

## A Survey on Depression

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### ABSTRACT

Depression is serious psychiatric condition and serious issue for public health. Despite factors combining progression of depression, an awareness of their causes, potential mechanisms and interventions for condition is important to support a person's well-being. The present research is based on a survey conducted for analyzing the percentage of depression in people. In this research 150 people were selected comprising adults, children and old people. The questionnaire was provided to them comprising ten questions regarding symptoms of depression. Favourable conditions was provided to them and their response was collected. Results were analyzed thoroughly and it was observed that adults were more prone to depression followed by old people and children. From the survey conducted regarding each parameter it was concluded in order to overcome from depression balancing life is very important which includes taking proper sleep, diet, live in social gathering, and alike.

**KEY WORDS:** AGE CATEGORY, DEPRESSION, PARTICIPANTS, SURVEY.

### INTRODUCTION

Depression refers to mood condition characterized in that person's life is deeply impaired and disrupted by a feeling of inadequacy, despair, diminished behavior and anhedonia, often to such an extreme degree that suicidal attempts are performed or sometimes even suicide happens. It is extremely important to seek a more detailed understanding of reasons of depression in order to develop further efficient therapies. One of the most Chronic depressive disorders (CDD) are very common and enervating types of psychopathology (R. C Kessler et. al. (2012)). Many surveys conducted by epidemiology units claims that pervasiveness of CDD is approx. 16.7%, with more frequency in women that ranges approximately around 22% (R. C. Kessler et. al. (2013)). In reality, more than 30,000,000,000 Adults residing in U.S. have suffered from CDD criteria (J. M. Haro et. al. (2006)). CDD is a very recurring illness, and each depressive scene raises people's chances of having MDD (J. F. Solomon

et. al. (2000)). Depression is also correlated with immense price at both individual and collective level. Currently, the primary cause of disability remains depression.

Depression is the second most commonly predicted ailment by WHO with regards to morbidity. The frequency of depression is observed more in males as compared to females. Not only adults, but 3% of school children, and 5% of adolescents, also go through depression, and much of the time these go unknown (J. Qiu (2020), Y. Wu (2020)). People visits psychiatrist to consult for depression. Although general conception of man is that everything is psychological. People still think it's mainly due to lack of confidence in personality, or that someone can heal it by oneself or by taking sedatives. Like many other disorders, depressive disorders arise in various forms: A combination of conditions interfering with ability to work, rest, ingest and enjoy pleasurable activities manifests severe depression. These disabled depression scenes can happen once, or multiple times throughout life. Long-duration and persistent effects, a less serious form of depression, don't really disable but prevent one from "full steaming" or being healthy.

Often dysthymic individuals are also having severe bouts of epression (Anxiety et. al. (2017)). Bipolar and manic-depressive disease are not almost as common as some. Depression Phases and elation or mania are also involved. Sometimes, mood swings are also significant and simple,

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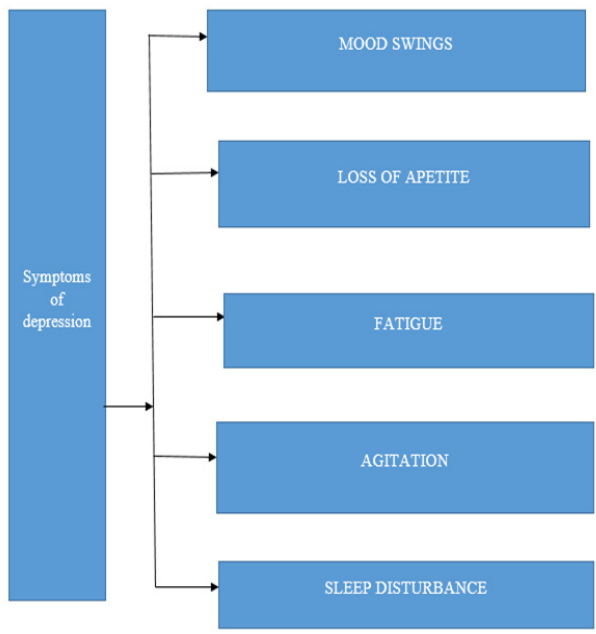
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yet incremental as much as possible. Depression affects the life of the people in many ways some of which includes mood swing, daily routine work, time, productivity and also influence the life of the people in many ways. If a person is in depression and also suffering from any disease then there are chances that, people in depression also worsen their condition. Some of the adverse conditions include: arthritis, asthma, cardiovascular disorders, cancer, and obesity and alike (Figure 1).

**Figure 1: Symptoms of depression. The table represents symptoms of the first stage of the depression.**



Thus depression is a serious issue that get worsen if delayed in taking proper medication. In the decade, the way people connect and engage social networking sites has evolved significantly. However, it is unknown if any of these alterations may affect any natural human behavioral features and induce psychological disorders. Several studies have found that long-term use of social websites like Facebook can be correlated to depressive signs and symptoms. Furthermore, some scholars have shown that some SNS behaviors can be correlated with little self-esteem, especially in children and teenagers(M. A. A. Mamun et. al. (2019)). Apart from these there are many other reason also exists which lead to depression. Thus to identify the cause a survey was conducted on different groups of subject.

**Research Questions**

1. What are the root causes of depression?
2. How to tackle from such serious ailment?

**Review Of Literature:** Kross et al. (2013) conducted a study focusing on activeness of youngsters on social media. The research layout involves test, wherein participants were text messaged for five times a day. This procedure was carried till two weeks for evaluating the mood changes, loneliness, and social interactions and alike. Also, along

with messaging a questionnaire was also made regarding the beck depression inventory, social provision scale and alike. From the study it was concluded that, user's subjective approach of well-being and satisfaction may be determined. Thus it can be concluded that, these practices where everyone is busy with their life and not take interest in surroundings leads to depression(E. Kross et. al. (2013).

A study over cognitive research has also been conducted by Joelle Le Moulton and Ian H. Gotlib, wherein a study was performed on reason of depressions. Further a conclusion was drawn on some points such as depression is defined by negative cognitive biases and maladaptive emotion regulation techniques, depression related strategies in cognitive control over mood congruent material may lie other cognitive processes and empirical evidences and implications for theory and future researches were discussed(S. D. N. Nathan et. al. (2019).

**MATERIAL AND METHODS**

**Design:** The study involves an approach, wherein an enclosure was selected and selected group of subjects were gathered. The subjects selected herein belongs to different age and gender i.e. males/females. The survey comprised of a questionnaire which includes some of the daily activities which they go through. The questionnaire involves objective types of questions, wherein the subject has to give answers by choosing one from the following options. The survey was conducted for 5 hrs and favorable condition was given to the participants. Total number of participants that were selected for the survey included 200 people. After the examinations, a conclusion was drawn following which a therapy session was included to address the people how to cope up with depression and life a healthy life. Table 1 represents the selection category of the subjects involved in the survey.

**Table 1. Selection Criteria of the Survey**

Subjects	Age Category
Children	12-18 years
Adults	19-45 years
Old people	45 above

**Sample:** The survey involved planned questionnaire involving planned details regarding reasons responsible for depression, 150 subjects were involved which were categorized as 50 subjects were children, 50 subjects were adults and 50 were old people.

**Instrument:** The questions involved in the questionnaire plays very important role in analyzing the results and understanding the perspective of each subject participating in the survey.

**Data collection:** Data given here is taken by considering the overall response from each group i.e. children, adults and old.

Table

S.No.	QUESTIONS
1.	Do you take proper sleep?
2.	How many times have you felt depressed?
3.	Have you ever thought of giving up on your life?
4.	Do you regularly feel of lack in energy?
5.	Do you prefer to live in social gathering or not?
6.	Do you suffer from mood swings
7..	Do you face problem in making decisions?
8.	Do you regularly feel pessimism and hopeless?
9.	Do you over react frequently?
10.	Do you think you have poor appetite?

**1. Do you take proper sleep?**

Subjects	Response			Duration
	Yes	No	Sometimes	
Children	✓			9-12 hrs
Adults			✓	4-7 hrs
Old	✓			9-12 hrs

**2. How many times have you felt depressed?**

Subjects	Response			Always
	Never	Frequently	Sometimes	
Children			✓	
Adults		✓	✓	
Old	✓		✓	

**3. Have you ever thought of giving up?**

Subjects	Response	
	Yes	No
Children		✓
Adult	✓	
Old	✓	

**4. Do you regularly feel of lack of energy?**

Subjects	Response		
	Yes	No	Sometimes
Children		✓	✓
Adults			✓
Old	✓		✓

**5. Do you prefer social gathering or not?**

Subjects	Response		
	Yes	No	Sometimes
Children		✓	
Adults		✓	✓
Old	✓		✓

**6. Do you suffer from mood swings?**

Subjects	Sometimes	Response	Never
		Very Frequent	
Children	✓		
Adult		✓	✓
Old	✓		✓

**7. Do you face problem in making decisions?**

Subjects	Sometimes	Response	Never
		Very Frequent	
Children	✓	✓	
Adult	✓	✓	
Old	✓		

**8. Do you regularly feel pessimism and hopeless?**

Subjects	Sometimes	Response	Never
		Very Frequent	
Children	✓	✓	
Adult	✓	✓	
Old	✓		✓

**9. Do you over react frequently?**

Subjects	Response	
	Yes	No
Children		✓
Adult	✓	
Old	✓	

**Analysis:** Data analysis is an important in any kind of survey as it helps to understand the problems faced during the survey, and aids in exploring the data in an understandable way. It preferably organizes, evaluates and represents the data in a meaningful way. From the data collected herein, it was analyzed that different groups have different perceptions regarding the questions. After evaluating the responses, it was seen that adults have

produced the responses that indicates that they are more prone towards taking tension.

10. Do you think you have poor appetite?			
Subjects	Sometimes	Response	Never
		Very Frequent	
Children	✓	✓	
Adult	✓	✓	
Old	✓		✓

## RESULTS AND DISCUSSION

**1. Do you take proper sleep?:** Sleep is equally important as eating, drinking and walking in order to maintain a proper health. Sleep relieves the stress level of the body by controlling the adrenaline factor of the body. It also directly influence the mood of the person by providing a proper rest the brain. Sleep for standard period of time i.e. 7-8 hrs energize the body and also boost the immune system. From the data collected regarding proper sleep it was observed that, children and old belonging to age group 12-18 years and 45 years respectively people take proper sleep for a period of 9-12 hrs while adults belonging to age group 9-45 years sleep for few hours and thus are able to take proper sleep sometimes. From the survey it was concluded that peers are involved in different activities such as social media, career, life and alike due to which they take stress. The stress directly affects their sleeping pattern, which consequently leads to build up of insomnia or at worst condition depression. Therefore to get rid of all such adversities, proper sleep is very important.

**2. How many times have you felt depressed?:** Depression is characterized by a persistent depressed mood where the sufferer starts losing interest in day to day activities causing reluctant impairment in regular activities. The persistent depressed mood and loss of interest causes major changes in behavioral and psychological activities. From the survey conducted it was seen that, children felt depressed sometimes while some adults felt depressed frequently and some felt sometimes. The ratio of feeling depressed frequently and sometimes is 40:10. While the ratio of old people was 20:30 i.e. never: sometimes. From the result it can be inferred that, state of depression is more in adults followed by old and children.

**3. Have you ever thought of giving up?:** When the person is extremely depressed and does not find things going right in his way he feels like cutting off from the society which directly affects the adrenaline hormone that leads to a thought of giving up with his life. From the survey it was noticed that, adults and old have gone through this thought while children have not. This clearly signifies that, adults and old people are more prone to depression. The reason behind this can be that old people suffers from a fear of death, or might overthink about family that leads them to be depressed. Similarly, the adults go through financial

problems, fear of losing special people as well as career which leads to depression.

**4. Do you feel lack of energy?:** Depression along with state of losing interest in day to day activities also renders the person lethargic. Thus periodically motivational sessions, and spending time in social gatherings aids in recovering from the depression. As observed from the survey, it was seen that, all the children, adults and old people suffered from lack of energy adults.

**5. Do you prefer social gathering or not?:** From the survey it was observed that, children extremely preferred social gathering while some of the adults preferred and some did not. Old people also preferred social gathering while some did not.

**6. Do you suffer from mood swings?:** The reply to this question was very tricky to analyze the results as mood swing is very common symptom which usually arises due to many reasons apart from depression. For example mood swings may be due to fever, or other related ailments. However, it is also an important parameter to consider during depression. According to the survey, children suffered mood swings at sometimes while when according to adults mood swings are suffered very frequently or never. In old people frequency of depression is less as according to them they suffered mood swings sometimes or never. Though mood swings can happen due to many reasons but still it should not be avoided while considering the depression parameter.

**7. Do you face problems while making decision?:** Another symptom of depression is also lack of making decision. Prefrontal cortex is affected due to mental illness which directly affects the decision taking capacity of the depressed person. Thus the anxiety level of the depressed person needs to be controlled in order to overcome from depression. From the survey, decision taking capacity of adults, children and old people was observed, however, old people and adults faced more difficulty. This may be due to tension they take or problem they face in tackling with the problems.

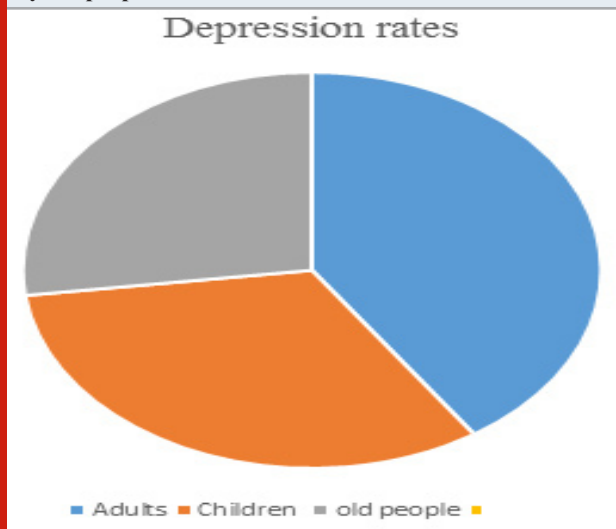
**8. Do you regularly feel pessimism and hopeless?:** Pessimism and hopeless are one of the serious symptom of depression. Pessimism directly affects the life as well as decision making capacity of the depressed people. From the survey it was observed that, all the participants agreed that they feel pessimism and hopeless at one point or the other but the frequency was higher in adults.

**9. Do you overreact frequently?:** The answer to this question was “yes” by both adult and old people while children did not agreed with this point. Thus it can be inferred that, both old people and adults are more prone to depression rather than children.

**10. Do you think you have poor appetite?:** Depression leads to loss of appetite, weight loss and other physiological symptoms. This ultimately makes the people lethargic and fatigued. From the survey it was concluded that,

all the participants faced problems related to appetite. This shows that, depression directly affects the life of the people. Figure 2 represents depression rates among different participants.

**Figure 2: Depression rates among different participants. The figure shows that rate depression is more in adults followed by old people and children.**



## CONCLUSION

Depression is serious psychiatric condition and serious issue for public health. Despite factors combining progression of depression, an awareness of their causes, potential mechanisms and interventions for condition is important to support a person's well-being. From the survey conducted, it was observed that depression affects the day to day activity and ultimately may even lead to demise. All the participants actively participated in the survey and the response given by them was analyzed properly. From the survey it was concluded that, adults are more prone to depression followed by older people, however, there existed very few instances when children have suffered from depression.

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