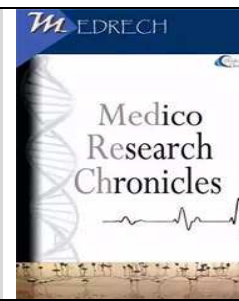




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RELATIONSHIP BETWEEN DEPRESSION AND HEALTH-RELATED BEHAVIOURS OF MALE SENIOR COLLEGE STUDENTS

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ABSTRACT

Depression is a typical psychological condition that is extremely common in the overall public and it is a significant contributor to the all-around global burden of illness. A cross-sectional analysis design was used utilizing a structured questionnaire to determine depression and health-related action in male adolescents. Gender differences occur in the improvement of depression, and those differences are particularly prominent during adolescence. The data had been collected from pupils of a senior college in using convenience sampling to choose the participants. The results established the connection between depression and health-related actions. The growth of health-related habits might help in lowering depressive symptoms.

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I. INTRODUCTION

Depression is a major public health problem globally and has been ranked as one of the illnesses owning the greatest burden for people, families, and society. Too, depression is connected to increased mortality and morbidity from health conditions & reduced quality of life with several other negative effects. Because of the substantial effect of depression on society as well as people as an entire, an extensive analysis of the prevalence of depression is required to make sure that earlier findings stay appropriate in present-day society.

Physical symptoms are typical for depression, as well as, actually, vague aches & discomfort are usually the presenting signs of depression. These signs include persistent joint pain, limb pain, back pain, gastrointestinal issues, tiredness, sleep disturbances, psychomotor activity changes, and appetite changes. A high percent of individuals with depression that seek treatment in a primary care setting report simply physical symptoms, which could make depression quite hard to diagnose.

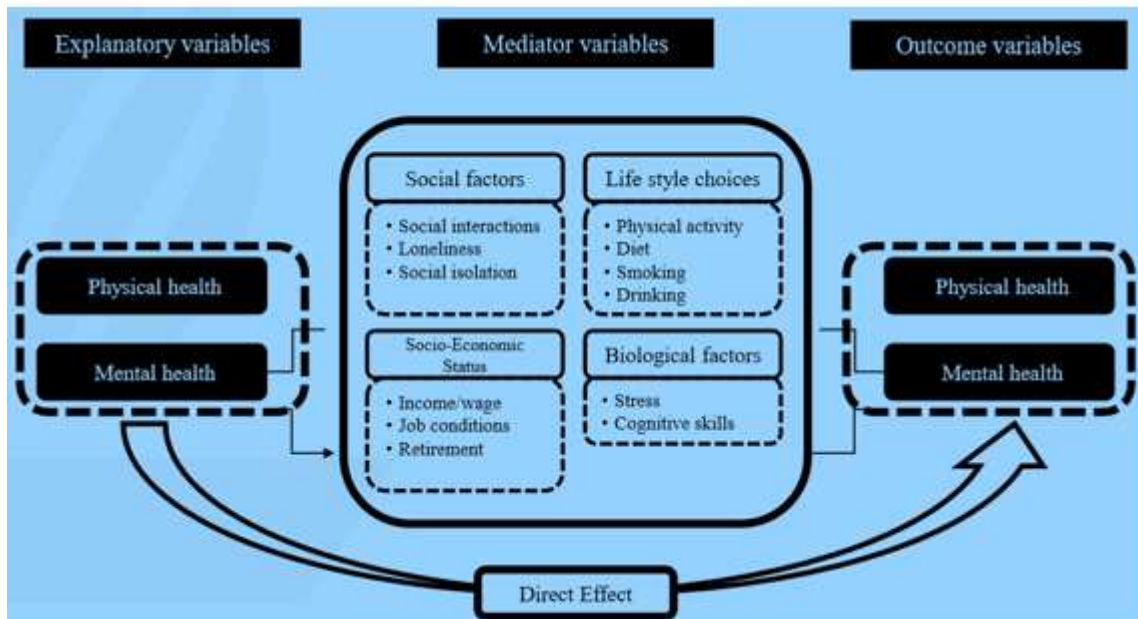


Figure 1: Direct and indirect effects between physical and mental health

Depression is a typical psychological condition that is extremely common in the overall public and it is a significant contributor to the all-around global burden of illness. The benefits of depression all over the world are illustrated by the inclusion of its as being a priority quality in the World Health Organization's Mental Health Gap Action Programme. The typical issue prevalence of depression in the lack of a worldwide pandemic has been recently reported to be 12.9 % throughout thirty nations. Nevertheless, preliminary research highlights those levels of stress, fear, anxiety, post-traumatic stress disorder (PTSD), depressive symptoms and sleep disorders might drastically boost in reaction to the COVID 19 pandemic. It's additionally likely that suicide rates might improve because of to a selection of COVID 19 associated problems, for example, financial hardship, lack as well as loneliness not enough support

II. PHYSICAL SYMPTOMS OF DEPRESSION

Studies have documented a number of ways that depression can impact physical health, like the following:

- **Weight gain or even loss**
People with depression might feel appetite changes, which could lead to unintended weight reduction or perhaps gain. Health pros have connected too much fat gain with a lot of health problems, which include diabetes as well as heart problems. Being underweight can hurt the heart, affect fertility, as well as result in fatigue.
- **Chronic pain**
People with depression might encounter unexplained aches or maybe pains, which include muscle or joint headaches, breast tenderness, and muscle pain. An individual's depression symptoms can worsen due to chronic pain.
- **Heart disease**
Depression can bring down a person's inspiration to make good lifestyle choices. The possibility of theirs heart problems increases once they consume a bad diet and also have an inactive lifestyle.
Depression might additionally be an unbiased risk factor for heart health complications. Based on research

published in 2018, one in 5 individuals with coronary artery or heart failure disease has depression.

- **Inflammation**

Research Trusted Source suggests that chronic stress as well as depression are connected to inflammation and might alter the immune system. Additional Source implies that depression might be because of to chronic inflammation. Individuals with depression tend to be more likely to possess autoimmune disorders or inflammatory ailments, for example, irritable bowel syndrome (IBS), type two diabetes, and arthritis. Nevertheless, it's not clear whether depression causes persistent inflammation or inflammation makes somebody much more vulnerable to depression. Additional analysis is essential to recognize the link between the 2.

- **Sexual health issues**

People with depression could have a reduced libido, have difficulty becoming aroused, no longer have orgasms, or perhaps have much less enjoyable orgasms. Several individuals likewise experience relationship problems as a result of depression, which may have an effect on activity that is sexual.

- **Worsening chronic health issues**

Individuals who currently have a persistent health problem might find the symptoms that are even worse in case they create depression. Chronic diseases might by now be isolating or perhaps stressful, as well as depression might exacerbate these thoughts. An individual with depression might also struggle to go along with the therapy program for a chronic illness, which may permit the symptoms to get even worse.

Individuals who have depression and who have a chronic illness must speak with a physician about techniques for

dealing with both conditions. Preserving mental health could enhance physical health and create a chronic state simpler to handle.

- **Difficulty in sleeping**

People with depression might expertise insomnia or maybe difficulty sleeping. This particular problem can leave them feeling tired, making it hard to handle both mental and physical health. Physicians link sleep deprivation to a multitude of health issues. Likewise, research has correlated. Reliable Source long-term sleep deprivation with high blood pressure, diabetes, weight-related problems, and several cancer types.

- **Gastrointestinal issues**

People with depression often article Trusted Source stomach or maybe digestion issues, like diarrhea, nausea, vomiting, and constipation. Some individuals with depression likewise have chronic problems, like IBS. Based on research published in the 2016 Trusted Source, this might be because depression changes the brain's reaction to stress by suppressing activity in the hypothalamus, pituitary gland, and adrenal glands.

III.METHODOLOGY

Study design and subject recruitment

A cross-sectional analysis design was used utilizing a structured questionnaire to determine depression, health-related actions. The data had been collected from a senior college using convenience sampling to choose the participants.

Research instruments

The questionnaire used in this specific study was split into 3 sections: demographics, the Center for Epidemiologic Studies Depression Scale (CES-D), and the Health Promoting Lifestyle Profile (HPLP)

IV. RESULT AND DISCUSSION

Participant demographics

The last sample of this particular study

comprised 500 male senior college pupils. Stats related to the participants' Internet depression, health-related behaviors, depression, and demographic characteristics are provided in Table one. The majority of the participants had been aged between fifteen as well as twenty-two years (mean age = 17.30 years, SD = 1.34). Concerning smoking as well as alcohol consumption status, the vast majority of the pupils didn't take part in possibly smoking (95.0%) or maybe alcohol drinking (96.0%). Nearly one-half of the pupils in the study sample (49.0 %) were

religious. Concerning the CES-D depression score, 260 (52.0 %) of the pupils scored over sixteen points and consequently exhibited depressing tendencies. For the HPLP score, the hostile scores of every product on the HPLP subscale were as follows (arranged from highest to lowest): interpersonal support behavior = 2.15 (± 0.70); self-actualization = 1.78 (± 0.71); health behavior = 1.67 (± 0.64); anxiety management behavior = 1.63 (± 0.57); exercise behavior = 0.93 (± 0.70); and health responsibility behavior = 0.69 (± 0.59).

Table 1: Demographic, anthropometric, and lifestyle characteristics as well as scores on depression, Health Promoting Lifestyle Profile (HPLP), and level of Internet addiction.

Factors	Total N = 500
Age (mean \pm SD)	17.30 \pm 1.34
BMI (mean \pm SD)	20.50 \pm 3.62
Smoking habit (n,%)	
No	475 (95.0%)
Yes	25 (5.0%)
Drinking habit (n, %)	
No	480 (96.0%)
Yes	20 (4.0%)
Religion (n, %)	
No	255 (51.0%)
Yes	245 (49.0%)
CES-D (mean \pm SD)	16.23 \pm 8.73
0–15 (n, %)	260 (52.0%)
16–20	100 (20.0%)
21–30	105 (21.0%)
31–60	35 (7%)
HPLP scores (mean \pm SD)	
Nutrition	8.34 \pm 3.18
Health responsibility	5.49 \pm 4.72
Self-actualization	14.27 \pm 5.70
Interpersonal support	12.93 \pm 4.22
Exercise	3.74 \pm 2.80
Stress management	14.64 \pm 5.16
Total scores	59.41 \pm 19.29

I. RESULT AND DISCUSSION

Relationship between depression and health-related behaviors

Pearson's correlation coefficient (r) between the CES D depression scores and also the HPLP in general as well as subscale scores were 0.11 (p = 0.01), 0.20 (p < 0.01), 0.02 (p = 0.71), 0.16 (p < 0.01), 0.06 (p = 0.19), 0.01 (p = 0.92), 0.06 (p = 0.15) for the complete scores, nutrition subscale score, health duty subscale score, self-actualization subscale score, interpersonal assistance subscale score, exercise subscale score, and stress

management subscale score, respectively. The regression analysis outcomes for the HPLP and CES-D are provided in Table two. The regression results suggest that just the HPLP overall score, nutrition subscale score, and self-actualization subscale score had been substantially negatively associated with the CES-D depression score (p < 0.05 0.01). Put simply, depression was lower in the pupils that exhibited healthier actions, placed far more focus on dietary health, as well as had increased levels of trust and self-admiration toward life.

Table 2: Multiple regression analysis for identifying depression significantly related to health-related behaviors

	B	SE	OR (95% CI)	p
HPLP scores				
Nutrition	-0.55	0.12	-0.79, -0.31	<0.01
Health responsibility	-0.04	0.08	-0.21, 0.12	0.61
Self-actualization	-0.23	0.07	-0.37, 0.10	<0.01
Interpersonal support	-0.12	0.09	-0.30, 0.07	0.22
Exercise	-0.01	0.14	-0.28, 0.26	0.94
Stress management	-0.11	0.08	-0.26, 0.04	0.16
Total scores	-0.05	0.02	-0.09, 0.01	0.01*

†Controlled for age, body mass index (BMI), smoking and drinking habits, religion

*p < 0.05; B: regression coefficient; S.E.: standard error; OR: odds ratio; CI: confidence interval.

V. CONCLUSION

To conclude, the outcomes of the present study confirmed the associations between Internet addiction, health-related behaviors, and depression, indicating that the cultivation of health-related habits might help in lowering depressive symptoms. Thus, establishing successful techniques to alleviate depressing feelings in male adolescents is vital. The findings of ours also suggest that participants that thought themselves to be vulnerable to the illness and perceived poor physical health outbreak were very probable to report probable depression.

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