

## **A Study on Depression among Teaching and Non - Teaching Staff**

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### **Abstract:**

*Depression is a common and serious medical illness that negatively affects how one feels, the way a person thinks and how they act. The aim of the paper is to study Depression among Teaching and Non -Teaching staff. The hypothesis is that there will be a significant difference between Teaching and Non Teaching staff in the level of Depression. A total of sixty samples were collected in two groups (thirty each) using simple random sampling. For this study, a standardized questionnaire was used by the experimenter. The data has been analyzed using the t-test. Based on the responses, the mean, standard deviation, standard error, t-test were calculated. It was found that there is a significant difference in the Teaching and Non – Teachingstaff in Depression with Teaching staff having the highest level.*

**Keywords:** Depression, DSM V, Teaching Staff & Non-Teaching Staff

### **Introduction**

According to WHO, Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. According to APA, Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. The course of the disorder is extremely variable from person to person. It may be mild or severe, acute or chronic. Depression may last on an average of four months or longer. Depression is twice as prevalent in Women as in Men. The typical age of depression is in the 20s, but it may occur at any age. Depression, in psychology is defined as a mood or emotional state that is marked by feelings of low self-worth or guilt and a reduced ability to enjoy life. It can also be defined as emotions of sadness, loss, or anger that intrude with a person's normal activities.

Depression can alternate an individual's thinking/emotions and additionally impacts his/her social behaviour and feel of bodily well-being. It can affect people of any age group,

including young kids and teens. It can run in households and typically begins between the ages of 15 and 30 years. Women and elderly people are more usually affected than men.

There are different types of melancholy which include: Major Depression it is a change in mood that lasts for weeks or months. It is one of the most severe varieties of melancholy. Dysthymia (chronic depression) is a less severe form shape of depression but generally lasts for numerous years. Psychotic Depression a severe form of depression related with hallucinations and delusions (feelings which are untrue or unsupported). Seasonal Depression, occurring only at a certain time of the year generally winter, also known as 'winter blues'.

Depression can affect anyone—even a person who appears to live in relatively ideal circumstances. Biochemistry, Genetics, Personality, Environmental factors can play a role in depression. To be diagnosed with depression, symptoms must be present for at least two weeks.

The DSM-5 outlines the following criterion to make a diagnosis of depression. The individual must be experiencing five or more symptoms during the same 2-week period and at least one of the symptoms should be either - depressed mood or loss of interest or pleasure.

1. Depressed mood most of the day, nearly every day.
2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
3. Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day.
4. A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).
5. Fatigue or loss of energy nearly every day.
6. Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
7. Diminished ability to think or concentrate, or indecisiveness, nearly every day.
8. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.

To receive a diagnosis of depression, these symptoms must cause the individual clinically significant distress or impairment in social, occupational, or other important areas of functioning. The symptoms must also not be a result of substance abuse or another medical condition. Major Depressive Disorder is associated with high mortality, much of which is accounted for by suicide. Depressed individuals also present with irritability, brooding, and obsessive rumination, and report anxiety, phobias, excessive worry over physical health, and complain of pain. The latest edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), added two specifics to further classify diagnoses:

1. With Mixed Features – This specified allows for the presence of manic symptoms as part of the depression diagnosis in patients who do not meet the full criteria for a manic episode.
2. With Anxious Distress – The presence of anxiety in patients may affect prognosis, treatment options, and the patient's response to them. Clinicians will need to assess whether or not the individual experiencing depression also presents with anxious

distress.

Medication, Psychotherapy, Electro Convulsive Therapy (ECT) and Self Help and Coping can be used for treating depression.

**Rational of Study:** Generally, there is a myth that only students or early to late adolescents are more likely to undergo depression whereas depression is not limited to certain section of people anyone can go through depression. Due to pandemic teachers are at risk for depression due to managing many things. The focus of the study is on teachers and non - teaching staff.

The aim of the paper is to find out Depression among Teaching and Non -Teaching staff and who is more likely to fall under depression. With the Objectives being – a) To find out the level of Depression in Teaching staff b) To find out the level of Depression in Non - Teaching staff c)

To find out the level of difference in depression between Teaching and Non - Teaching staff. The Hypothesis of the study is that there will be a significant difference between Teaching and Non - Teaching staff in Depression.

### Description of the Tool

The Beck Depression Inventory (BDI) is a 21-item, self-report rating inventory that measures characteristic attitudes and symptoms of depression (Beck, et al., 1961). The BDI has been developed in different forms, including several computerized forms, a card form (May, Urquhart, Tarran, 1969, cited in Groth-Marnat, 1990), the 13-item short form and the more recent BDI-II by Beck, Steer & Brown, 1996. (See Steer, Rissmiller & Beck, 2000 for information on the clinical utility of the BDI-II.) The BDI takes approximately 10 minutes to complete, although clients require a fifth – sixth grade reading level to adequately understand the questions (Groth- Marnat, 1990). Internal consistency for the BDI ranges from .73 to .92 with a mean of .86. (Beck, Steer, & Garbin, 1988). Similar reliabilities have been found for the 13-item short form (Groth-Marnat, 1990). The BDI demonstrates high internal consistency, with alpha coefficients of .86 and .81 for psychiatric and non-psychiatric populations respectively (Beck et al., 1988) by APA.

### Procedure

The experiment was conducted on 60 subjects which were divided into 2 groups based on their Profession. To proceed this experiment on Teaching and Non - Teaching staff, the google form was sent to them and asked them to fill the form. The test was presented to all the 60 subjects and the following instructions were given. “Kindly look into the form, this questionnaire consists of 21 statements. Please read each group of statements carefully. And then pick out the one statement in each group that best describes the way you have been feeling during the past two weeks, including today. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the

highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite). Results are kept very confidentially, so feel comfortable and mark your responses. There is no right or wrong.” Once the instructions were given, the subject was ready to take the test. I have conducted the experiment on Depression among Teaching and Non -Teaching staff and the responses were noted down.

T-Test was used to analyse the data collected. Snowball sampling technique is used to collect data.

### Results

Table 1 show the data of groups taken, sample number and their age groups respectively for two samples.

S.No	Group Taken	No of Sample Taken	Age Group
1	Teachers	30	25 - 40
2	Non – Teaching staff	30	41 - 55

*Table 1 shows the details of the samples used in the test.*

The sample consisted of 60 school students divided into two groups. Each group consisted of 30samples.

S. No	Items	Series 1	Series 2
1	Mean (M)	42.70	10.60
2	Standard Deviation (SD)	9.72	4.17
3	Standard Error of Mean (SEM)	1.77	0.76
4	The total number of individuals (N)	30	30

*Table 2 shows the data of both the groups with series 1 and 2 respectively.(Group 1 – Teachers; Group 2 – Non – Teaching staff).*

The results for Teaching and Non- Teaching staff is shown in the tables. The mean score is 42.70for Teaching (series 1) and 10.60 for Non – Teaching staff (series 2). The standard deviation is

9.72 for Teaching (series 1) and 4.17 for Non – Teaching (series 2). The Standard Error of Mean is 1.77 for Teaching (series 1) and 0.76 for Non – Teaching staff (series 2). The total number of Individuals for both the groups are 30.

T - value	P - value	Significance at P
12.1	<0.05	<0.5

*Table 3 represents the computed data of T – value, P – value and Significance at P.*

This difference is considered to be extremely statistically significant.

## **Discussion**

The aim of the experiment is to find out the level of Depression among Teaching and Non – Teaching staff. Table 1 shows the demographic details of the samples. The sample consists of sixty students divided into two groups. The first thirty are Teachers while the second thirty are Non – Teaching staff aged between 25 – 40 and 41 – 55. The samples were divided into two groups and questionnaire was sent to them. Based on the responses, the mean, standard deviation, standard error deviation, t-test were calculated and depicted in the above tables.

From Table 2 we can see the mean of the first sample M1 is 42.70 and the mean of the second sample M2 is 10.06. The N value for both the groups is 30. The standard deviation of the first sample SD1 is 9.72 and the standard deviation of the second sample SD2 is 4.17. The standard error of mean of the first sample SEM1 is 1.77 and the standard error of mean of the second sample SEM2 is 0.76. A study on "Stress and depression in teachers from a public education institution" was conducted by Louise Tatiana Mendes Rodrigues, Eliana Campelo Lago, Camila Aparecida Pinheiro Landim Almeida, Ivonizete Pires Ribeiro, Gerardo Vasconcelos Mesquita (2020). The daily development of work activities in teaching involves important decision making and is linked to the various stress events intrinsic and extrinsic to work, contributing to the presence of stress, as observed in this study. This research has shown that stress may be related to the presence of symptoms of depression. Stress scores proportionally followed depression scores, that is, the higher the stress load the teacher has, the more susceptible he / she would be to showing signs of depression. It is emphasized the need for attention of educators and the creation of programs with preventive and therapeutic actions that enable the teacher to reflect and find alternatives to the impasses that permeate the development of activities of daily living. Survey on Depression and stress levels among teachers found that 52.38% had depression, among them 28.6% had mild depression, 18.1% moderate depression.

From Table 3, it is shown that the T-value, P-value and Significance at P is 12.1, <.05 and <0.5. The Depression is more likely in Teachers than in Non – Teaching staff as the relationship between ongoing stressors and depression was statistically significant; as ongoing stressors increased, the level of depression increased therefore the Null hypothesis is rejected and Alternate hypothesis is accepted. A study on "The Relation between Work-Related Psychosocial Factors and Development of Depression among Administrative Staff" was conducted by Omid Aminian, Ladan Fegghi, Akbar Sharifian, Sahar Eftekhari (2017). The study findings provide further support to the hypothesis that stress job and poor status of psychosocial factors are associated with depression. Therefore, conduction of the required interventions by improving the psychosocial conditions of the workplace can have considerable positive impacts on the physical and mental health of employees and reduce the likelihood of individual errors. In the present study, 80 men (50.96%) and 79 women (51.63%), accounting for 51.29% of all participants, work more than 44 hours a week. Therefore it can be understood as to why teaching staff would have a higher level of depression than non-

teaching staff.

### Conclusion

The current study investigated whether there is difference between two groups in Teaching and Non – Teaching staff in Depression. The test proves the hypothesis that there will a significant difference between Teaching and Non - Teaching staff in Depression. The Depression level of Teachers is higher when compared to Non – Teaching staff. Through this study, we can conclude that the difference between Depression among Teaching and Non – Teaching staff can be due to the age difference and their Professions as Teaching and Non – Teaching staff respectively. The study helps to find out Depression among teaching and non teaching staff. The study talks about the symptoms, causes and treatment in Depression. Standardized Questionnaire - Beck Depression Inventory (BDI). This study is limited to the Teaching and Non – Teaching staff. The sample size is limited to 30 samples of each group. The total number of samples is 60 only. May be a higher range can be considered.

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