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## A STUDY TO ASSESS LEVEL OF DEPRESSION, ANXIETY AND STRESS AMONG PUPIL-TEACHER IN JALANDHAR AND HOSHIARPUR DISTRICT OF PUNJAB

Ms Sangha Gurbaksh Kaur

HOD, Department of Education, BAM Khalsa College Garshankar, Hoshiarpur Punjab  
(INDIA)

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### **ABSTRACT**

*In present researcher made an attempt to study level of depression, anxiety and stress among pupil-teachers. The study aimed to assess level of depression, anxiety and stress among pupil-teachers in terms of location. The descriptive survey method was used in this study. Approximately 200 students as samples were taken for the study. The sample was delimited to pupil-teachers of Jalandhar and Hoshiarpur district of Punjab. A standardized DASS-42 scale was used to collect data. The data were collected through online mode using google form. The obtained data were analyzed through descriptive and inferential statistical tests like percentages. The findings of the study revealed that 92% of pupil-teachers experienced mild to moderate levels of depression and anxiety while 8% experienced severe and extremely severe levels of depression and anxiety. It also showed that 95% of pupil-teachers having mild to moderate level stress while 5% having severe and extremely severe levels of stress. There is significant difference in the levels of depression, anxiety and stress of pupil-teachers with reference to their location.*

**Keywords: depression, anxiety, stress, pupil-teachers, location**

### **INTRODUCTION**

Mostly teenager often gets affected by depression, anxiety and stress undergoes unnoticed and untreated. These emotional states silently affect their health, academic performance, family lives, personality, self-esteem and self-image. Being future teacher they are under great pressure to provide academic excellence, which can be the probable cause for a disturbed state of mind. Hence, this study was undertaken to determine and compare the occurrence and severity of depression (D), anxiety (A) and stress (S) amongst these pre-service teachers' by the means of the DASS-42 questionnaire. (Al-Abbudi, 2018) conducted study to assess depression, anxiety, and stress among 48,720 secondary school students in Baghdad, Iraq using DASS 42 scale revealed that the prevalence of depression, anxiety, and stress symptoms were 29.4,



40.6, and 51.1% respectively. The prevalence of depression, anxiety, and stress among 830 Manipur secondary school students was 19.5, 24.4, and 21.1%, respectively (Kumar & Akoijam, 2017), whereas among Chandigarh students, the prevalence of DAS was 65.53, 80.85, and 47.02%, respectively (Sandal, Goel, Sharma, Bakshi, Singh, Kumar, 2017). A cross-sectional study was conducted among 545 Saudi Arabian high school girls and revealed that the prevalence of symptoms of depression, anxiety, and stress were 41.5, 66.2, and 52.5% respectively (Khalid, Hasan, Ossama, 2009). The study shows that 34% were mildly depressed, 24.6% were moderately depressed, 10.4% were moderately severe depression, and 5.0% were severely depressed whereas 34.1% were having mild anxiety, 19.5% were having moderate anxiety, and 9.8% were having severe anxiety (Alharbi, Alsuhaibani, Almarshad, Alyahya, 2019).

There are many studies on depression, anxiety, and stress among high school students, undergraduate students have been relatively researched in developed countries, and very few studies are available in developing countries including India. Therefore, researcher wants to assess the prevalence of depression, anxiety, and stress among pupil teachers.

#### **Statement of the problem:**

“A study to assess level of Depression, Anxiety and Stress among Pupil-Teacher in Jalandhar and Hoshiarpur District of Punjab”

#### **Objectives of the Study:**

1. To assess the level of Depression, Anxiety and Stress among the pupil-teachers of district Jalandhar and Hoshiarpur.
2. To find out association between the level of Depression, Anxiety and Stress among pupil - teachers of district Jalandhar and Hoshiarpur.

#### **Hypothesis**

1. There is no significant difference in level of Depression, Anxiety and Stress among the pupil-teachers of district Jalandhar and Hoshiarpur.
2. There is no significant difference in level of Depression, Anxiety and Stress among pupil teachers of district Jalandhar and Hoshiarpur.



## RESEARCH METHODOLOGY

### Design and Sample

This study is a descriptive survey research which involved a survey to assess the level of Depression, Anxiety and Stress among the pupil-teachers of district Jalandhar and Hoshiarpur of Punjab. The population consisted of 200pupil-teachers selected as sample for the study. This was done through a random sampling approach. Four B.Ed. collegeswere selected two each from the district Jalandhar and Hoshiarpur. The data were collected through online mode using google form.

### Tool and Techniques of Data Analysis

In order to collect data Lovibond, S.H., Lovibond, P.F. (1995) Depression, Anxiety, and Stress Scale (DASS-42) were used to measure depression, anxiety, and stress. Each of the three scales contains 14 items.Participants were asked to rate their symptoms throughout the previous week in each domain, 4-point scale ranging from 0 (did not apply at all) to 3 (applied most of the time). Scores for Depression,Anxiety and Stress are calculated by summing the scores for the relevant items and interpreted to several grades (Normal, mild, moderate, severe and very severe). Following prescribed standard scoring manual was followed in the present study for scoring.

|                             | Dimension(Item no.)  |   |   |
|-----------------------------|--|---|---|
| Level                       | Depression<br>(3, 5, 10, 13, 16, 17, 21,<br>24, 26, 31, 34, 37, 38,<br>42) | Anxiety<br>(2, 4, 7, 9, 15, 19, 20,<br>23, 25, 28, 30, 36, 40,<br>41) | Stress<br>(1, 6, 8, 11, 12, 14, 18,<br>22, 27, 29, 32, 33, 35,<br>39) |
| <b>Normal</b>               | 0-9  | 0-7   | 0-14  |
| <b>Mild</b>                 | 10-13  | 8-9   | 15-18   |
| <b>Moderate</b>             | 14-20  | 10-14   | 19-25   |
| <b>Severe</b>               | 21-27  | 15-19   | 26-33   |
| <b>Extremely<br/>severe</b> | 28+  | 20+   | 34+   |

The data collected from the Google forms entered manually in the Microsoft excel 2010. A total of 200 questionnaires were distributed to the students, out of which 160 students responded. After discarding incompletely filled questionnaires, 120



questionnaires were incorporated in this study for data analysis and for obtaining results. The comparison was made using percentage values from the obtained DASS scores.

### Analysis and Interpretation of data

The obtained data were analyzed by using both descriptive and inferential techniques based on the objectives. The data were analyzed and interpreted below:

#### 1. Analysis of Level of DAS among pupil teachers

One of the objectives of the study was to find out the level of depression, anxiety and stress among pupil teachers. For this, the norms of the DASS-42 Scale were followed. Accordingly, the raw data of the DASS-42 scale was arranged and calculation was done in Microsoft excel 2010. The obtained data regarding the level of DAS among pupil-teachers are depicted in the table 1 and figure 1, 2 and 3.

**Table 1: Level of DAS among pupil-teachers**

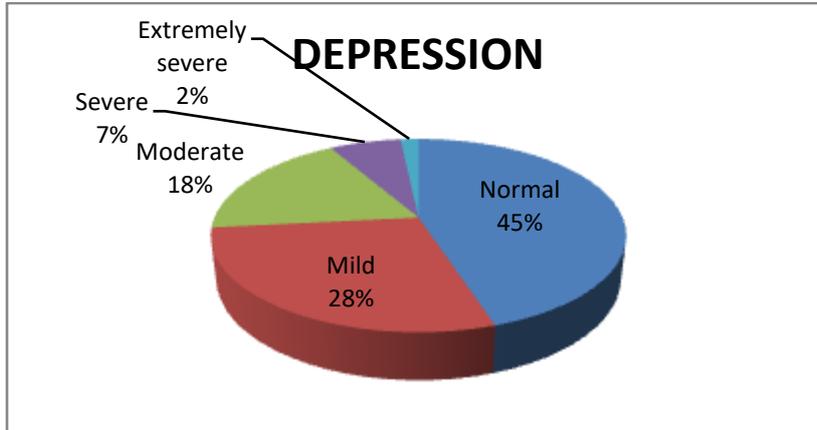
| Level                   | Dimension  |     |        |         |     |        |        |     |        |
|-------------------------|------------|-----|--------|---------|-----|--------|--------|-----|--------|
|                         | Depression |     |        | Anxiety |     |        | Stress |     |        |
|                         | Norms      | N   | %      | Norms   | N   | %      | Norms  | N   | %      |
| <b>Normal</b>           | 0-9        | 54  | 45%    | 0-7     | 42  | 35%    | 0-14   | 58  | 48.33% |
| <b>Mild</b>             | 10-13      | 34  | 28.33% | 8-9     | 38  | 31.67% | 15-18  | 34  | 28.33% |
| <b>Moderate</b>         | 14-20      | 22  | 18.33% | 10-14   | 30  | 25%    | 19-25  | 21  | 18.33% |
| <b>Severe</b>           | 21-27      | 8   | 6.67%  | 15-19   | 7   | 5.83%  | 26-33  | 5   | 4.12%  |
| <b>Extremely severe</b> | 28+        | 2   | 1.67%  | 20+     | 3   | 2.5%   | 34+    | 2   | 0.83%  |
| <b>TOTAL</b>            |            | 120 | 100    |         | 120 | 100    |        | 120 | 100    |

Table 1 and figure (1, 2, and 3) reveals that out of 120 pupil-teachers mostly have normal levels of DAS (45%, 35%, 48.33%) and mild level of DAS (28.33%, 31.67%, 28.33%). Few have moderates levels of DAS 18.33%, 25%, 18.33%. While, very few

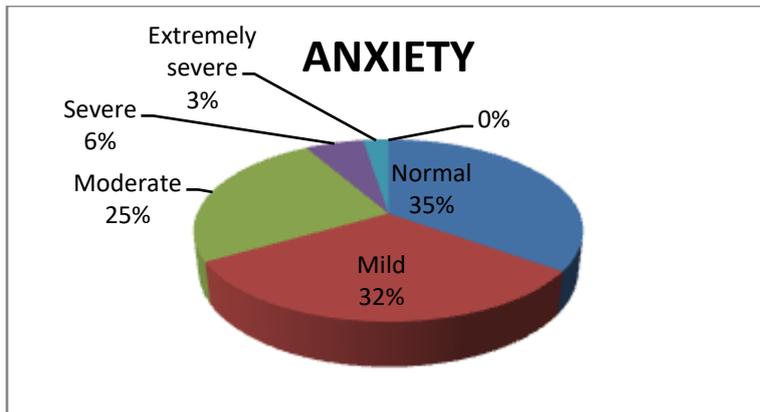


pupil- teachers have severe and extremely severe levels of DAS (6.67%, 5.83%, 4.12%, 1.67%, 2.5%, 0.83%).

**Figure1: Level of Depression among pupil-teachers**



**Figure2: Level of anxiety among pupil-teachers**



**Figure3: Level of stress among pupil-teachers**

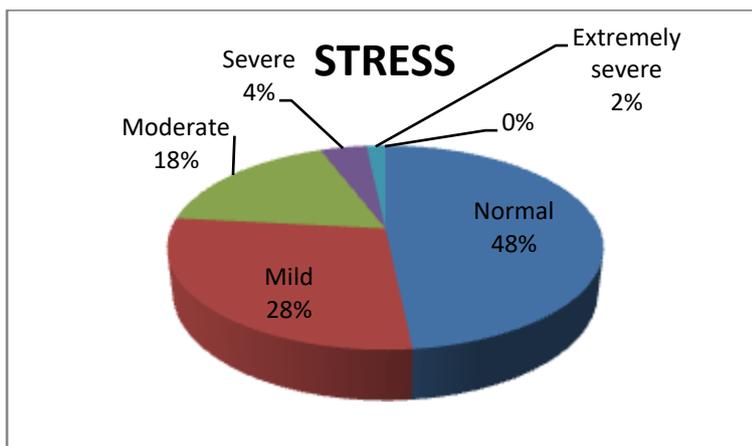




Figure 1 reveals that Depression level of pupil-teachers out of 120, 45% lies in normal, 28% mild, 18% moderate, 7% severe and 2% extremely severe. Figure 2 shows that Anxiety level of pupil-teachers out of 120, 35% lies in normal, 32% mild, 25% moderate, 6% severe and 2% extremely severe. Figure 3 pupil-teachers out of 120, 48% lies in normal, 28% mild, 18% moderate, 4% severe and 2% extremely severe.

## 2. Analysis of DAS among pupil-teachers of district Jalandhar and Hoshiarpur

Second objectives of the study were to find out the variations in the level of DAS among pupil-teachers in terms of their location (district Jalandhar and Hoshiarpur). The data was analyzed with the help of a frequency distribution and percentage. The result was depicted in table 2 and figure 2.

**Table2: Level of DAS among pupil teachers of district Jalandhar and Hoshiarpur**

| District         | Jalandhar  |         |        | Hoshiarpur |         |        |
|------------------|------------|---------|--------|------------|---------|--------|
| Level            | Depression | Anxiety | Stress | Depression | Anxiety | Stress |
| Normal           | 45%        | 33.00%  | 28.33% | 50.00%     | 41.67%  | 41.67% |
| Mild             | 28.33%     | 30.00%  | 33.33% | 25%        | 28%     | 25%    |
| Moderate         | 23.33%     | 20%     | 30.00% | 25%        | 23%     | 30%    |
| Severe           | 1.67%      | 11.67%  | 5%     | 0%         | 3.33%   | 1.67%  |
| Extremely severe | 1.67%      | 5.00%   | 3.33%  | 0%         | 3.33%   | 1.67%  |

**Figure 2: Level of DAS among pupil teachers of district Jalandhar and Hoshiarpur**

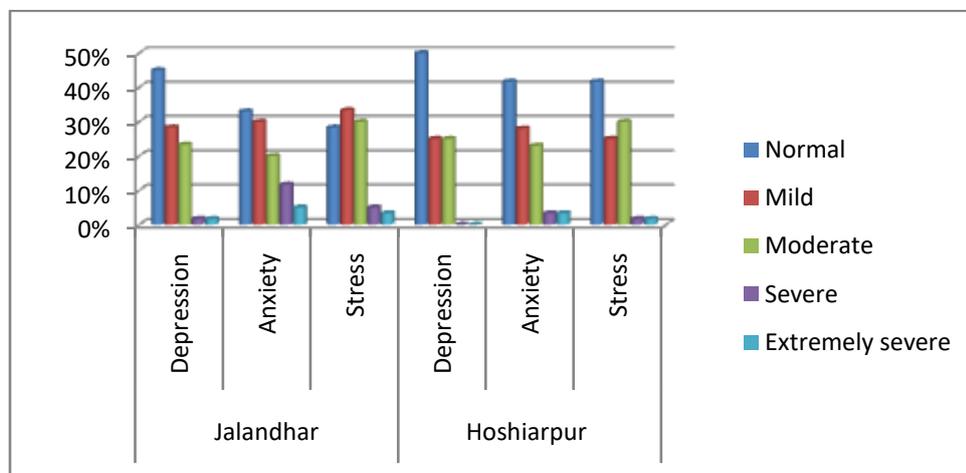


Table2 and figure 2 reveals among 60 pupil- teachers percentage of depressed pupil-teachers having normal (45%), mild(28.33%), moderate(23.33%), severe(1.67%) and



extremely severe(1.67%) in district Jalandhar while in Hoshiarpur district among 60 pupil-teachers percentage of depressed pupil-teachers having normal (50%), mild(25%), moderate(25%), severe(0%) and extremely severe(0%). Further it reveals percentage of anxious pupil- teachers having normal (33%), mild(30%), moderate(20%), severe(11.67%) and extremely severe(5%) in district Jalandhar while in Hoshiarpur district percentage of depressed pupil-teachers having normal (41.67%), mild(28%), moderate(23.33%), severe(3.33%) and extremely severe(3.33%). Lastly it reveals percentage of stressed pupil- teachers having normal (28.33%), mild(33.33%), moderate(30%), severe(5%) and extremely severe(3.33%) in district Jalandhar while in Hoshiarpur district percentage of stressed pupil-teachers having normal (41.67%), mild(25%), moderate(30%), severe(1.67%) and extremely severe(1.67%). Thus Percentage of depressed, anxious and stressed pupil-teacher in district jalandhar was found to be more than Hoshiarpur.

## RESULT AND DISCUSSION

The study revealed that 92% of pupil-teachers experienced mild to moderate levels of depression and anxiety while 8% experienced severe and extremely severe levels of depression and anxiety. It also showed that 95% of pupil-teachers having mild to moderate level stress while 5% having severe and extremely severe levels of stress. This is similar to the study of Kumar & Akoijam(2017) conducted among urban higher secondary school students in Manipur using the DASS, the prevalence of depression, anxiety and stress were found to be high at 19.5%, 24.4% and 21.1% respectively. Also similar to Al-Gelban, Al-Amri, Mostafa(2009) study found in Saudi Arabia who reported a prevalence of depression, anxiety and stress of 41.5%, 66.2% and 52.2% respectively. However, there is significant difference in the levels of depression, anxiety and stress of pupil-teachers with reference to their location.

### Suggestion for further research

In general, the prevalence of depression, anxiety, and stress was higher among pupil-teachers. The present research was conducted to study the stress of the student teachers of B.Ed. College. Further study can be conducted to study the stress level of M.Ed. students. It was conducted to study the depression, anxiety and stress of the pupil-teachers of grant-in-aid and self-finance B.Ed. College of district Jalandhar and Hoshiarpur. Further study can be conducted on other districts of Punjab.



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