

A STUDY ON THE PREVALANCE OF DEPRESSIVE THOUGHTS AND IRRITATIVE BEHAVIOR (ANGER) AMONG YOUNG STUDENTS AND IT'S ASSOCIATION WITH THEIR SLEEPING PATTERN**Dr. Manish Srivastava*¹, Dr. Sushma Kumari² and Dr. Rajika Gupta³**^{1,2}P.G. Scholar, Deptt. of Swasthavritta, R.G.G.P.G. Ayurvedic College, Paprola, Kangra, H.P.³Sr. Lecturer, Deptt. of Swasthavritta, R.G.G.P.G. Ayurvedic College, Paprola, Kangra, H.P.***Corresponding Author: Dr. Manish Srivastava**

P.G. Scholar, Deptt. of Swasthavritta, R.G.G.P.G. Ayurvedic College, Paprola, Kangra, H.P.

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ABSTRACT

Depressive thoughts, aggression, stress, insomnia are some leading problems that we commonly observe in youngsters. A survey has been conducted over 598 young students to assess the prevalence of depressive thoughts and tendency of anger. The study was also aimed to have a close look on the relation of their sleeping pattern with depressive thoughts and anger. In this study it has been reported by many students that they felt the symptoms of depression and irritation in their behaviors for most of the time of their life. Many students have also told about their habit of late sleeping hours or no fixed pattern of sleeping. This habit has shown a significant relation with their tendency of depressive thoughts and anger. On analysis it has been observed that depressive thoughts and anger has a comparatively higher prevalence in those who go to bed after 11p.m. This survey has clearly shown that early and fixed time for going into bed is essential to stay away from the problems of depressive thoughts and anger.

KEY WORDS: Sleeping pattern, Depressive thoughts, Anger, Survey.**INTRODUCTION**

We have heard many times an old proverb that "Early to Bed and Early to Rise, Makes a Man Healthy, Wealthy and Wise". Habit of early to bed or early to rise is considered as good habit. But how and at what level it affects our health is an issue of research and study even today. Our body requires sleep in order to maintain proper function and health of the body. In fact we are programmed to sleep each night for restoring our body and mind. The life style of young students (According to UN/W.H.O. young is the age group from 10 to 24 years)^[1] is often disturbed. Today our youngsters are living in the world of competition, struggling to build their bright future or entangled with the technology like mobile phones, laptops and computers. These facts alter the sleeping pattern and thereby affecting health at various levels. Depressive thoughts and irritation are common mood problems among youth. In psychiatry under DSM IV criteria depressive thoughts has been mentioned under following groups; Major depressive disorder, Minor depressive disorder, Recurrent brief depressive disorder, Dysthymic disorder, Depressive disorder not otherwise specified and Bipolar disorder.^[2] But in this study these depressive disorders have not been evaluated clinically. Rather some of the thoughts which may be associated with the symptoms of depressions (depressive thoughts) have been evaluated

by the self assessment of the students. Anger is an emotion that involves a strong uncomfortable and emotional response to a perceived provocation, hurt or threat. It has also been self evaluated by the students. Anger and Irritation word are used as synonymously in this article.

MATERIAL AND METHODS

Present research work entitled "A study on the prevalence of depressive thoughts and irritative behaviour (anger) among young students and it's association with their sleeping pattern" was conducted under following aims and objectives.

AIMS AND OBJECTIVES OF THE RESEARCH WORK

- To study the prevalence of depressive thoughts among young students.
- To study the prevalence of anger among young students.
- To find out any existing association between sleeping pattern and mental problems like depressive and irritative behaviors of young students.

Plan of Study

A survey was conducted in randomly selected sample of 598 students from same cultural and social

background from the area of Palampur and Baijnath Tehasil nearby R.G.G.P.G. Ayurvedic College, Paprola H.P. These students were selected from class 11 and 12 from different government and private public schools whose details have been tabulated in the paper. Assessment of prevalence of depressive thoughts and anger in young students has been made on the basis of this survey. The questionnaire was presented in both languages i.e. Hindi and English. The questionnaire used in conducting survey was in the form of a proforma which is as follows:

Proforma to assess the life style among young students

Name of Volunteer -
 Father's name -
 Father's Occupation -
 Age -
 Gender -
 Address with mobile no. -
 Class -
 School Name -
 Day Scholar/Hosteller -

Questionnaire

1. When do you go to bed at night?
 - i. Time.
 - ii. No fixed time
2. Do you feel angry?
 - i. Everyday
 - ii. Mostly
 - iii. Sometimes
 - iv. Never
3. Do you feel sad/hopeless/lack of interest in everything/lonely/inferiority complex?
 - i. Everyday
 - ii. Mostly
 - iii. Sometimes
 - iv. Never

Table No. 4: Age wise Distribution of students.

Age in Years	14 Year	15 Year	16 Year	17 Year	18Year	19Year	20Year	Total
Male	2	48	138	112	23	1	1	325
Female	2	56	120	79	15	0	1	273
Sum	4	104	258	191	38	1	2	598
%	0.7	17.4	43.14	32	6.35	0.16	0.33	

Maximum students were 16 years of age.

Table No. 5: When do you go to bed at night?

Sr.No.	Timings for going to bed	No.	%
1.	8:01p.m.-9:00p.m.	39	6.58
2.	9:01p.m.-10:00p.m.	197	33.2
3.	10:01p.m.-11:00p.m.	144	24.32
4.	After 11:00 p.m.	28	4.72
5.	Not fixed	184	31.08
6.	Not Attempted the question	06	
7.	Total	598	

Presentation of Data

The data collected and compiled from this survey was sorted out & tabulated to obtain results which are presented below:

Table No. 1: School wise No. of students.

Sr. no.	School name	No. of Students
1.	BhartiyaVidyapeeth, Baijnath	159
2.	Vishuddha Public School, Baijnath	123
3.	KendriyaVidyalaya, Army Campus, Alhilal	20
4.	Govt. Sr. Sec. School, Averi	177
5.	Govt. Sr. Sec. School, Banuri	119
	Total	598

This table shows the number of students in different schools participated in this survey study.

The highest number of students participated (177) were from Govt. Sr. Sec. School, Averi.

Table No. 2: Sex wise distribution.

Sr. no.	Sex	No. of volunteers	% age
1.	Male	325	54.34
2.	Female	273	45.65

The samples were collected randomly but it was found that highest no. of participants were male i.e. 54.34 %.

Table No. 3: Distribution according to day scholar and hosteller.

Sr. no.		No. of volunteers	% age
1.	Day Scholar	598	100
2.	Hosteller	00	0

All the participants were day scholar (100%) in this survey due to absence of boarding facility in their school.

Table No. 6: Do you feel sad/hopeless/lack of interest in everything/lonely/inferiority complex?

Sr. No.	Answer of the question	No.	%
1.	Everyday	16	2.7
2.	Mostly	27	04.569
3.	Sometimes	364	61.59
4.	Never	184	31.13
5.	Not Attempted the question	07	
6.	Total	598	

This table shows that huge no. of students (61.59%) feel the symptoms of depressive thoughts at sometimes of their life whereas 31.13% students never feel so. 07 Students have not attempted the question and those are not included in calculation.

Table No. 7: Do you feel angry?

Sr. No.		No.	%
1.	Everyday	22	03.71
2.	Mostly	71	11.99
3.	Sometimes	461	77.87
4.	Never	38	06.41
5.	Not Attempted the question	06	
6.	Total	598	

Table No. 8: Sleeping Pattern Vs Positive Cases of Depressive thoughts.

Sr. No.	Sleeping Pattern	% Prevalance Positive cases of Depressive thoughts	χ^2 value	p value	Result
1.	8:00 to 10:00 p.m.	3.81% (9/236)	10.18	p<0.05	Significant
2.	10:01-11:00 p.m.	6.25% (9/144)			
3.	After 11:00 p.m.	14.28% (4/28)			
4.	Time Not Fixed	10.86% (20/184)			

This table shows that the prevalence of positive cases of depressive thoughts has been found maximum among the students who sleep after 11:00 p.m. (14.28%) whereas the students who don't have fixed

This table shows that large no. of students (77.87%) occasionally feels angry, followed by students who feel angry most of the time (11.99%). 06 Students have not attempted the question and therefore not included in calculation.

Analysis of the Data

Positive and Negative cases of depressive thoughts and irritation: For the analysis of the data the tendency of depressive thoughts and anger has been classified into two groups viz. positive and negative cases. The students who feel depressed either daily or most of the time have been considered as positive cases of depressive thoughts. Feeling of depressive thoughts at sometimes of the life can be considered as a part of their normal psychological behaviour. Therefore the students who feel depressed at sometimes or never have been considered as negative cases of depressive thoughts. The same definition has also been applied for the tendency of anger.

time to sleep are next to them (10.86%). The least prevalence was found among the students who go early to bed i.e. between 8 to 10 p.m.. All the differences are significant at p<0.05.

Table No. 9: Sleeping Pattern Vs Positive cases of irritation.

Sr. No.	Sleeping Pattern	% Prevalance of Positive cases of irritative behaviours	χ^2 value	p value	Result
1.	8:00 to 10:00 p.m.	11.01% (26/236)	7.39	p<0.05	Significant
2.	After 11:00 p.m.	25% (7/28)			
3.	Time Not Fixed	19.02% (35/184)			

Here the positive cases of irritation were found maximum (25%) in those whose sleeping hours were after 11:00 p.m. and students who didn't have fixed time to sleep are next to them (19.02%) whereas least prevalence (11.01%) was found among the students who sleep between 8:00 to 10:00 p.m. All the differences are significant at p<0.05.

DISCUSSION**1. Sleeping pattern of the students (Table no. 5)**

We may find here that maximum number of students are going to bed between 9 to 10 p.m. (33.2%) but a

big number of students (more than 31%) have no fixed time to go into the bed whereas 4.72% students go to sleep after 11 p.m.

Students were also asked about the question of awakening pattern. On the basis of their sleeping and awakening pattern their duration of sleep hours has been calculated. It was found that maximum students (42%) were enjoying about 7 hours of sleep whereas average duration of sleep of the students was also found about 7 hours. An average of 7-7.5 hours of sleep is recommended for the adolescents (Age >12

years).^[3] Therefore it can be said that despite having enough hours of sleep students have an improper pattern of awakening and sleeping.

2. Prevalence of depressive thoughts in young students (Table no. 6)

The table shows that most of the students (61.59%) feel the symptoms of depressive thoughts at sometimes of their life which can be considered as physiological problem of this age group. Since in adolescent age group various changes occur at hormonal and neurotransmitter level which affects their thought pattern, mood and behaviour of adolescents and cause such type of problems.^[4] But the issue of concern in this study are those students who feel depressed everyday or at most of the time of their life (7.27%). This type of severity of depressive thoughts can't be present only due to physiological changes of their body. There must be some external factors like poor academic performance, family conflicts, love and affairs, economic problems or parental pressures etc. These students always need a clinical and psychological guidance.

3. Prevalence of anger in young students (Table no. 7)

Behaviors like irritation or losing temper on small issues are more common in young students than that of any other age group. Feeling of negligence in the family or not fulfilling their demands, restrictions made over their freedom by their family often make them irritate. But again like depressive thoughts tendency of anger in them may also be present due to various physiological changes of their body. Anger may also be present as a symptom of long term depressive thoughts. The students who feel it at sometime of their life (77.87%) can be considered as a part of normal psychological behaviour but about 15.7% students who feel angry everyday or most of the time are under the issue of our concern. These students must be clinically evaluated for psychological disorders or other external reasons for such type of behaviour.

4. The relation of depressive thoughts with sleeping pattern of young students (Table no. 8)

It has been clearly observed in this study that the tendency of depressive thoughts is maximum (14.28%) in those students who sleep after 11.00 p.m. The students whose time to sleep is not fixed are next to them (10.86%). Least prevalence of depressive thoughts (3.81%) was seen in those students who go early to bed i.e. in between 8:00 to 10:00 p.m. Chi square value for all these differences is 10.18 at degree of freedom 3 which is significant for 5% standard level of significance. This study is showing direct relation between sleeping pattern and depressive thoughts. Here tendency of depressive thoughts is found to be increasing with delay in time to sleep at night.

Late night sleeping or irregular pattern of sleeping may end with the result of either lack of sleep or late morning awakening. Both of these two outcomes may disturb their next day routine and hence affect their performance at academic level or in other fields which may be the cause of their depressive thoughts. Late night or irregular sleeping pattern may also disturb the biological clock of body by altering the hormonal and neurotransmitter equilibrium of brain. This may increase the depressive thoughts in the students.

5. The relation of anger with sleeping pattern in young students (Table no. 9)

The prevalence of positive cases of irritation has been found maximum in those students who go to bed after 11 p.m. (25%) followed by those who have no fixed sleeping hours (19.02%). Chi square value for all these differences is 7.39 at degree of freedom 2 which is significant for 5% standard level of significance. Thus the study reveals that the tendency of anger is increasing with delayed time to sleep at night. Waking up till late night may cause excessive irrelevant thoughts, restlessness to the mind which can be reason to aggravate irritation and anger.

CONCLUSION

This study points out the existence of an association between the sleeping pattern and depressive thoughts or anger tendency among young students. All those students who have late sleeping hours or no fixed pattern of sleeping hours have been found to have a comparatively higher tendency of depressive thoughts and anger than those who go to bed in early hours at night. On the basis of this study it may be recommended that best time to go on bed should be between 8 to 10 p.m.

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