



A Study of Depression among Male and Female Locomotor Disability Adolescents

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Abstract

Aim: The aim of the study was to observe depression among male and female locomotor disability adolescents. **Materials and Methods:** The present study was conducted on 100 subjects out of which 50 male and 50 female from Ludhiana district. To assess the depression among locomotor disability adolescents the Beck Depression Inventory BDI- II was used. **Results:** The mean scores of depressions of female (23.92 ± 11.10) locomotor disability adolescents were more than male (20.46 ± 9.27) but this difference was not statistically significant. **Conclusion:** It was concluded that gender does not contribute to the depression of locomotor disability adolescents.

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Introduction

Depression is a common and serious health problem. About 12% of all men and 20% of all women are expected to have at least one significant episode of depression in their lifetime and 5% of the general population may be depressed at any given point in time. Studies have shown that symptoms of depression may be 2 to 10 times more common in individuals with disabilities or chronic illness and depression is one of the most common secondary conditions associated with disability and chronic illness (Kelly and Vogel 2013 ; Karla 2002). There are many symptoms of depression like feelings of sadness, loss of interest, sleep problems, changes in appetite, feeling of increased irritability, decreased energy, difficulties with concentration, feeling of excessive guilt, decreased interest in interacting with others, crying more often than usual, recurring thoughts of death or

dying, thoughts of suicide etc. When someone is depressed, they have symptoms nearly all day, everyday, that last at least two weeks. Depressive disorders involve chemical changes in the brain. Some symptoms of depression can be caused by chronic medical conditions or the medicines use to treat them. Alcohol or drug abuse can also cause depressive symptoms. Having low self-esteem or feeling that you have no control/ over the events in life are common traits in people with depression. Certain life events may also trigger one or more episodes of depression. However, depression is associated with certain life experiences that are more common among individuals with disabilities. Locomotor disability refers to any form of cerebral Palsy or a condition of the bones, joints or muscles that restricts limb movement significantly. There are different types of locomotor disability-muscular dystrophy, cerebral Palsy, multiple sclerosis, Parkinsons disease, arthritis, spinal cord injuries, dwarfism. There are many causes of locomotor disability like lack of oxygen to the brain during birth, infection during pregnancy, genetic factors, traumatic brain injury, maternal health etc. In addition, people with disabilities face many unique problems and challenges, which may place them at increased risk for depression. People with disabilities face many challenges like mobility, accessibility, social barriers and social isolation, employment health etc. Many persons with disabilities have trouble walking or getting round, both in their home and in the community. Not having good social support increases anyone's risk for depression. People with disabilities may have more difficulty in finding and keeping jobs because of their physical limitations and sometimes it is because of social prejudices and misconceptions. Not being able to work may lead to feelings of worthlessness or guilt. Some kinds of disabilities are associated with more health problems. Kelly and Vogel (2013) investigated the overview of psychosocial healthy among youth with spinal cord injury. For this, 410 youth were selected with spinal cord injury from ages 2 to 18 years. To understand developmental trends, data are presented separately for ages 2-5, 6-12, 13-15 and 16-18 years. Structured surveys assessing community participation, Quality of life (QOL) and mental health (including anxiety and depression) were completed by youth with SCI (for ages 6-18) or their primary caregivers (for ages 2-5). Result shows that decreased levels of community participation and QOL, but also decreased levels of anxiety and depression. Klass et.al. (2014) examined how depression, anxiety, suicidal ideation and usage of treatment differ by age and sex among adolescents with spinal cord injury. The subjects were 12 to 18 years old youth who had acquired spinal cord injury at least one year prior recruited from three specialty hospitals. Beck Depression Inventory-II and revised Children's Manifest anxiety scale were used as a tool. Results indicated that 5.5% of adolescents age 12 to 17 years exceeded the clinical cut off and 12.7% of 18 years old, adolescents fell into a range of moderate or severe depression. For anxiety, 10.6% of adolescents ages 12 to 18 years exceeded the clinical cut off. Results revealed that older adolescents were more depressed than younger adolescents were and girls were more anxious than boys. Older adolescent girls were significantly more anxious than other youth. Bhattachargee et al., (2014) studied the level of depression among persons with physical disability and to compare it with their normal counterparts. The study also investigated the impact of gender on the depressive feeling of the disabled persons. The study was carried out among 100 individuals. Among them 50 were persons with physical disability and rest were normal subjects. Beck Depression Inventory was used for data collection. Their Findings revealed that the persons with physical disability had high level of depression in comparison to their normal counterparts. Further, the visually disabled persons possessed more depression than the persons with locomotor disability. The study did not reveal any effect of gender on the depressive feeling of the disabled.

Materials & Methods

The present was study conducted on 100 subjects out of which 50 male and 50 female from Ludhiana district. To assess the depression among locomotor disability adolescents Beck depression

inventory BDI- II was used (Beck et al., 1996). Independent t-test was used for comparison of depression between male and female. The significance level was ≤ 0.05 .

Results

Table 1 shows the mean, median and mode of the scores of depression of locomotor disability adolescents (N=100) 22.19, 20.50 and 17.12 respectively. The scores were proximate to each other. The values of skewness and kurtosis distribution as positively skewed and platykurtic. However, these distortions are quite small. Therefore the distributions can be taken as normal.

Table 1. Mean, Median, Standard Deviation, Skewness and Kurtosis of Scores of Depression of Locomotor Disability Adolescents

Variable	Mean	Median	Mode	S.D.	Skewness	Kurtosis
Depression (N = 100)	22.19	20.50	17.12	10.32	0.529	-0.448

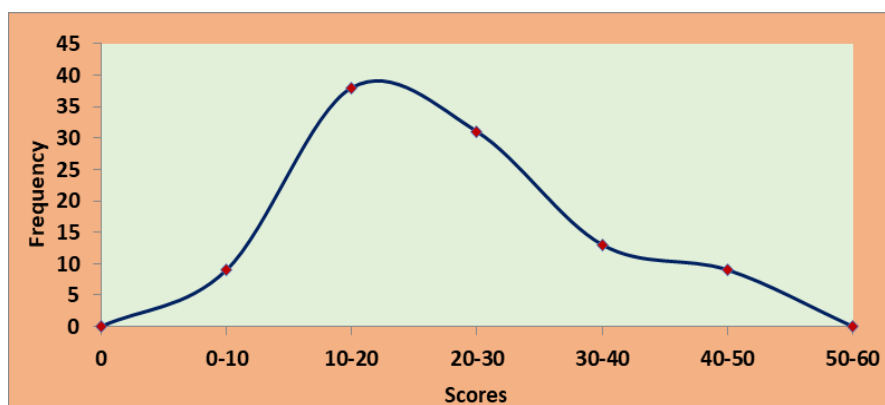


Figure 1. Frequency of Scores of Depression of Locomotor Disability Adolescents

To observe the difference if any in the mean scores of depression in locomotor disability adolescents based on gender (male and female), t-test used.

Table 2. Mean Scores of Depression among Male and Female Locomotor Disability Adolescents

Variable	Group	N	Mean	S.D	t-ratio	Sig./Not Sig.
Depression	Male	50	20.46	9.27	1.69	Not Sig.
	Female	50	23.92	11.10		

Table 2 shows the mean scores of depression of male and female locomotor disability adolescents and it was 20.46 ± 9.27 and 23.92 ± 11.10 respectively. It was found that the mean scores of depression of female locomotor disability adolescents was more than male. The t-ratio was 1.69 and it was not statistically significant at .05 level. Thus, the difference in the mean scores of depression of female and male locomotor disability adolescents was not statistical significant. In other words, we can say that gender does not contribute to the depression of locomotor disability adolescents.

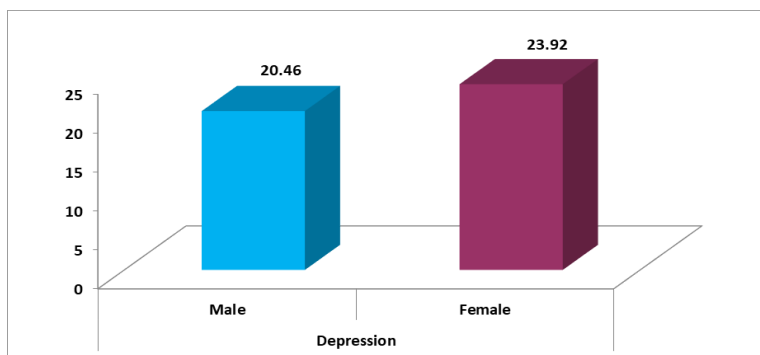


Figure 2. Mean Scores of Depression among Male and Female Locomotor Disability Adolescents

Conclusion

It was concluded that gender does not contribute to the scores of depression of locomotor disability adolescents. Although, the mean scores of depression of female locomotor disability adolescents was more than male but this difference was not statistical significant.

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Conflict of Interest: None declared