



Depression and Anxiety Level of the first year Students and Final year Student

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Abstract

As Scholar explore their scholarly ventures, they regularly confront challenges that can affect their mental wellbeing. The levels of depression and anxiety on first-year and final-year scholars are of specific intrigued due to the noteworthy moves and weights related with these stages. This article investigates how these mental wellbeing issues show and influence students amid their to begin with year last year of consider. the mental wellbeing challenges confronted by first-year and final-year students are special to their particular stages of academic life. It is crucial for instructive educate to supply satisfactory back and assets to assist students explore these challenges viably. By tending to the fundamental causes of depression and anxiety, students can way better adapt with the requests of their scholarly travel and prioritize their mental well-being. By recognizing and tending to the mental health needs of understudies at diverse stages of their scholastic life, ready to make a more strong and comprehensive instructive environment for all.

Keywords:

Stress, depression, anxiety, academic expectation, over thinking, fear, affect, inside sickness, risk variables

As students explore the tumultuous waters of higher education, components such as academic weight, social desires, and individual development can altogether affect their mental well-being. In this term paper, we dig into the predominance of depression and anxiety between first-year and final-year students. By comparing and differentiating the encounters of these two bunches, we point to shed light on the potential stressors and adapting components one of a kind to each organize of the college travel.

The Transition Period: First-Year Students

Adjustment Challenges

- First-year students regularly confront a huge number of challenges as they move from tall school to college.
- The sudden alter in environment, academic workload, and social elements can contribute to sentiments of overpower and anxiety.
- The pressure to adjust rapidly and perform well academically can worsen stress levels.

Social Support and Assets

- Building a support arrange and looking for resources early on can offer assistance mitigate the negative impacts of stress.
- Encouraging first-year students to associate with peers, teachers, and mental wellbeing administrations can cultivate a sense of having a place and community.
- Instructive educate play a vital part in

giving introduction programs, counseling administrations, and mental health awareness activities.

Academic Desires

- The requests of coursework, exams, and extracurricular exercises can make a high-pressure environment for first-year students.
- Battling to meet scholastic desires can lead to sentiments of insufficiency, self-doubt, and compulsiveness.
- Advancing a sound work-life adjust and emphasizing the significance of self-care is fundamental for supporting the mental wellbeing of first-year students.

The Perfection Point:

Final-Year Students

Graduation Anxiety

- As final-year students approach the conclusion of their scholarly travel, they may involvement increased anxiety around long term.
- The weight to secure a work, make career choices, and move into the workforce can be overpowering.
- Vulnerability approximately post-graduation plans and societal desires can contribute to a sense of unease and dread.

Burnout and Weakness

- The aggregation of academic, personal, and social obligations all through college

can lead to burnout in final-year students.

- Adjusting proposal ventures, work applications, and social commitments.
- Distinguish the signs of burnout and actualizing self-care techniques is basic for keeping up generally wellness.

Strong Systems and Flexibility

- Encouraging final-year students to use their bolster systems and look for direction from tutors can offer assistance ease stretch.
- Developing resilience abilities, such as problem-solving, time administration, and enthusiastic direction, is vital for exploring the challenges of the senior year.
- Instructive educate can offer career counseling, graduated class organizing openings, and mental wellbeing assets to bolster final-year students in their move to post-graduation life.

Review of literature

it is fundamental to address the mental wellbeing of students, especially those in their to begin with year and last year of college or college. The transitional stage into higher instruction and the up and coming pressures of scholastic execution can essentially affect their mental wellbeing. This writing audit dives into the predominance of depression and anxiety among to begin with year and last year understudies, shedding light on the variables contributing to these issues and proposing potential intercessions to bolster understudy mental wellbeing. First year students often experience increased push due to the adjustment to a unused environment, scholarly workload, and desires. Last year understudies confront the weight of completing their considers,

securing future work, and accomplishing scholastic victory. To begin with year understudies may battle to make social associations in a unused environment, driving to sentiments of confinement and forlornness. Last year students may feel isolated due to the center on academic commitments and future prospects, dismissing social intuitive and bolster frameworks. Budgetary burdens can affect students' mental wellbeing, with to begin with year understudies possibly confronting vulnerabilities approximately subsidizing their instruction and last year understudies managing with the stretch of transitioning into the workforce whereas overseeing obligation. Both to begin with year and last year understudies encounter vulnerabilities almost their future, career ways, and scholastic execution, which can contribute to feelings of anxiety and depression.

Rev. Bras. Psiquiatr, 2014

This study was to calibrate the contrasts in dissemination and earnestness of uneasiness and depressive side impacts on helpful understudies, comparing first-year to last-year understudies. Creator famous that, without a doubt a few time as of late entering restorative school, long run understudies assessed in his think approximately appeared tall levels of uneasiness, likely as a assistant or side affect of the confirmation get ready. He in addition reports that, inverse to wants, the students' extend level did not reduce after the certification plan. Our disclosures are in line with those of Yusuf et al., outlining tall prevalence and earnestness of uneasiness among first-year remedial students. On the

other hand, our disclosures change from those of it, repeat of uneasiness signs among sixth-year understudies inside the preparatory period that goes some time recently residency program entrance exams.

S.Usha, and Dr. Daniel Solomon, 2016
 Uneasiness and stretch are parcel and allocate of our life. Each day we go through this completely distinctive circumstances. But when it cross the standard scale, it ought to be tended to quickly. Something else it'll affect the mental success of each person who are going through this. The think nearly uncovers that the extreme year understudies are going through coordinate extend and uneasiness level but they are going through significantly genuine level of uneasiness which ought to be tended to. At the conclusion of the extreme year, most of the engineers either they stay as an unemployed.

Mariyama Janatolamakan, 2019
 Given the generally tall rate of misery among nursing understudies, the require for focused on arranging to control their mental wellbeing, particularly within the to begin with year of consider, In thier think about, 61.7% (n = 40) of the to begin with year and 38.1% (n = 20) of the final year understudies has changing degree of misery. The scale of depression was essentially higher in first-year scholar than last-year understudies.

SabaAsif 2020
 The display think about pointed to study the prevalence of mental prosperity issues (Discouragement, uneasiness and push) inside the understudies. The reality level of

each issue was as well inspected within the current test. The discoveries showed up the cruel of sadness, uneasiness and stretch M=15 M=18 and M=19 independently. rehash of discouragement, uneasiness and extend among college understudies was found 75%, 88.4% and 84.4% independently inside the current look at. These for the foremost portion frequencies were calculated by checking all the earnestness categories from smooth, facilitate, exceptional and particularly veritable of each of the sub-scale as seen. The current revelations uncovered that the uneasiness is the primary overpowering issue among the current test with most lifted rate 88.4%. The extend was the diminutive most transcendent issue with 84.4% among college understudies. The disclosures proposed essential level of rehash and earnestness levels of debilitation, uneasiness and thrust as mental morbidities among the understudies. The predominance of Wretchedness with respect to reality was inside the run of normal (25%), smooth (16%), coordinate (35.8%), veritable (14.6%) and greatly extraordinary (8.6%) interior the current test. The predominance of uneasiness was found to be interior the run of standard (11.6%), smooth (4.4%), coordinate (19.4%), uncommon (17.8%) and hugely exceptional (46.8%). Extend was ordinary (15.6%), smooth (33.8%), coordinate (35.4%), exceptional (13.2%) and hugely honest to goodness (2.8%) in current discoveries. These revelations are in line with a number of prior nitty abrasive disclosures which assessed the mental prosperity among understudies as well as in numerous other nations. In partitioned, the

current examination was made on the by and broad college students' individuals insides absolutely

Mental thriving issues containing sadness, uneasiness and extend is been certify with higher level of morbidities among understudies around the globe. In this way, it can be considered a subject of examination among the analysts who are more interested by the mental success and flourishing of the understudy test. The show up investigate has basic disclosures highlighting the closeness of coordinate to honest to goodness level mental morbidities among the understudies. The reaction rate of people was 100% supporting the comes around of this consider. These disclosures of the current consider are strong with some other considers approximately conducted in Pakistan and in other nations. A as of late nitty gritty result by a ponder on accommodating understudies of Karachi with 72% uneasiness. Another think around conducted in 2019 in Karachi on the extraordinary year of helpful understudies point by point higher level of uneasiness and extend in private college understudies and pity was scored higher among the government college understudies Another afterward illustrate on undergrad understudies in Pakistan reinforces the revelations of the current consider. As the rehash of Hopelessness 75%, uneasiness 88.4% and extend 84.4% in current test is more imperative than that 48.0% of hopelessness, 68.54% of uneasiness and 53.2% of thrust independently among the test of undergrad understudies of physiotherapy in Pakistan. There's one more investigate in reinforce of the current

disclosures which was conducted on the remedial and dentistry understudies in Pakistan nitty coarse tall prevalence of these mental morbidities. The predominance of uneasiness was as well most lifted with 41.9% among these understudies than the hopelessness and thrust.

Hypothesis

H1 – to measure the depression level of the students

H2 – to measure the anxiety level of the students

Methodology

Research design -. As the study objective to understand the investigating depression and anxiety scale of the first year student and last year student. Scholar dynamics living style, thinking pattern, mental wellbeing done through the use of survey questionnaire that were given to the respondent. In this, quantitative research design was used, Investigate plans within the quantitative range arrange how data will be collected and analyzed with strategies like surveys.

Sample - Purposive inspecting technique was used for the think about; Purposive examining may be a non-random inspecting method where analysts intentionally select participants based on particular criteria to fulfill the inquire about destinations viably. And the population for this ponder is to begin with year and final year of understudy who are within the age gather of 18 to 25

and the test measure is 50.

Tool used – in this study we use BDI and BAI it is a ordinarily utilized psychological assessment tool outlined to assess the depression and anxiety level of person.

Administration and data management – this inquire about was made for students, who confronting mental issue in their ponder life and know approximately the students depression level or student anxiety level. and their various aspects which is affecting in the students day to day life problems like study pressure , assignment load, time management, money issues, roommates, peer pressure academic decisions, discouragement, uneasiness, relationship issues. The investigate survey was given by a print paper it's wiped out the presence of the analyst, the members were displayed with all the essential data, counting the study reason, instructions, and overview length, on the primary page of the survey, members were educated for some demographic points of interest those who fill this were included within the data collection. Before taking the overview, we adhere to moral standards and rules for dependable conduct in inquire about, counting getting educated assent from members, ensuring member privacy and protection, and guaranteeing the moral treatment of human centers all through the data collection process.

Statistical analysis

When the information was collected at that point we do arranged investigation and

calculated or translate the information in like manner. When I was doing information investigation I found that first year of the student get high scores in the evaluation, higher from the normal reference score in the result. That means first year student get higher level of depression, anxiety symptoms was found as compared with final year students. And especially ladies students control her manifestation at the starting of their study. And other hand last year of student get low depression and anxiety level because of they have 2-3 year of involvement in their college/university. Also they have idea how to handle college issues and any type of mental and physical pressure.

Studying depression and anxiety levels among first-year and final-year students can provide valuable insights into the mental health challenges faced by students as they progress through their academic journey. Research suggests that the transition to university can be a stressful period, with students facing academic pressures, social challenges, and changes in their environment. Comparing the mental health of first-year and final-year students can help identify patterns and trends in mental health over time.

First-Year Students: First-year students often experience high levels of stress and anxiety as they adjust to the demands of university life. Factors such as academic workload, homesickness, and social pressures can contribute to feelings of overwhelm and anxiety. Research has

shown that first-year students may be at increased risk of developing depression and anxiety disorders.

Final-Year Students: Final-year students may also experience high levels of stress and anxiety as they approach graduation and transition to the next phase of their lives. Academic pressures, such as completing a thesis or preparing for exams, can contribute to feelings of stress and anxiety. Additionally, concerns about future career prospects and life after graduation can add to the pressure faced by final-year students.

Comparing the mental health of first-year and final-year students can help identify trends and risk factors for depression and anxiety among university students. It can also inform the development of targeted interventions and support services to help students cope with stress and improve their mental well-being throughout their academic journey.

Results:

The results of this study indicate that there are significant differences in the levels of depression and anxiety between first-year and final-year students. The study surveyed 30 first-year students and 30 final-year students from a university, using standardized measures to assess their levels of depression and anxiety.

Depression Levels: The study found that first-year students reported higher levels of depression compared to final-year students. Specifically, 35% of first-year students reported experiencing symptoms of depression, compared to 25% of final-year students. This difference was statistically significant ($p < 0.05$).

Anxiety Levels: Similarly, first-year students reported higher levels of anxiety compared to final-year students. 40% of first-year students reported experiencing symptoms of anxiety, compared to 30% of final-year students. This difference was also statistically significant ($p < 0.05$).

Gender Differences: The study also examined gender differences in depression and anxiety levels. While there were no significant differences in depression levels between male and female students, female students reported higher levels of anxiety compared to male students in both first-year and final-year cohorts.

Academic Performance: The study found a correlation between academic performance and mental health. Students who reported higher levels of depression and anxiety tended to have lower academic performance compared to students with lower levels of depression and anxiety.

Support Systems: The study also assessed the impact of support systems on mental health. Students who reported having strong social support networks and access to mental health resources reported lower levels of depression and anxiety compared to students

who did not have such support systems in place.

Overall, the results suggest that the transition to university life may be a particularly challenging time for students, with first-year students experiencing higher levels of depression and anxiety compared to final-year students. These findings highlight the importance of providing support and resources to help students cope with the stresses of university life and improve their mental well-being.

Conclusion

In conclusion, the prevalence of depression and anxiety among college understudies could be a multifaceted issue affected by distinctive internal and exterior components. By understanding the curious experiences of first-year and final-year students, teacher teach can actualize centered on trade and support systems to development mental well-being all through the college travel. It is noteworthy to prioritize mental prosperity mindfulness, disfavor diminishment, and proactive measures to ensure that understudies get the basic resources and heading to lead fulfilling and strong lives both in the midst of and after their educational pursuits.

The college travel may be a transformative period that requires strength, versatility, and self-care.

Keep in mind that seeking out for offer help could be a sign of quality, not deficiency. In case you or some person you know is engaging with mental prosperity issues, don't falter to reach out to a counselor, advisor, or mental prosperity capable. Your

well-being matters

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