

**DEPRESSION LEVEL IN WOMEN FROM EARLY ADOLESCENT TO LATE ADOLESCENT****Ms. Kashish Jaiswal***Postgraduate Student, Galgotias University, Greater Noida, Uttar Pradesh, India***Abstract**

*Depression a major common issue for a mental health issue. depression is something which now rising day by day everywhere at every place , depression is something makes a person lost in mental state where he can't work properly in a good positive way in such cases a person lost his own power and he work In a pressure where he has lost his normal daily style to work on.depression is making people too worse mental as well as physically also this is the phase where a person can't even interact normally with people and he has the too much pressure for himself and can't even do his daily work nicely and through this after looking at his or her result, they get more pressurise. Depression is a mental state where our mood becomes low. A person couldn't think anything in a positive manner. Depression is something which is affecting about 3.5% of the global population. depression affects a person's thought, behaviour, feeling, and a sense of wellbeing. A people who is thinking about anything from a longer period of time and he or she couldn't come out of it that is the place which we can say a person is in depression.*

**Keywords:** *depression, mood, thought, behaviour, feeling.*

**Introduction**

Depression is a very common form on mental health issue which is rising more and more now. depression now a days could be found in early adolescent to the late adolescent almost at every place, depression is a very serious problem which affect person in a very deep manner , and the very common issue for this is a work pressure now days, and the competition level people are fighting for it could be in the form in their academics to score good marks, it could be in the form of their work area to earn more and to get more amount of encouragement and benefits, and in several studies it is found that sex difference is showing more depression among adults women (e.g., Boyd and Weissman 1986) that appears to be emerged by middle adolescence (e.g., Kandel and davies,1982). Depression is a common disorder world-wide, is often been recurrent, and is being among the leading causes for years and years living with some aspects of such disabilities (GBD 2019 mental health collaborators,2022). Talking about the lifespan then throughout most of the lifespan ,depressive symptoms and disorders occurs in more frequent manner, to be noted that more women are more frequent than men's in such cases , and this female preponderance emerges in early adolescence, by at least age 12 ( Salk et all,..2017) two of the stressor that repeatedly have been identified as risk factors for child and adolescent depression are stressful life events ( SLEs )( Ge et al., 1994,2001), and bullying victimization( Christina et al.,2021). Several ethological models have been developed to account for this phenomenon (Cyranowski et al.,2000; Hankin&Abramson,2020; Hyde et al., 2008; Nolen-Hoeksema and Girgis(1994). A very common form element of such models was first proposed by Nolen-Hoeksema and Girgis (1994), named that

gender difference in the stress exposure which might lead to a woman pre-ponderance in depression. This potential mechanism has been termed the stress exposure model (e.g., Hammen,2009b; Hankin et al.,2007), which posits that when girls approach adolescence they experience more stressors than boys. For example such as stressors are sexual harassment (e.g., Skoog et al., 2016) some relationship problems with peers and friends (for a review, see Rose & Rudolph, 2006) Moreover, according to a stress, and behaviours that increase interpersonal stress, and this process could be more pronounced in adolescent girls than boys, increased levels of stress may partly explain why they also become more depressed . the stress reactivity model (Hammen,2009b; Hankin et al.,2007). In contrast, suggest that girls than boys when entering adolescent period.

**Symptoms of Depression:**

However, depression could be occurred only once at a time in your life, but there are many people who are typically who are having multiple episodes. And during such cases there are symptoms which occur most of the day. It could be seen almost every day and which include:

- Felling of sadness and tearfulness or hopelessness
- Disturbance in sleep including insomnia or too much of sleep.
- Anger outburst, irritated, frustrated in every single small situation
- Loss of interest or pleasure in every work and it could be also seen in sex or any physical activities.
- Lack of energy and tiredness which makes you put extra effort in your work.
- Reduced appetite loss in weight.

- Food cravings and weight gain is also the symptoms.
- Anxiety, agitation or restlessness.
- Thinking pattern become slow
- Body movements & speaking way also become slow.
- Feeling of guilt on past failure and blaming yourself.
- Trouble in thinking, concentrating, making decisions and remembering things.
- Suicidal thoughts coming frequently or attempting suicide.
- Unaware of their own physical problems for example back pain, headaches

### Now talking about the symptoms occurring in children and teens:

A common sign through which we can find the symptoms of depression in children and teenagers are very much similar to those of adults but with some different manner.

- In **younger children**, symptoms of depression may include sadness, irritability, worry, pains, aches, or being underweight.
- In **teens**, symptoms may include sadness, feeling negative about things and worthless, anger, poor performance in every work, they are too sensitive in taking things, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.

### Now talking about the symptoms in older adults:

Depression is not a normal part of growing older, however it should not be taken lightly. And unfortunately, depression often goes undiagnosed and it untreated in older adults, and they may feel reluctant to be seek for the help. Symptoms of depression may be different or less obvious in older adults such as:

- Memory difficulties or changes in personalities.
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex-not caused by a medical condition or medications
- Often wanting for to be stayed in home, rather than going outside to socialize or doing new things.
- Suicidal thinking or feelings, especially in older men.

This all were the symptoms which every early adolescent as well as the late adolescent people face. This are the first step where everyone can know that they are suffering from a certain level of depression. there are many people across the world who itself are suffering from such problems but they are not aware of it. Specially the girl child and

the women are more part of such problems and rural areas who are not capable to earn and those who are not getting a good life simply talking about the families who can't earn more and doesn't have much money to live a good healthy life. So like there are many families or children even the adults who are not aware of such disease in which they are suffering from doesn't have single knowledge about such problems and they can't even cure their problems because they firstly don't have knowledge where to go, how to diagnose such problems and then don't have such amount to make that problems solve. Talking about the girls then there are lots of pressure on girls where they are suffering from depression in a very different manner women in this country whether they are working or not every girls after a certain age they face lots of changes in their life and the stage where such things took its first steps is the puberty stage , puberty is the stage where a hormonal changes happens and in such cases a teenage girls who actually don't know about this at all she creates a fear in her mind and she can't think of what to do at such stage so a spark of depression occurs in their mind because puberty is the thing which they think of that they are dealing with any health issues and they will die why? Because they are bleeding, looking at that red blood they forgive things and just cry and set a fear that they will not live now soc all such cases create an issue in teenage girls. And then after what in early adolescent comes is the marriage period which is the life changing situation in every girls is the marriage period , marriage is the time where every girls life changes in a moment where she even don't know what and how things will come in her life and how things will change her life a new beginning with certain new people will come in her life marriage is the stage where she does not even know what actually she has to do, and more than that a very major problematic situation is when a girl is married in a childhood stage where she is not even the age of 18 there are many places in rural area and in villages where the families make their girl married to a men and they did not even bother how their girl child will survive and live into that situation so these are the issues which now every female is suffering . Talking about the overall depression level in India the person who are more depressed are the older women (9.5%,95%, CI 9.1,10.0) {(95%, CI 9.1,10.0) than men (7.4%,95% CI 7.00,7.8) till 17oct 2023 report.

### Certain types of depression are unique to women.

Certain types of depression occur at some different stages of women's life. pregnancy, the postpartum

period, the menstrual cycle, and perimenopause are associated with physical and hormonal changes that can be bring on a depressive episode in some women.

- **Premenstrual dysphoric disorder:** it is a more intense form of premenstrual syndrome, or PMS, that occurs in the weeks before menstruation. This type of disorders causes severe symptoms, such as depressed mood, anger or irritability, some sought of suicidal thoughts, the appetite changes, bloating, breast tenderness, and joint or muscle pain.
- **Perinatal depression:** this occurs during the pregnancy phase or it could be also after the childbirth. It could be like “baby blues” there are many new moms who experience after giving birth. Women with such types of depression feel extreme sadness, anxiety and fatigue that may occur which make it more difficult to carry out daily tasks, including caring for themselves or others.
- **Perimenopausal depression:** it affects some women during the transition to menopause. Whereas talking about the abnormal periods, problems in sleeping, mood swings, and hot flashes these are such such common during the menopause transitions, more extreme feelings of irritability, anxiety, sadness, or loss of enjoyment may be signs of depression.

**Methodology:**

**sample**

A total number of 100participants were included in the study through purposive sampling from the friends and family, informed consent was obtained and forms were distributed through google forms

**Data collection**

Online data was done google forms were used to administer the questions and to take out the result in an easy manner because it is an easily navigable and accessible platform for participants Emails messaging applications were used to extend the participate in the study along with the brief explanation of its goals and instructions for filling out the forms.

**Tools Used For Measurement Scale:**

**Beck Depression Inventory Scale**

In the present study researcher has used BECK DEPRESSION INVENTORY TEST(BDI , BDI-1A,BDI 2) created by Aron T Beck and release in 1961it is a 21question multiple choice self – report inventory one of the most used psychometric test used to measure the severity of depression the BDI has been widely used in clinical and research field in 1966 the BDI was revised to include additional items and to reflect changes in the Diagnostic and

Statistical manual of Mental disorder (DSM) the revised BDI known as the BDI 2 , is the most widely used version of the questionnaire the 21 set of question consist of scores ranging from 0 to 3 for example

0 - I do not feel sad

1- I feel sad

2- I am sad all the times that I can't snap out of it.

3- I am sad and unhappy all the time that I can't snap out of it.

**Result:**

MEAN	SD	TOTAL
10.6281	11.3923	1286

**Conclusion and Discussion:**

in table as shown that the total mean and standard deviation of the measured variables among adolescences explain to us by the help of this BDI TEST. We can find that the depression level on early adolescence women is high as compared to the late adolescence’s women. as if the reason behind this is that women are facing lots of depression in their life and the early women who have just started there courier are more likely to be caught by such mental health problems whereas compare to the late adolescences women they likely get indulge in their problems day by day and they get familiar with their problems and as well as they set their routine by understanding their health issue but the newly adolescent they could access their problem in the starting hence they are highly depressed with the situation.

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