A Comparative Study of Depression Among Male and Female Orphan Adolescents

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ABSTRACT:

Background: Depression is a mood disorder that cause of tenacious feeling of sadness and loss of interest, change in sleeping pattern, aptitude, and concentration, and suicidal thoughts. An orphan adolescents are that group of people who have lost both parents and mostly learns to cope with the issues while experiencing life adversity.

Aim: The objective of the study is to study the gender difference in depression among orphan adolescents.

Method: A survey was conducted in the Delhi-NCR region to fulfill the study objective. 163 orphan adolescents from 31 different orphanages who were suffering from depression were selected through a purposive sampling method. The Beck Depression Inventory BDI-II was used to assess the level of depression in the chosen adolescents.
Results: The analysis of depression scores revealed that females had higher scores than males, and there was a significant difference in depression among male and female orphan adolescents at (-3.155*) and p value P<.05. was used as statistically significant value in one sample T test.

Conclusion: This study revealed that orphan adolescents significantly differ on depression based on their gender, and depression is higher in females than male orphan adolescents.

KEYWORDS: Depression, Orphan, Adolescent.

INTRODUCTION:

In terms of psychology, depression is a mental disorder that is defined by certain behavioral issues and continually changing in thought patterns like emotional reasoning, all-or-nothing thinking, overgeneralization, jumping to conclusions and personalization. A depressed mood represents a feeling of unhappiness at various times in different situations. People who experience feelings of sadness, loneliness, being unloved, helplessness, and worthless, and having suicidal thoughts show symptoms of depression. It indicates exhibiting various actions to reflect one’s psychological issues, lasting continuously for two weeks and causing harm to their current living environment. Also, it is under-recognized among teenagers. Thus, depression symptoms are seen as a regular part of adolescents’ exposure because this stage is called the changing cycle of life.[1]

Depression can be leveled in different terms, like depressed temperament, unchanged disease, and medical depressive sign. And it can affect anyone – including a group of children who don’t have adequate things, such as a house, food, money, and other important things – who
are reared in a high-functioning organization. It can be said that orphans suffer most severely in the country.

The death of one or both the parents has a profound and lifelong impact on the psychological well-being of orphan children. After the death of parents, many psychological reactions are reflected in children, such as fear, hopelessness, anxiety, phobia, and personality issues that can further bullying children’s prospects. Psychological symptoms, like anxiety, depression, and anger, had higher risks of developing in orphans than non-orphans. Some studies revealed that the cause of parents’ death, such as due to AIDS, were more likely to cause symptoms of depression, peer relationship problems, and posttraumatic stress in orphans. Some other studies indicated that educational attainment, being female, and age are central factors which have a significant role in developing depressive symptoms. Other studies found that orphans with low economic and societal support and experience discrimination suffered more from depression. A study indicated that community favoritism and friend favoritism as highly noteworthy aspects of depressive disorder in Ethiopia Mekelle 2013. Other studies done in different countries also revealed that 2.6% to 19.4% of orphan adolescents had depressive symptoms. The study done in Sub-Saharan Africa revealed a 7.6% and 34.7% rate of depression among individuals between childhood and adolescence. The depression rate was 7.6 % in Uganda, 20% was in Egypt, and between 25.3% to 34.7% in Ethiopia.

Studies in India reveal that it is home to 20 million orphans. The states of Uttar Pradesh, Madhya Pradesh, Chhattisgarh are home to billions of orphan children under age 18. This may rise by 7.1 million in the eastern region states of Bihar, Orisha, and Jharkhand, and 5.2 million in West Bengal by 2021. These states have double the number of orphan children, and poverty has played a significant role in increasing the number of abandoned and orphan children in these states.
This study will give appropriate information about the prevalence of depression, level of depression, and gender difference in depression among orphans living in orphanages of Delhi-NCR. The research aims to study the level of depression and difference in depression among male and female orphan adolescents.

**MATERIALS AND METHODS:**

**Study Design and Setting**

A survey was conducted in the orphanages situated in the Delhi-NCR region of India. 31 orphanages were approached to participate in the survey for this study. Among them, six orphanages gave permission to select the sample population. 1,089 orphans living in 6 orphanages were interviewed for their counselling needs. During this interview, they were screened for the suitability as per the selection criteria of the sample. 163 males and females were then selected from these orphanages using a purposive sampling method. These participants were given detailed information about the procedure and purpose of the study. They were assured about the confidentiality of the data provided by them. Consent to use the data for research purposes was taken from the subjects.

**Participants**

The inclusion criteria of participants are adolescents aged 10 to 19, orphans who can read and write English, orphans who stayed at least 1 to 5 years in an orphanage, had a minimum education of higher secondary school, and orphans living in orphanages only. Those who were excluded are orphans who were not interested in the study and who were suffering from any serious physical illnesses.

**Statistical Analysis**

All the selected orphans were assessed using the Beck Depression Inventory-II (BDI-II). BDI is a 21-question multiple-choice self-report inventory. It is one of the most widely used
psychometric tests for measuring the severity of depression. BDI-II is designed for individuals aged 13 to 80. It is composed of items relating to symptoms of depression, such as hopelessness and irritability, cognitions such as guilt or feeling of being punished, as well as physical symptoms like fatigue, weight loss, and lack of interest in sex. The administration of BDI-II takes approximately 5-10 minutes to complete when self-administered. Each statement is scored on a 4-point scale (0-3). The total score is obtained by adding the ratings for each statement.\textsuperscript{[40]} Validity and reliability of the BDI-II is widely established with other tools.\textsuperscript{[41]} Descriptive and inferential statistics is done using SPSS-21.

**Ethical clearance:**

Ethical clearance was attained from SGT University Gurugram. We clearly explained the aim of the study to the participants, and information was collected after the consent form was filled out by each participant. The right to discontinue participation at any time were explained to the study participants, and names and other personal information were not used at the time of data collection. All personal information was kept confidentially and was assured at the study period.

**RESULTS:**

**Table:** 1 Socio-demographic characteristic of orphan adolescents in Delhi NCR area (N-163).
Total 163 orphan adolescents particapited in this study. The age range of 13-16 from total participant were 131 (80.4%) and 17-19 were 32 (19.6%) by age factor and 96 (58.9%) were male and 67(41.1%) were females. 15 (9.2%), and 46 (28.2%) and 43 (26.4%) and 44 (27.0%) and 13 (8.0%) were educated from the factor literate, upper primary, SSC, HSC, Graduate.

**Table 2:** Gender comparison of depression among orphan adolescents.
The mean scores of males and females, as seen in Table 2, show that females scored higher in depression than male. The $t$-value revealed a significant difference between males and females at .05 level.

Table 3a: Regression analysis of depression among male and female orphan adolescents.

<table>
<thead>
<tr>
<th>Predictor</th>
<th>β</th>
<th>R</th>
<th>$R^2$</th>
<th>$F$ value</th>
<th>d.f.</th>
<th>$P$.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>1.566</td>
<td>248</td>
<td>.062</td>
<td>3.481</td>
<td>3</td>
<td>.002</td>
</tr>
</tbody>
</table>

Note: a-Predictor constant;

As per regression analysis seen in Table 3a, gender was a significant predictor of depression.
As per table 3b education and age were not significant predictor of depression. Thus it can be said that gender difference play very important role in depression of orphan adolescents.

DISCUSSION:

In this study the magnitude of depression was main factor which influenced orphans life in very critical way. This study was done in various area of India. This study reflected higher depression ratio among orphan adolescents was found to be high in females. The possible reason for this difference could be community discrimination and low level of social support. As per previous research females were more depressed than male orphan adolescents. This finding was supported to the study that was held in Egypt, which states that the only independent predictor of depression is a child gender, and girls experienced depression symptoms 46 times more than boys. As per the study these difference could be by gender discrimination and no psychological sessions provided. The results also supported a present study done in South Africa, which states that the prevalence of major depression was 9.7% for lifetime and 4.9% for the month prior to the interview. Also, there was a prevalence of depression that was significantly higher among females than males. The possible reason for this study could be staying period in orphanage of girls.

The results obtained after the independent t-test and regression analysis indicate that gender is a significant predictor and is significantly associated with depression. This finding is similar to previous studies where gender was found to be a significant predictor of depression in various populations.
to the study done in Vishakhapatnam city of India, wherein orphans’ age, sex, age of admission to an education system are significantly associated with depression and behavioral issues.\textsuperscript{[44]} Based on the results, both hypotheses are accepted. There is a significant difference in depression among males and females. And orphans, especially females, have more psychological needs and require extra support.

CONCLUSION:

A large number of orphans suffer from depression. The overall rate of depression among orphan adolescents was found to be high in females. There is a significant difference in depression among male and females. Gender, age, and education are significantly associated with depression, and gender is a significant predictor of depression among orphans.

Recommandation

This study recommends the need for counselling and mental health services in the orphanages.

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