



A Study Of Depression, Anxiety, And Stress Levels Of Night College Students

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Abstract:

The purpose of this study is to measure the levels of depression, anxiety and stress among students studying in night college. This study was conducted by survey method. For this, a total of N=89 (male=49, female=40) students from night colleges in Pune city, Maharashtra were included in this study. To measure the depression, anxiety and stress levels of the students, Lovibound & Lovibound (1995) Depression, Anxiety scale-42 was used. In the statistical analysis, the mean and standard deviation were calculated. 't' test was used to check the significance of the mean. In this study, significant differences were found between students regarding depression, anxiety and stress. The level of depression in female students (Mean=18.10) was found to be higher than male students (Mean=14.78). Similarly, the level of anxiety in female students (Mean=18.35) was found to be higher than male students (Mean=12.94). And the level of stress in female students (Mean=23.15) was found to be higher than that of male students (Mean=18.84). Moreover, the level of anxiety was found to be higher in students above the age of 20 (>20 Mean= 22.10) than in students below the age of 20. The results of this study suggest that teachers and counselors will be helpful in guiding students as needed.

Keywords. Depression, Anxiety, Stress, DASS, and Night College.

INTRODUCTION

In the present study, most students studying at night college and work during the day. They need to work to contribute financially to their families. In addition to their work, they have the desire and motivation to earn a degree. Therefore, it is essential to study the levels of stress, anxiety, and depression among students who balance multiple responsibilities, including family, work, college, and personal obligations. The purpose of this study is to investigate the levels of depression, anxiety, and stress among students attending night college.

Depression is a common mental disorder among students. According to a report by the States of India (2020), one in seven Indians is affected by depression and anxiety. A study conducted by NIMHANS (2018) across nine states, 15 cities, and 30 universities on mental health revealed that one in five participants experienced significant depressive symptoms, while one in four participants reported substantial anxiety symptoms. This study focused on students aged between 18 and 21 years.

This study aims not only to assess the levels of depression, anxiety, and stress among night college students but also to provide insights that may foster awareness and encourage timely interventions. Considering the growing global concern regarding student mental health, it is crucial to address these issues within this unique population.

OBJECTIVES

To study and compare the levels of Depression, Anxiety, and Stress among male and female night college students

HYPOTHESIS

- There will be no significant difference in the levels of depression, anxiety and stress between male and female students studying at night college.
- There will be no significant difference in the levels of depression, anxiety and stress between below and above 20 years students studying at night college by age group.

SAMPLE

This study was conducted in Pune, Maharashtra, Bharat at Night College. Initially 125 students were participated in testing. Total 89 students were included in this study male students (N=49) and female students (N=40). Students are perusing under graduate in Commencer and Arts program. Age between 17 to 42 years. The testing was conducted in five to ten students' group. This study was done in two groups, first group is those students who below 20 years of age 17-20 years (N=37) and those above 20 years of age 20-42 years (N=52).

MEASURE

The Lovibound & Lovibound Depression, Anxiety Stress Scale (DASS-42) was used to measure the students' depression, anxiety and stress levels. The reliability was checked on the sample available from NovoPsy, the internal reliability was found to be 0.97

on the entire scale, 0.96 for depression, and 0.92 for stress 0.94.

Originally scale is in English, this scale was translated into Marathi by Parlikar and his colleagues. There is a total of 42 statements in the scale. The extent to which each statement applies to the individual is expressed by giving a score of 0 to 3.

PROCEDURE

In the beginning permission for data collection was procured from the principal. Then the purpose behind the study explained to the students. Those students who were willing to participate voluntary included in the study. Personal information and consent form were filled by the students. Test instructions were given and the test was solved in a scientific manner.

Table 1: Demographic characteristics of sample

Variables		Frequency	%
Age (years)	<20	37	41.58
	>20	52	58.42
Gender	Male	49	54.44
	Female	40	45.56
Marital status	Unmarried	85	95.51
	Married	04	04.49
Program	BCom	53	59.55
	BA	36	40.45
Working status	Working	56	62.92
	Non-working	33	47.08

A total of 125 students participated in the testing. However, 36 students did not follow the instructions while answering the test and were therefore excluded from the study.

Table 1 illustrates the demographic details of the participants, the majority of students 41.58% were below 20 years of age, while 58.42% were above 20 years. The sample consisted of 54.44% male and 45.56% females. Maximum students were unmarried 95.51%. Regarding academic programs, 59.55% of students were studying in the B. Com program, and 40.45% were in the B.A. program. Most of the students were 62.92% working.

STATISTICAL ANALYSIS

Collected data was analyzed using SPSS. Mean, SD, 't'-test was used to determine the difference in mean scores between male and female student regarding their depression, anxiety and stress.

RESULTS AND DISCUSSION

Table. 2. Frequency distribution and Percentages of participants on Depression Anxiety Stress Scales (DASS-42) (N=89).

Levels	Depression	Frequency	%	Anxiety	Frequency	%	Stress	Frequency	%
Normal	0-9	15	16.85	0-7	14	15.73	0-14	24	26.97
Mild	10-13	25	28.09	8-9	05	5.62	15-18	15	16.85
Moderate	14-20	25	28.09	10-14	26	29.21	19-25	26	29.21
Severe	21-27	20	22.47	15-19	20	22.47	26-33	18	20.22
Extremely severe	28+	04	4.49	20+	24	26.97	34+	06	6.74
Total		89	100		89	100		89	100

Table 2 displays the distribution and percentage of students' responses on the Depression, Anxiety, and Stress Scale (DASS-42).

Regarding depression, 16.85% of students were in the normal range, 28.09% had mild depression, and another 28.09% exhibited moderate depression. Severe depression was observed in 22.47% of students, and 4.49% experienced extremely severe depression.

In the case of anxiety, 15.73% of students had normal levels, 5.62% exhibited mild anxiety, and 29.21% experienced moderate anxiety. Severe anxiety was reported by 22.47% of students, while 26.97% experienced extremely severe anxiety. Furthermore, 20.22% of students were severely stressed, and 6.74% reported extremely severe stress.

Overall, 26.96% (N=24), 49.44% (N=44), and 26.96% (N=24) of students suffered from severe and extremely severe depression, anxiety and stress. In present study students were more anxious than depression and stress.

Table. 3. Mean, SD, 't' value of Depression Anxiety Stress Scales (DASS-42) of Males(N=49) and Female (N=40).

Variables	Gender	Mean	S D	't'	Sig
Depression	Male	14.78	6.34	2.29	Sig*
	Female	18.10	7.33		
Anxiety	Male	18.84	8.02	2.69	Sig**
	Female	23.15	6.89		
Stress	Male	12.94	7.07	3.62	Sig***
	Female	18.35	6.93		

*2.29 < 0.05, **2.69 < 0.05, ***3.62 < 0.05

Table 3 presents the mean scores for depression, anxiety, and stress among male and female students. For male students, the mean scores were 14.78 for depression, 12.94 for anxiety, and 18.84 for stress. In contrast, female students had higher mean scores, with 18.10 for depression, 23.15 for anxiety, and 18.35 for stress. The mean anxiety score for female students was 23.15, which is higher mean score than male 18.84. Regarding stress female mean scores 18.35 and male mean score 12.94, here female score is higher than male.

The calculated 't'-values for depression (2.29), anxiety (2.69), and stress (3.62) exceeded the critical value at the 0.05 significance level, indicating statistically significant differences between male and female students. The results reveal that female students reported significantly higher levels of depression, anxiety, and stress compared to their male counterparts. Consequently, the first null hypothesis—stating that there is no difference in the levels of depression, anxiety, and stress between male and female students in night colleges—is rejected.

These findings are consistent with earlier results reported in previous studies.

The findings indicate that female students had higher levels of depression, anxiety, and stress compared to male students. This result is consistent with previous studies conducted by Naaz et al. (2024), Kaur (2024), Dandona et al. (2019), Kumar and Akoijam (2017), Yadav et al. (2016), and Iqbal (2015). For instance, in a study conducted in Jhansi, Yadav et al. (2016) reported similar results, with females exhibiting higher levels of depression than males. In the present study, may be experiencing negative emotions at an early age due to the burden of household responsibilities, work pressure, academic demands, and the expectations of family and peer relationships. These results align with earlier research findings.

The gender differences observed in this study may be explained by a combination of social, psychological, and biological factors. In society, gender discrimination and social expectations often place pressure on women to prioritize family responsibilities over personal or professional goals. Achieving work–life balance becomes particularly challenging as women are expected to manage multiple roles—within the family, at the workplace, and in academic life. Job insecurity further adds to this burden. Working women who are also students face daily challenges such as balancing family duties, meeting professional deadlines, and completing academic requirements. These overlapping responsibilities contribute to increased stress levels and reduced overall well-being. In addition, hormonal influences may also play a significant role in emotional regulation and mood differences between genders.

Table 4 Mean, SD, 't' value of Depression, Anxiety, and Stress Scales (DASS-42) age-wise distribution <20year (N=37) and >20 year (N=52)

Variables	Age	Mead	S D	't'	Sig
Depression	<20	14.70	6.92	-1.81	.07
	>20	17.38	6.85		
Anxiety	<20	13.54	7.14	-1.10	Sig*
	>20	16.67	7.51		
Stress	<20	18.92	5.54	-2.07	Sig**
	>20	22.10	8.89		

*-1.81<0.05, ** -2.07< 0.05

Table 4 indicates that there was no significant difference in depression levels between students aged below 20 years and those aged 20 years or above. The majority of participants were in the 20 years or above category (58.42%). This group demonstrated significantly higher levels of anxiety (M = 16.67) and stress (M = 18.92) compared to their counterparts aged below 20 years, whose mean scores were 13.54 for anxiety and 8.89 for stress.

A considerable number of students discontinue their education to meet family obligations, often engaging in employment to support their households. Upon returning to college after a substantial educational gap, these students encounter multiple challenges in re-engaging with academic activities. Resuming studies after such an interruption can impose considerable academic pressure and emotional strain. Consequently, elevated stress levels may arise, which can progress to anxiety particularly among students aged 20 years and above.

CONCLUSION

Depression, anxiety and stress have been seen at a higher level in female students than in male students. In addition, the level of anxiety in female students is higher than stress. Depression, anxiety and stress This report supports previous research.

A strength of our study is its being the first to study Depression, Anxiety, and Stress levels among night college students, based on existing research review.

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