical students is a period where many face contradictions and obligation to succeed in his/her studies. More importantly, recent studies in this area indicate that the psychological and mental problems of students continue to increase (Field, Diego, Pelaez, Deeds & Delgado, 2012). A Nigerian study by Adewuya et al. (2006), about the prevalence of depression among university students, found the rate of depression among Nigerian students was only 2.7%. This is much lower compared to the rate of depression among Nigerian outpatients visiting general clinics (25%), or compared to an older population sample (over 60 years) (18.3%) in western Nigeria (Uwakwe, 2000). Depression is associated with poor academic performance (and sometimes Failure), social dysfunction, unwanted pregnancy and drug abuse. It is also closely linked to attempt and completed suicide among the undergraduate especially when depression is severe. This makes depression not only a burden of disease to the patients who are suffering from it, but also for their family, friends and for society as a whole.

According to a study of 26,000 students from 70 colleges and universities in 2006, 6% of undergraduates and 4 % of graduate students were reported to having seriously considering

committing suicide in the previous 12 months due to their inability to handle mental health relevantly (Denmark, 2009). A study of undergraduate students at Makerere University in Uganda using the Beck Depression Inventory showed that newly enrolled students joining the medicine course were less likely to have depressive symptoms compared to those students joining other general courses – 4% compared to 16.2% respectively (Ovuga et al., 2006). The authors of the same study noted that the average rate of depression in the university population was similar to that in the secondary schools in the same country but lower compared to rates reported from other countries such as Turkey (32.1%) (Bostanci et al., 2005)

The World Health Organization (WHO) reported in 2001 that about 450 million people worldwide suffer from some form of mental disorder and that one in four people meet criteria at some point in their life. In most countries, the number of people who would suffer from depression during their lives falls within an 8-12% range. At any given point of time, 25% students reported symptoms of depression. Aniebue and Onyema (2008) found among 262 medical students from the University of Nigeria a prevalence of depression of 23.3%, and in another sample of university students in Nigeria a total of 101 (8.3%) students met the criteria for depressive disorder with 68 (5.6%) having a minor depressive disorder and (2.7%) having major depressive disorder (Adewuya, Ola, Aloba, Mapayi, & Oginni, 2006).

## **2.2 Causes of Depression**

Some types of depression run in families genetic, indicating that a biological exposure to depression can be inherited from parents. This seems to be the case, especially with bipolar disorder. Also external events often seem to start sequence of depression among young adults thus, loss of love ones, death of sponsors, academic failure, examinations tension, chronic illness, malnutrition, divorce of parents, betrayal, inferiority complex, relationship breakups, transportation difficulties, financial problem, service failure, social discrimination, childhood experience, or any unwelcome change in life patterns can trigger a depressive episode. Very often, a combination of genetic, psychological, and environmental factors is involved in the onset of a depressive disorder. Stressors that contribute to the development of depression sometimes affect some individuals more than others.

Regardless of ethnicity, men appear to be particularly sensitive to the depressive effects of unemployment, divorce, low socioeconomic status, and having few good ways to cope with stress. Women who have been the victim of physical, emotional, or sexual abuse, either as a

child or perpetrated by a romantic partner are vulnerable to developing a depressive disorder as well. (Bhowmik, Kumar, Srivastava, Paswan, & Dutta, 2012). While some other researches stated that female are more sensitive to depression than male.

### **2.3 Types of Depression**

Depression is the most common psychiatric disorder that comes in different forms, just as other common illnesses, such as many other illnesses. Three of the most common types of depressive disorders are:

- (i) Major Depression: this is usually manifested by a combination of symptoms that last for at least two weeks in a row, including sad and irritable mood, which interfere with the ability to work, sleep, eat, and enjoy once pleasurable activities. Difficulties in sleeping or eating can take the form of excessive or insufficient of either behavior. Disabling chronological sequence of depression can occur once or several times in a lifetime.
- (ii) Dysthymia: is a less grievous type of depression but usually more long-lasting compared to major depression. It involves long-term chronic symptoms that do not disable but yet prevent the affected person from functioning at full potential or from feeling good. Sometimes, people with dysthymia also experience chronological sequence of major depression. This combination of the two types of depression (Major depression and Dysthymia) is referred to as double-depression.
- (iii) Manic depression: is also known as Bipolar disorder, it is type of depression show a particular pattern of inheritance. Bipolar disorders involve cycles of mood that include at least one episode of mania or hypomania disorder and may include chronological sequence of depression as well. Bipolar disorders are often chronic and recurring. Sometimes, the mood switches are dramatic and rapid, but most often they are gradual. When in the depressed cycle, the person can experience any or all of the symptoms of a depressive disorder. Manic disorder often affects thinking, judgment, and social behavior in ways that may cause serious problems and embarrassment.

### **2.4 Symptoms of Depression**

Depression affects each person in different ways, so symptoms caused by depression vary from person to person. Inherited traits, age, gender and cultural background all play a role in

how depression may affect you. The following are the common symptoms of Depression among students:

- Feelings of sadness or unhappiness
- Irritability or frustration, even over small matters
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite — depression often causes decreased appetite and weight loss, but in some people it causes increased cravings for food and weight gain
- Agitation or restlessness — for example, pacing, hand-wringing or an inability to sit still
- Irritability or angry outbursts
- Slowed thinking, speaking or body movements
- Indecisiveness, distractibility and decreased concentration
- Fatigue, tiredness and loss of energy — even small tasks may seem to require a lot of effort
- Feelings of worthlessness or guilt, fixating on past failures or blaming yourself when things aren't going right
- Frequent thoughts of death, dying or suicide
- Crying spells for no apparent reason (Bhowmik, Kumar, Srivastava, Paswan, & Dutta, 2012)

## **2.5 How to control prevent Depression.**

The following tips might help a depressed person feel better:

- Take medication exactly as prescribed by the doctor.
- Get more exercise
- Do not drink alcohol or use illegal drugs. These substances can make depression worse and might lead to thoughts of suicide.
- Maintain good sleep habits
- Seek out activities that bring you pleasure
- Volunteer or get involved in group activities
- Talk to someone you trust about how you are feeling
- Try to be around people who are caring and positive



## **2.6 Treatment of Major Depression**

The following are the ways by which depression can be treated;

- Medications (the use of antidepressants)
- Individual psychotherapy
- Education and support
- Family therapy
- Individual responsibility
- Control of negative behaviors: alcohol, drug abuse, eating disorders, and cutting

## **2.7 Effects of Depression on the Psychological well-being of students**

The following are the possible effect of depression on the psychological well-being of students:

- (i) Sleeping problem: this arise when the academic stressor such as examinations and lectures timetable are too cumbersome. In the pursuit to make good grade, students tend to skip the number of hours they sleep which render them inactive during the day.
- (ii) Drug use: most students result to taking hard drugs and smoking when they feel depressed about situation around them.
- (iii) Low academic performance: when depression is not properly handled among students, it leads to low academic performance. Reading of lectures note and material becomes difficulty the mood disorder.
- (iv) Gambling: this has been common to many undergraduate who have low esteem, in the quest to “feel among” they involve in all sort of gambling. Even some resulted to stealing from other to gamble with their friends
- (v) Suicide: this has been the most trending issue in the country, especially among undergraduates. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life

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