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ROLE OF GENDER ON THE DEVELOPMENT OF DEPRESSIVE SYMPTOMS AND ANXIETY

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Keyword

Depressive symptoms, Stress and anxiety, Mental health, Gender development.

Abstract

The study has shown the impact of genders in terms of its influence on depressive symptoms among people. The aim of the study is to analyze how gender and its constructs can influence the stress and anxiety levels of Indian population. The methodology of the study has selected 179 participants for evaluating the collected data and information in the study. The results of the research have found that the alternative hypothesis has been proved with the high reliability. Moreover, the study has been able to create an impact on the society by maintaining the ethics during the study execution.

Introduction :

Background of the research

Gender plays a vital role in determining the level of stress and anxiety among people on a global basis. The stress and depression levels in India have been seen to be escalating with time and the analysis should be done on the basis of primary research.

Figure 1: Gender distribution regarding stress and anxiety in India in 2019: (Source: Statista, 2022)

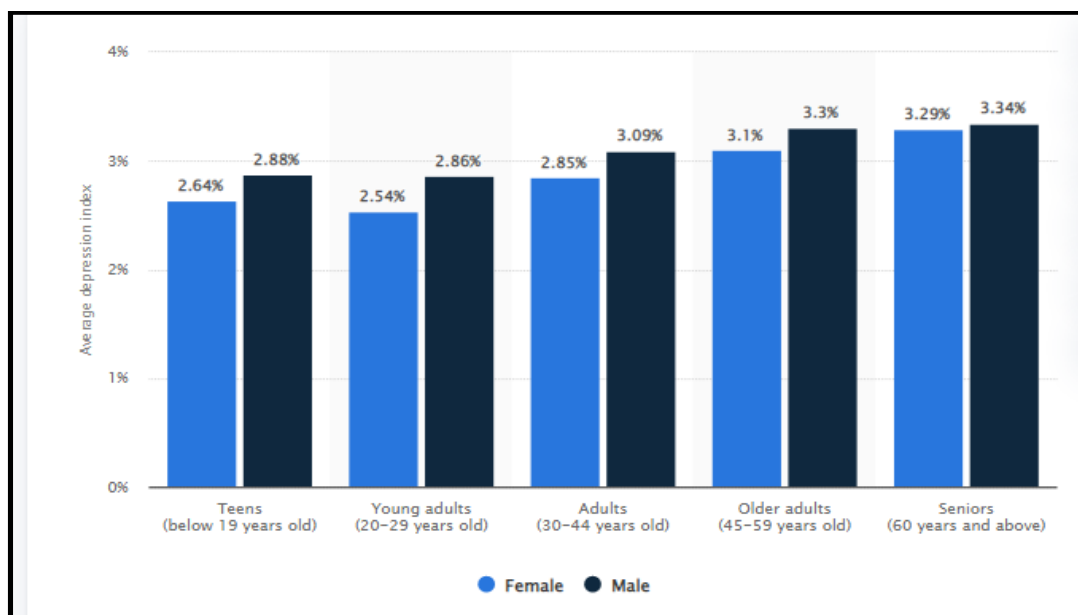


Figure 1 has shown the Indian gender distribution of depression and stress in 2019. It has been reported that the age group of 20 to 29 due to stressful events in their lifestyle and constant changes (Statista, 2022). Moreover, genetic vulnerability and medical history can also be responsible for creating such effects on them.

Problem statement

The major problem in India has become decreasing health condition of people due to excessive mental pressure. Stress and depression can be seen as the root cause behind this situation which should be controlled with effective initiatives.

Figure 2: Mental health disorders among people in India in 2021: (Source: Statista, 2022)

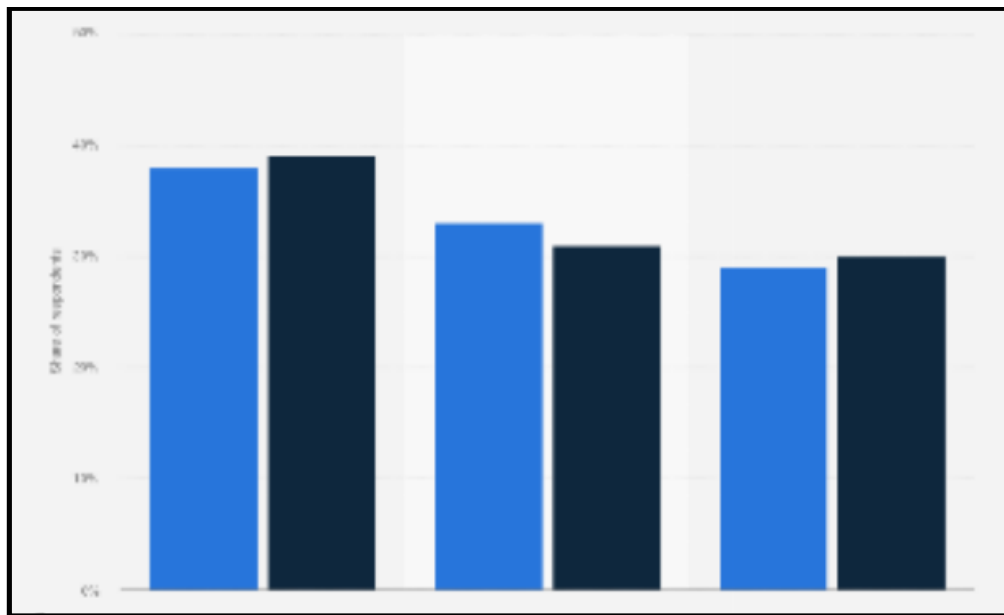


Figure 2 has demonstrated the rate of mental health issues among people of India in 2021. The study has shown that 39% of Indians are suffering from stress disorder along with 30% from anxiety disorder (Statista, 2022). Furthermore, 33% of the male population had depression whereas, 31% of the females had the same issue.

Aim and objectives

The aim of the study is to analyze the role of genders in evaluating the impact of stress and depressive symptoms among the Indian population.

RO1: To discuss the role of gender in the development of depressive symptoms and stress

RO2: To identify the factors influencing mental stress and depression among the Indian population

RO3: To pinpoint the challenges faced by the genders involving anxiety and mental stress

RO4: To conduct a primary quantitative survey for collecting data and recommend according to the research problems

Research questions

RQ1: What is the role of gender in developing depressive symptoms and stress among Indians?

RQ2: What are the elements impacting mental stress and anxiety among the population of India?

RQ3: What are the challenges that the genders are facing regarding depression and anxiety?

RQ4: How has the primary quantitative method helped in data collection and recommendation?

Significance of the study

The study is significant in its respective field as it has addressed a relevant issue from today's world. The changing lifestyle of people is causing rapid transformation in mental health and people are suffering from stress and anxiety at a higher rate. According to Phillips et al. (2018), a study should approach an issue that has a broad spectrum of discussion and is related to the current situation. On the other hand, the primary data and information in this study have also provided evidence to prove facts which have increased its validity.

Literature review

The role of gender developing a higher depressive and anxiety symptoms

Depressive disorders have become a common issue among the population in India where gender also plays a crucial role. There are several reasons that can cause depressive symptoms among people of different age groups. As per the view of Danneel et al. (2019), the phase of adolescence has been observed to be most affected by the symptoms of anxiety. It has been reported that a total of 74% of the Indian population are suffering from stress along with 88% of them having anxiety (The Indian Express, 2022). The mental stress level is increasing at an alarming rate for the population which is creating a severe effect on them. The psychological issues and the impacts on other health matters should also be a matter of concern for the country.

Factors influencing depression and anxiety based on the gender

Gender can differentiate the rate of depression and stress after puberty which has become a promising topic to discuss. As mentioned by Serpytis et al. (2018), females have been seen to be prone to anxiety and depression after puberty. It has a typical reason for females to enter the phase of puberty before males. Hence, it can be constructed that this gap can potentially create challenges regarding mental health among the population.

Challenges faced by the genders developing anxiety and depressive symptoms

Figure 3: Barriers between the genders in developing stress and anxiety: (Source: Influenced by Chodzen et al., 2019)

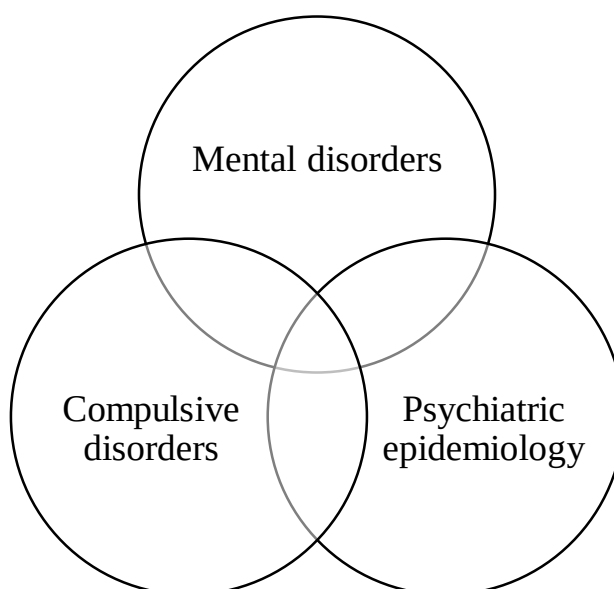


Figure 3 has presented the major challenges that create problems among the stressed and anxious people in India. Mental disorders have been observed to be a common issue that arises from the stress levels people. As suggested by Chodzen et al. (2019), the findings of psychiatric epidemiology can be seen as a major reason behind conducting this discussion. As a result, different compulsive disorders can also be seen in them which cause additional health issues. On the other hand, different parameters can also be problematic in this case and can be the reason for anxiety disorders.

Theoretical underpinning

Lazarus and Folkman's model of stress

Figure 4: Lazarus and Folkman's model of stress: (Source: Influenced by Avcioğlu et al., 2019)

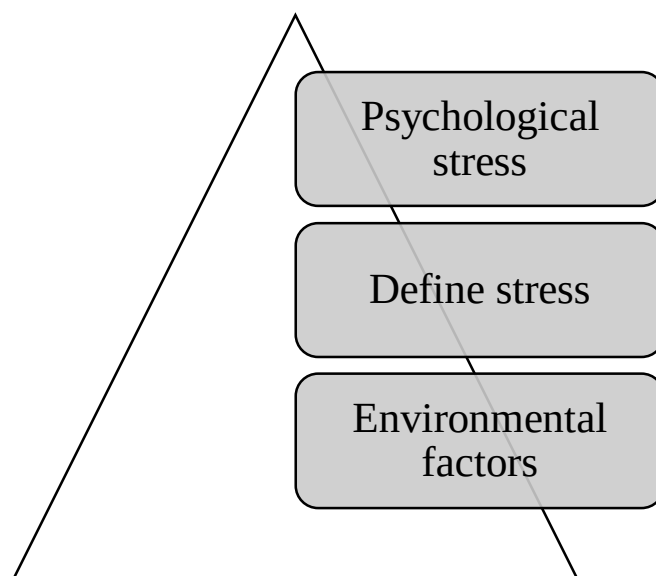


Figure 4 has represented a theory that can define stress on the basis of different factors influencing it. The theory has suggested that psychological stress in a person can come from different environmental factors. As commented by Avcioğlu et al. (2019), the well-being of people can be endangered if a dire situation due to stress comes. The three elements of this theory comprise harm, challenge, and threat. Hence, Obbarius et al. (2021) have suggested that the impact on an individual should be evaluated for having valuable insight into their work. Moreover, a coping strategy has also been proposed by the theorists involving self-control, confrontative coping, and acceptance of responsibility.

Literature gap

The study has found some gaps that can be depicted for understanding the significance of conducting this study. Going through existing studies have found that they have not much included primary data in their data collection and data analysis method. As depicted by Danneel et al. (2019), primary information is predominant in a study for analyzing them in a methodical way. As a result, the study has tried to mitigate this gap from the existing studies. Furthermore, previous studies have lacked in providing theoretical knowledge which has been represented in this study. The incorporation of the theories has shown their relevance to the work and determination of the success of the study.

Methodology

The study has selected a primary quantitative method which has conducted a survey among some chosen participants. The study collected primary data from 179 respondents belonging to India. As stated by Saunders (2012), primary studies are helpful in gathering an authentic set of information that increases the credibility of the study. Moreover, a questionnaire of 10 open-ended questions has been selected to distribute among the participants to answer them. Additionally, SPSS will be conducted for the data analysis section of the study by performing regression and normality tests. As a result, the chosen hypotheses of the project can be tested along with proving the reliability of the study [Refer to appendix].

Result

The results have been found based on the selected hypothesis of the study which has been measured through a regression test. A normality test has also been performed for observing the reliability and validity of the study which is essential to discovering. The study has chosen some independent variables which can be specified in terms of the labels. IV1.1 denotes psychological changes along with IV1.2 as social anxiety. Moreover, IV2.1 and IV2.2 are representations of social pressure. In this case, it can be mentioned that IV3.1 and IV3.2 have demonstrated the variable of family background. On the other hand, IV4.1 is individual identity and IV4.2 has presented personality exploration.

H1: There is a strong relationship between the constructs of gender and depressive symptoms and anxiety.

H0: There is no relationship between the constructs of gender and depressive symptoms and anxiety.

Regression test

Figure 5: Regression test: (Source: SPSS)

Model Summary									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.511 ^a	.261	.244	.431	.261	15.344	4	174	.000
a. Predictors: (Constant), IV1.4.1, IV1.1.1, IV1.3.1, IV1.2.1									

ANOVA ^a					
Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	11.404	4	2.851	15.344	.000 ^b
Residual	32.328	174	.186		
Total	43.732	178			
a. Dependent Variable: DSA					
b. Predictors: (Constant), IV1.4.1, IV1.1.1, IV1.3.1, IV1.2.1					

Coefficients ^a					
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	2.079	.083		25.014	.000
IV1.2.1	-.160	.029	-.476	-5.526	.000
IV1.1.1	-.034	.026	-.101	-1.303	.194
IV1.3.1	-.033	.026	-.097	-1.262	.209
IV1.4.1	.044	.027	.138	1.612	.109
a. Dependent Variable: DSA					

Figure 5 has shown the regression table which is fundamental in observing the relationship among the variables. The primary objective of performing a regression test is to find the relationship between the independent and dependent variables of the study. As observed by George & Mallery (2019), the analytical perspectives of the regression provide statistical evidence in a study which is essential for determining the hypothesis of a study. As a result, the decision-making of the project can be strengthened with the help of this statistical perspective. It is regarded to be an analytical technique that can elaborate and establish relationships among the variables.

The regression test in this study has found that the R square value of the variables is 0.261 which has shown a moderate relationship among the variables. As per the view of Mertler et al. (2021), a multiple regression test allows one to depict the relationships among multiple variables of the study. Hence, the test has been able to conceptualize the interconnection that all the variables hold among each other. As a result, it can be assessed that depression and anxiety are dependent on various other factors which can be termed as other influential factors.

On the other hand, the statistical test has found that the sig value of this study is 0.000 which has helped in accepting the alternative hypothesis of the study. Thus, it can be said that gender has a deep influence on the development of stress and anxiety among the Indian population. As mentioned by Bae et al. (2022), depressive symptoms can arise regardless of age and gender. However, there are several factors that have been identified to work behind the creation of depression among people.

Reliability test

Figure 6: Reliability test: (Source: SPSS)

Reliability Statistics	
Cronbach's Alpha	N of Items
.844	11

Figure 6 has presented the appreciation of the reliability test can be found within the establishment of the study in its respective background. The measurement of the obtained data can be done with the help of this particular test in a quantitative study. As demonstrated by Hsu (2019), the data representation and its validity can be appraised by performing a normality test through an effective statistical tool. As a result, the validity of the research project can be represented for future research.

In this case, it can be mentioned that the study has found that the value of Cronbach's alpha is significant to be observed. The value has come out to be 0.844 which is greater than 0.8 and shows that the validity of this study is high. It has helped in having a higher standard for the quantified data and helps in imposing data authentication.

Conclusion

The study has found that stress and depression have grasped the Indian population which has been proved by providing statistical data. The study has proven that several factors are there that work behind gender and its role in growing depressive symptoms in the recent population. Hence, it can be assessed that the implications of gender in terms of various constructs have been measured within the scope of the study. The study has also performed SPSS as a form of statistical analysis which has helped in accepting the hypothesis of the study. Moreover, the methods and future scopes have also been mentioned throughout the discussion of the study.

Future scope

The study holds future scope as it has elaborated on one of the vital aspects of today's population. The focus of the study in a specific country has shown more potential for the research project to fulfilling its particular objectives. As demonstrated by Kim et al. (2019), the study should contribute to its respective field for acquiring a better position in its ground. In this way, this study has also been able to concentrate on the major issue and find out the solutions by collecting an authentic range of data. Future researchers will be able to understand the major concepts and incorporate them within their studies. Additionally, people suffering from these disorders can also get valuable insights from this study.

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