



A Comparative Study of the Level of Depression among Students in the Hostel at Anbar University

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Abstract

Depression is one of the most common psychiatric diseases in the world, confirmed by global research. The World Health Organization (WHO) sees it as the second most important cause of death and disability in the world after heart disease by 2020. Depression is defined as "a temporary or permanent emotional state in which the individual feels constricted, sad, and distressed, and is characterized by feelings of concern and grief. This condition is accompanied by specific symptoms related to mood, cognitive, behavioral and physical aspects. This study is intended to highlight a very important subject for university students as it is a scientific attempt to study the level of depression they have, especially as this study focuses on an age group with hopes for the renaissance of the society. The problem of depression may be greater than it may come to mind, which is likely to be treated as an attempt to vent the excitement and enjoyment of the most important. For these reasons, depression has been the subject of continuous follow-up and study, and has been written about in many different cultures and different languages. Therefore, the current study is a preliminary step to understand this phenomenon and propose appropriate preventive and curative solutions to mitigate their powers and the associated problems. The research community included the students of some of the (117) faculties of internal departments in Anbar University, represented by three different faculties: College of Engineering, College of Science and College of Physical Education and Sports Sciences. The sample of the study was affected by (60) students, and by percentage (51.28%). They were chosen randomly, with 20 students per college.

After collecting the information, they were unloaded in special tables, and the most important conclusions were reached:

- There are statistically significant differences between the students of some colleges residing in the internal departments at Anbar University in the level of depression.
- Students of the College of Science resident in the internal departments at Anbar University more students are prone to depression.
- Students of the College of Physical Education and Sports Sciences resident in the internal departments at Anbar University less students at the level of depression.

Keywords: *Depression, Students and hostel.*

Introduction

It is the nature of man to influence the attitudes of life and interact with them through his various emotions (such as joy, love, fear, sadness, etc.), there is no doubt that suffering from the pressures, whether psychological and economic and economic impact on the life of the individual, As for the past, the increase in the pressures of life has become clear and clear because of the great development in the world, it is no longer as in the past in the simplicity and lack of requirements, everyone is exposed to crises and problems which are the reasons lead to

the emergence of depression and everyone is vulnerable to injury. Depression is a serious illness in which a person experiences long periods of sadness and other negative emotions or disappointment and negatively affects his thinking and behavior. Depression is one of the most common psychiatric diseases in the world, confirmed by global research, and the World Health Organization (WHO) is the second most important cause of death and disability in the world after heart disease by 2020. Depression is defined as "a temporary or permanent emotional state in

which the individual feels constricted, sad, and distressed, and is characterized by feelings of concern and grief. This condition is accompanied by specific symptoms related to mood, cognitive, behavioral and physical aspects [1, 2]. This is illustrated by Al-Sherbini (2001), noting that depression is one of the most prevalent psychological diseases. The World Health Organization estimates that the number of patients with depression is more than five hundred million. Some of these statistics indicate that the prevalence of depression reaches (7%) of the world's population, and is expected to increase to 10 percent in the coming years [3].

"Depression is often described as a mood, not necessarily a pathological state, and people often experience periods of feeling sad, restless and pessimistic, especially when they have a problem that goes beyond the limits of endurance, or when they lose someone dear to them, "Depression means low and when it comes to mood, it's supposed to be a low mood"[4]. Depression is beyond all borders and ethnic, social and economic differences. No one is immune to depression, and as some would expect, the main symptom of depression is sadness, but grief is not always the main symptom of a depressed person.

For depression, a depressed patient may feel a marked and tangible lack of pleasure about anything about him to the degree of asceticism in everything in life. This is illustrated by Fadel (1987), noting that "depression means a decline in morale, effort, loss, hopelessness and futility"[5]. "Scientists have tried from time to time to understand depression while explaining the nature of the human and the emotional disorders, he interpreted the Canadian as a psychological pain suffered by one because of loss of love and liabilities, and considered Alrazi mental illness, of distress arises from many cases such as anger, isolation, humiliation and lack of resourcefulness [6].

It shows Al-Mutairi (2005) that "depression limits the effectiveness of individuals and spoils their relationship with others and depressed person that can enjoy the activities enjoyed by others "[7]. As Abadi adds "the individual's access to stability in the previous things does not depend on the years of life, but depends on the circumstances surrounding it and the methods that it has developed on it and the role of the environment in helping to reach the desired

level and shows the role of this environment when comparing the psychological growth between one from one society to the next, from one culture to another, as some people grow up to be able to become more capable and complete when dealing with different aspects of life in a serious and effective manner and this requires of course flexibility under different living conditions [8]. Al-Meleiji points out that developed countries are making systematic efforts to combat mental and mental disorders and moral deviations because they have devastating effects that threaten humanity and the consequent dangers that threaten the nation and its entity.

The disorder of the mind means disruption of human activity and chaos in all fields, In the discovery of the disorder helps to recover before the problem and his treatment is difficult, and hence the importance of creating a generation of young people the next fun life, effective product in the community, able to achieve itself and solve problems and these are all necessary qualities to strengthen the civilized society [9]. It is clear that depression is one of the most common diseases in the world and it is not a weakness or something that is easy to get rid of. It affects the way of thinking and acting.

It can cause many emotional and physical problems. People who have depression cannot continue to practice their daily lives. Depression causes them to feel a lack of desire for a lot of daily life. The university stage is one of the important educational stages that end the individual by the end of adolescence, through his willingness to assume the responsibilities and duties of the independent adult.

At the end of this stage, the individual must have made up his vision almost definitively in several vital areas and settled on the type of task he will undertake. Hence, the idea of this research emerged as a result of the importance of this subject. This study was used to identify the level of depression among students of some faculties in Al-Anbar University who live in the hostel due to the various pressures they were subjected to during social studies, As well as to identify the differences between practicing and non-practicing students of various sports at the level of depression.

Research Problem

The danger of depression is that it is a big problem, especially when the individual does not feel sick and needs to consult a doctor. He often suffers from depression but continues in his life and behaves in a negative way that causes him to think negative thoughts, causing him to be isolated from people or even thinking of hurting himself or those who give him. Thus, the current research problem is determined by the following questions:

- Do university students living in hostel suffer from depression?
- Are there differences in the level of depression by scientific specialization?

This study is intended to highlight a very important subject for university students as it is a scientific attempt to study the level of depression they have, especially as this study focuses on an age group with hopes for the renaissance of the society. The problem of depression may be greater than it may come to mind, which is likely to be treated as an attempt to vent the excitement and enjoyment of the most important.

For these reasons, depression has been the subject of continuous follow-up and study, and has been written about in many different cultures and different languages. Therefore, the current study is a preliminary step to understand this phenomenon and propose appropriate preventive and curative solutions to mitigate their powers and the associated problems.

Search Objectives

- Recognize the level of depression among students of some colleges at Anbar University resident in the hostel.
- Identify the differences in depression among the students of some colleges at the University of Anbar resident in the hostel.

Research Hypotheses

There were differences of statistical significance in the level of depression among students of some colleges at Anbar University, who live in hostel.

Research Methodology and Procedures

Research Methodology

The researchers used the descriptive approach to suit the nature of the research.

Community and Sample Search

The research community included the students of some of the (117) faculties of hostel in Anbar University, represented by three different faculties: College of Engineering, College of Science and College of Physical Education and Sports Sciences. The sample of the study was affected by (60) students, and by percentage (51.28%). They were chosen randomly, with 20 students per college.

Means of Data Collection

The researchers used a range of adjuvants to collect data for this study:

- Arab and foreign sources and references:
- A questionnaire for determining the symptoms of depression.

Search Tool

The researchers used the Aaron Beck list, "one of the best self-assessment methods that has been developed and widely used to measure depression".[10]

The list consists of 19 sets of paragraphs. (Annex 1)

Each group represents a specific symptom of depression and under each presentation four options reflect the gradient of the intensity of the presentation as follows:

(Zero) means: lack of supply.

- Means: the presence of the display with a light degree.
- Means: the presence of the offer to a medium degree.
- Means: the presence of the offer to a large extent.

The researchers relied on the same scores as the original Beck index of depression to classify individuals according to the degree of depression to ensure maximum certainty of diagnosis of depression as follows:

(0-9) means no depression.

(10 - 15) means mild depression.

(16-23) Means mean depression.

(24 - More) means severe depression.

The scale consists of a set of phrases and each set of four probabilities and asks the examinee to circle a probability that perfectly describes the state he feels.

The Beck Depression List measures in its original form multiple trends: grief, pessimism, guilt, crying, distress, (Resolution and frequency) (form and image) (work) (sleep) (stress) (appetite) (weight) (health) (gender).

Validity of the Tool

Validity the important characteristics that must be taken care of in building standards, tests and honest testing is that test that is capable of measuring what is put to measure. According to (Ebel), the presentation of the scale to a committee of specialists to examine its linguistic, logical and virtual aspects is the best way to know the apparent honesty of the scale.

Therefore, the tool was presented to a group of experts in the field of psychology to express their views in order to show the validity of the list in measuring the degree of depression among students of some colleges in Anbar University and residents of the hostel. In view of their views and observations, validity of the tool and by (100%).

Stability of the Tool

In order to verify the stability of the test, 10 students were tested and then re-tested after 7 days to verify the validity of the test. It was found that the test has a high stability coefficient with a correlation coefficient of 0.87.

Apply the Scale to the Basic Search Sample

After the completion of the validity and stability of the scale and determine the basic research sample and for the purpose of achieving the objectives of this study was applied to the tool directly to students of some of the colleges residing in the hostel of Anbar University, namely the College of Engineering, College of Science, College of Physical Education and Sports Sciences.

Results and Discussions

View and Discuss Results

Presentation of the Results of Depression among Students of Hostel at Anbar University

Table 1: Shows the mean, standard deviations, the mean, the highest and lowest value, and the Skewness coefficient of the depression variable among the students of the hostel

Scales	Paragraphs attributes	Group	Mean	STD.EV.	Center-premise	highest value	Lowest value	Skewness coefficient
Beck Depression List	19	College of Engineering	19.4	6.16	28.5	31	10	0.06
		College of Science	26.25	7.02	28.5	35	6	- 0.10
		Physical education and sports sciences	16.75	6.04	28.5	28	6	- 0.20

As shown in table (1), paragraphs of Beck's depression questionnaire are (19), the mathematical mean (19.4), the standard deviation (6.16) and the mean (28.5). The highest value achieved by the sample (31). The lowest value of the sample reached (10), and the coefficient of torsion (0.06).

As for the College of Science, the mean was 26.25, while the standard deviation was (7.02) and the mean (28.5). The highest value of the sample (35), the lowest value achieved by the sample reached (6), and the coefficient of torsion (-0.10). While reached the arithmetic mean of the College of Physical Education and Sports Science (16.75), while the standard deviation (6.04), and center-premise (28.5). The highest value obtained by the sample (28). The mean value of the sample reached (6) and the torsion coefficient (-0.20). Since the values of the torsion

coefficient are limited to (± 3), this means that the grades are distributed in a moderate distribution. Mohammed Hassan Allawi (2008) asserts that "the higher the resultant score, the smaller the difference between (± 3). This indicates that the grades are distributed moderately, but if it increases or decreases, this means that there is a defect in the selection of the sample or in the tests used"[11].

View the Results of the Differences between Colleges in the Level of Depression

Table 2: Shows the sum of squares, degrees of freedom, mean squares, calculated and tabular value and significance of differences between colleges at the level of depression

Source of variation	Total squares	df	Average squares	(f)calculate*	(f) tabulate	Type of significance
Between groups	961.3	2	480.65	11.05	3.15	Sig.
Within groups	2478.3	57	43.47			
Total	3439.4					

*(f) Value Tabulated (3.15) in front of the degree of freedom (3-1 = 2) between the groups and (60-3 = 57) within the groups at the level (0.05)

Table (2) of the results of the colleges in the research variable under study shows that the total squares between the groups were (961.3) and within the groups (2478,3), while the degrees of freedom between groups (2) and within groups (57) The average squares between the groups were (480.65) and within the groups (43.47). In order to detect the significance of the differences, the calculated value of f (11.05) was greater than the periodic value of (3.15) (2) between the groups and (57) within the groups and at a significance level (0.05).

Thus, the differences are statistically significant. In order to find out the difference to any college, the researchers extracted the value of (L. S. D). As shown in table (3). It was found that the least difference between the computations of the value of the (L.S.D) is (S1C3), which is the college of engineering with the highest arithmetic mean.

View the Results of the Differences between the Computational Circles of the Research Sample

Table 3: Shows the difference between the computational environment of all stages of study

S	Groups	Means	Differences
1	Mean1-mean2	19.4-26.25	-6.85
2	Mean1-mean3	19.4-16.75	2.65
3	Mean2-mean3	6.75-26.25	9.5

Depression (0-9) means no depression, (10-15) means a mild depression, (16-23) means mean depression, (24 or more) means severe depression, the first group is the level of depression (average) Level of depression (severe) and third (moderate) level.

This means that the level of depression in the second group represented by the College of Science is the largest followed by the first group of the College of Engineering, and comes the third group, which is the College of Physical Education and Sports Science finally, the lowest level of depression. The researchers attributed this to that the students of the College of Physical Education and Sports Sciences have active participation in sports activities and this leads to the unloading of cadres within the student because of the times spent in the exercise of sports activity.

the advanced stages of life the study came at a time when doctors were looking for alternative medicine to combat depression, and proved that exercise is the best alternative. "A study of the Swiss Bern University in September 2014 confirms that exercise has the same effect as anti-depressants and sedatives on depression itself, as it has been shown that exercise is an effective way to reduce symptoms of depression. It is complementary or even alternative medicine. The state of depression"[13].

This is confirmed by Osama Rateb (1995) that some scientists believe that the exercise of physical activity and the development of fitness for the individual affect the improvement of self-concept and estimates and also helps to get rid of some mental diseases as a way to vent energy[12]. "Exercise in moderation prevents long-term depressive episodes," says George Mammen of the University of Toronto, Canada, in a study published in October (2013) in the American Journal of Preventive Medicine. Because it focuses on the role played by sports in the maintenance of mental health and prevent the emergence of depression in

The researchers also explain why the students of the College of Physical Education and Sports Science less students exposed to depression was the result of the exercise of various sports, as it is one of the most important factors that help to alleviate the pressure on the individual, as well as the exercise leads to a sense of joy and pleasure in the hearts In addition to the acquisition of social relations that help to love and affection, and give physical and mental comfort, and this is confirmed by many scientific research in it. asserts that the biological effects of the sport and its hormonal secretions have very significant effects on the psyche [14].

In his study (2014), Idris Ahmed points out that the practice of sports increases the chances of social interaction among students and thus reduces the students' sense of isolation. The effect of exercise also improves self-confidence, self-esteem, sense of control and efficiency[15]. Researchers at the Duke University Medical Center in the United States found that rapid exercise for less than one hour each week helped relieve major depressive symptoms and reduce the need for anti-depressant drugs, after following more than (150) people with depression.

A 16-week exercise program showed that only a half-hour of motor activity three times a week could help improve physical and mental health, to him, especially walking, helps to get rid of the sense of frustration and laziness and depression"[16]. The researchers explain that the College of Science is the highest level in the academic level and is ranked first, followed by the College of Engineering in all its departments due to the great pressure of study and the fear and anxiety of failing to pass the school stage, which causes a psychological state that frustrates the student due to fear of loss of value.

This is what Patterson (1990) points out, "Depression begins with the loss of something to the person. The loss may be real and may be hypothetical or false. In both cases it is exaggerated and realized that it is permanent and constant. First it can be returned or reversed. The person as a

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reflection of his own existence or reflect on its characteristics or level of efficiency, and thus lead to the formation of a negative concept of the self that is a loser or worthless or Ahleih As well as the comparison between himself and others more self-deprecating him and the end result is the total rejection of self. Self leads to despair and thus death of the Afieh, as long as the expected results are negative; there is no need to make the effort [17]. The current study differed with the result of the study of Abdul-Karim Ghali (2013) in terms of the effect of the variable (scientific - human) at the level of depression, which indicated that the students of the university have the ability to use the division of time well in the study and study and use leisure Psychological, this made the ease and difficulty of the article between the scientific and human sections was unable to create a psychological crisis or disorder such as depression [18].

Conclusions

- There are statistically significant differences between the students of some colleges residing in the hostel at Anbar University in the level of depression.
- Students of the College of Science resident in the hostel at Anbar University more students are prone to depression.
- Students of the College of Physical Education and Sports Sciences resident in the hostel at Anbar University less students at the level of depression.

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Appendix 1: The Beck Depression List is described in its original form

- I do not feel sad.
- I feel sad at times.
- I feel sad all the time and I cannot get rid of this feeling.
- I am so sad and unhappy that I cannot afford it.
- I am not pessimistic about the future.
- I feel pessimistic about the future.
- I feel that I have nothing to aspire to.
- I feel that the future is hopeless and that this situation cannot be changed.
- I do not feel like a failed person in general.
- I feel that I face the most common failure of ordinary man.
- When I look at my past life, all I see is a lot of failure.
- I feel like a failed person.
- Things still give me a feeling of satisfaction as they usually did.
- I do not feel pleasure in things as I normally do.
- I no longer feel any real pleasure in anything at all.
- I have a feeling of dissatisfaction and boredom of all things.
- I have no guilt.
- I feel guilty at times.
- I feel guilty most of the time.
- I feel guilty at all times.
- I do not feel deserving of any kind of punishment.
- Sometimes I feel guilty.
- I often feel I deserve punishment.
- I feel that I am being punished and tortured in my life and deserve it.
- I do not feel disappointed in myself.
- I feel disappointed in myself.
- Sometimes I feel that I hate myself.
- I hate myself at all times.
- I do not feel worse than others.
- I criticize myself for my mistakes and weakness.
- I blame myself all the time for my mistakes.
- I blame myself for everything that happens even if I do not have a direct relationship with it.
- I have no suicidal thoughts.
- I have some suicidal ideas but I will not do them.
- I want to kill myself.
- I'll kill myself if I have the chance.
- Do not cry more than usual.
- I cry these days more than usual.

- I cry all the time these days.
- I had the ability to cry, but these days I cannot cry even though I want to.
- I do not feel these days that I am more frenzied than usual.
- My anger has become more easily aroused than usual these days.
- I feel very excited all the time these days.
- I felt that my feelings had changed and nothing was getting angry anymore.
- I do not feel that I have lost interest in other people.
- I became less interested in other people than I was.
- I lost most of my interest to other people.
- It has all my attention to other people.
- I make my decisions the best way.
- I tend to delay decisions more than I normally do.
- I have found it very difficult to make decisions before.
- I no longer have the ability to make decisions these days.
- I feel that my appearance is as good as it used to be.
- It bothers me that I feel unattractive.
- I feel that there are permanent changes in my appearance that make me seem unattractive.
- I think I look ugly.
- I can work as efficiently as I normally do.
- I need extra effort to start working on anything.
- I cannot work or do anything at all.
- I find it very difficult to start doing anything.
- I can sleep well as usual.
- I do not sleep well as usual.
- I wake up an hour or two early and cannot go back to sleep.
- I wake up many hours earlier than usual and cannot go back to sleep.
- I do not see that I have become more tired than usual.
- I became more tired than usual.
- I became tired of doing almost anything.
- I'm so tired that I cannot do anything with her.
- My appetite for food is as usual.
- My appetite for the food is not as good as it normally was.
- My appetite for food is very bad these days.
- I have no appetite for food at all these days.
- I have no more discomfort with my health than usual.
- I am upset about health problems such as stomach pain, constipation or general physical pain.
- I'm uncomfortable with health problems and it's hard to think of anything else.
- I am very concerned about my health so that I cannot think of anything else.