



## Original Research Article

## Assess the depression anxiety and stress among adults

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## ARTICLE INFO

## Article history:

Received 08-05-2021

Accepted 20-05-2021

Available online 05-07-2021

## Keywords:

Depression

Anxiety

Stress

Adults

## ABSTRACT

**Background:** The current social changes like urbanization, unemployment and competitiveness and various factors in the developing country led to various psychological problems among the individual. According to WHO the people suffer from depression more than 264 million; there may be a various cause for depression, but the stress and anxiety play a very important role in depression.<sup>1</sup> The life time prevalence of depression, anxiety and stress among young adults around the world is currently estimated to range from 5% to 70%,<sup>2</sup> the reviews motivated researchers to Assess the Depression, Anxiety and Stress Among Adults. Objectives are. (1) To assess the depression, anxiety and stress among adults in selected areas of Pune city. (2) To associate the findings with selected demographic variables.

**Materials and Methods:** A non-experimental descriptive survey method was used. 200 sample who met the sampling criteria were included. The standardised tool DASS 21 used. During Data collection ethical considerations like informed written consent, confidentiality was incorporated.

**Results:** In this present study 54% sample have extremely severe anxiety; 34% sample have moderate depression and 43% sample have normal stress level.

**Conclusion:** Detecting depressive, anxiety, and stress-related symptoms in adults is a critical preventive strategy, which can help in preventing and minimizing the major health related issues like hypertension, cardiovascular diseases etc. and mental health disorders like substance abuse and antisocial behaviours etc in later lives.

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## 1. Introduction

“Prevention is better than cure” Mental health plays most vital health indicators, but is given least important in aspects of the health that causes considerable morbidity.<sup>3</sup> It is estimated that people lived with a mental health disorder 792 million globally, this is 10.7% one in ten people slightly more than that.<sup>4</sup> To maintain the mental health of an individual nature and nurture play an very important. The current changing environment leads to lot of social issues to unemployment. Poverty<sup>5</sup> etc brings stress, anxiety it may lead to depression ultimately it affects individual mental. These brought insight to researchers to conduct the present study. Objectives are. (1) To assess the stress anxiety and

depression, among adults in selected areas of Pune city. (2) To associate the findings with selected demographic variables.

## 2. Materials and Methods

A non-experimental descriptive survey method was used.<sup>6</sup> 200 sample who met the sampling criteria were included. Research Variable: prevalence of depression, anxiety and stress among adults. Tool: Section I — Demographic Data. Section II– DASS21.<sup>6</sup> Content validity of the tool was obtained from nine experts from different disciplines like Nursing, Psychology and statistics, Reliability of tool found  $r=0.98$ . Pilot study was conducted with 20 sample and found too feasible to conduct main study. During Data collection Formal permission from the various authorities. Ethical

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### 3. Results

The collected data from the sample was analysed as per objectives by using descriptive and inferential analysis.

The analysed data presented as follows:

1. Section A: Distribution of Demographic data by frequency and percentage
2. Section B: Distribution of stress, anxiety, and depression by percentage
3. Section C: Association between stress, anxiety, and depression with demographic data

Section A: Distribution of demographic data by frequency and percentage

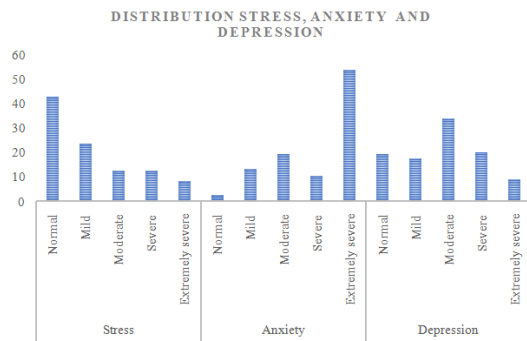
**Table 1:** Distribution of demographic data by frequency and percentage=200

S. No	Demographic Data	Frequency	%	
1.	Age (years)			
	<25	27	13.5	
	25-35	83	41.5	
	35-45	36	18	
	45-55	32	16	
2.	Gender			
	Male	118	59	
	Female	82	41	
	3.	Education		
		No formal education	51	26.5
Primary		49	24.5	
Secondary		56	28	
Higher secondary		16	08	
4.	Graduate	23	11.5	
	Any other	5	2.5	
	Occupation			
	Unemployed	67	33.5	
	Private services	34	17	
4.a	Govt services	5	2.5	
	Self employed	42	21	
	Home makers	52	26	
	4.a	Nature work & place		
		Heavy work	19	9.5
4.b	Sedentary work	181	90.5	
	Hours of work			
	<5	138	69	
5.	5-10	38	19	
	> 10	24	12	
	Marital status			
	Married	170	85	
	Unmarried	28	14	
	Single/Widow/widower	2	1	

6.	Type of family			
	Joint	116	58	
7.	Nuclear	84	42	
	Monthly income of the family			
	5000-15000	81	40.5	
	15000-30000	79	39.5	
	30000-45000	32	16	
8.	above 45000	8	4	
	Any medical history			
	Yes	24	12	
8.a	No	176	88	
	If yes			
	DM	17	8.5	
	HTN	5	2.5	
	OA	2	1	
	CAD	0	0	
	Any other	0	0	
8.b	Duration of the illness (years)			
	<2	13	6.5	
	2-5	9	4.5	
	>5	2	1	
8.c	Expenses for illness in Rs/month			
	<2000	13	6.5	
	2000-5000	9	4.5	
9	>5000	2	1	
	living arrangements			
	Living alone	34	17	
10	Living with family	164	82	
	Living with friends	2	1	
	How do you spend your leisure time			
10.1	Please specify what activities you do			
	Watching tv	124	62	
	Reading books & news papers	27	13.5	
	Drawing& painting	7	3.5	
	Talking with friends	36	18	
	Any others	6	3	
	10.2	< 1	120	60
		1-3	71	35.5
		>3	9	4.5

Table 1 shows the majority of sample belong to age group 25-35 years, gender is male, secondary education they completed, living in joint family, in type of work the belongs to sedentary work and leisure time they spent mostly by watching TV also unemployment.

Section B: Distribution of stress, anxiety and depression by percentage n=200



**Fig. 1:** Bar diagram represents of stress, anxiety and depression by percentage

Figure 1 shows that 54% sample have extremely severe anxiety; 34% sample have moderate depression and 43% sample have normal stress level.

Section C: Association between stress, anxiety and depression with demographic data

**Table 2:** Association between stress, anxiety and depression with demographic data n= 200

S. No	Demographic data	F Cal	df	F tab	P-value
1.	Age (years)	74.05	3	2.616	0.03
2.	Gender	168.03	3	2.616	0.02
3.	Education	70.10	3	2.616	0.03
4.	Occupation	59.32	3	2.616	0.01
5.	Marital Status	229.31	3	2.616	0.05
6.	Type of Family	188.36	3	2.616	0.03
7.	Monthly Income of The Family	131.74	3	2.616	0.03
8.	Any medical history	139.83	3	2.616	0.01
9.	Living arrangements	145.26	3	2.616	0.05
10.	How do you spend your leisure time	91.62	3	2.616	0.06

The demographic variable like age, gender, education etc almost all shown statistically significant association as the P value is less than 0.05.<sup>7</sup> Spend of leisure time may not show statistically significant, but review show spends of leisure time influence stress and anxiety.

**4. Discussion**

Early identification depressive, anxiety, and stress-related symptoms in adults is a preventive measure, which can help in prevent major physical health related issues like hypertension, cardiovascular diseases etc. and mental health disorders like substance abuse and antisocial behaviours etc in later lives. Conduct awareness program among people about management of stress, healthy lifestyles, human relationships will help to enhance the both physical and mental health of the people.

**5. Source of Funding**

None.

**6. Conflict of Interest**

None.

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**Cite this article:** Nageswaran K, Devi S. Assess the depression anxiety and stress among adults. *J Prev Med Holistic Health* 2021;7(1):23-25.