

Relationship of Anxiety, Stress & Depression with Self Esteem Among Undergraduate Medical Students

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ABSTRACT

Introduction: According to a recent study conducted by the Anxiety and depression Association of America seven out of 10 Joined together States adults claim to encounter push or uneasiness at least at a moderate level on every day premise. Whereas stress is an inevitable portion of life, it is exceptionally present and getting to be more prevalent among college students. In expansion to anxiety and stress, discouragement can also impact college life to such a degree that in-depth research is necessary in arrange to assist future students. Within the USA, nearly 10% of college students have been analyzed with, or treated for, depression over the past 12 months. However, only almost half of the individuals in America enduring from a diagnosed case of sadness are treated for the disorder.

Past research on Anxiety, depression and self-esteem highlights that low self-esteem is related to higher levels of uneasiness, misery and stress. Be that as it may, this correlation has not been clearly illustrated in Pakistani young people especially medical students.

Objective: To investigate the relationship of Anxiety, Stress & Depression with Self Esteem among undergraduate medical students

Material and Methods

Study design: Quantitative cross sectional

Settings: Shahida Islam Medical College Lodhran

Duration: Four months i.e. 1st January 2022 to 30th April 2022

Data Collection procedure: Cross sectional was conducted on 250 medical students. Data was collected by validated questionnaire. The depression, anxiety and stress scale (DASS) was used for the calculation of stress, anxiety and depression and Rosenberg self-esteem scale used to calculate the self-esteem. Data was collected after informed consent taken from students. The students who have been suffering any kind of diseases excluded from study. Data was analyzed using SPSS version 22 for results.

Results: The total number of medical students was 250 in which 105 were males and 145 females. Students selected from all levels of MBBS 42% males and 58% females. In table 2 regarding depression 60.4% students fall in normal, 23.6% fall in mild, 14% fall in moderate and 2% in severe category. As far Anxiety is concerned 52% students fall in normal, 22% fall in mild, 19.2% fall in moderate and 6.8% in severe category and for stress 56.8% students fall in normal, 26% fall in mild, 17.2% fall in moderate and 0% in severe category.

Conclusion: The move to adulthood represents a high-risk period for the onset of depression generally young individuals who enter tertiary education may face modern social and mental challenges that will increase their chance of enduring sadness, uneasiness and stress. The high rates of depression, anxiety and stress among students have major suggestions. Not as it were will mental morbidity have adverse impacts on the student's educational attainment and quality of life, but family life and institutional life may be disrupted.

Change of these, as well as arrangement of mental wellbeing facilities and mindfulness to medical students may make strides the self-esteem, stress administration as well as mental trouble among medical students.

Keywords: Anxiety, Depression, Stress, Self Esteem, Mental health, Students.

INTRODUCTION

According to a recent study conducted by the Anxiety and depression Association of America seven out of 10 Joined together States adults claim to encounter push or uneasiness at least at a moderate level on every day premise. Whereas stress is an inevitable portion of life, it is exceptionally present and getting to be more prevalent among college students. In expansion to anxiety and stress, discouragement can also impact college life to such a degree that in-depth research is necessary in arrange to assist future students. Within the USA, nearly 10% of college students have been analyzed with, or treated for, depression over the past 12 months. However, only almost half of the individuals in America enduring from a diagnosed case of sadness are treated for the disorder^{1, 2}.

Past research on Anxiety, depression and self-esteem highlights that low self-esteem is related to higher levels of uneasiness, misery and stress. Be that as it may, this correlation has not been clearly illustrated in Pakistani young people especially medical students.

Progressively, getting a college degree is seen as the key to victory, and with numerous students leaving their home state to go to a medical school, the move itself can be a cause of sadness, uneasiness and stress. The move into a post-secondary school has been detailed to be related with appetite disturbance, concentration issues and misery. Homesickness is a direct byproduct of this move that influences college students, primarily freshmen, and is therefore an imperative center for colleges looking to properly treat the mental wellbeing issues plaguing their students.

The negative side effects of discouragement, uneasiness, and push illustrate the significance of treating their rate among college students^{3,4}. For illustration, depression is related with hindering behaviors such as smoking, poor diet, need of work out, poor rest habits, and noncompliance with medical treatment proposals. Individuals with anxiety disorders too report a more awful quality of life than individual's without high levels of anxiety. It can moreover be beneficial for colleges to get it what viewpoints of life connect with a diminish in depression, uneasiness and stress indications in arrange to empower those behaviors in their

students. For illustration, studies have appeared that those college students who have satisfactory connections with family and companions are more likely to have in general life fulfillment^{4,6}.

MATERIAL AND METHODS

Cross sectional was conducted on 250 medical students. Data was collected by validated questionnaire. The depression, anxiety and stress scale (DASS) was used for the calculation of stress, anxiety and depression and Rosenberg self-esteem scale used to calculate the self-esteem. Data was collected after informed consent taken from students. The students who have been suffering any kind of diseases excluded from study. Data was analyzed using SPSS version 22 for results. Mean & standard deviation was calculated.

RESULTS

The total number of medical students was 250 in which 105 were males and 145 females. Students selected from all levels of MBBS 42% males and 58% females. In table 2 regarding depression 60.4% students fall in normal, 23.6% fall in mild, 14% fall in moderate and 2% in severe category. As far Anxiety is concerned 52% students fall in normal, 22% fall in mild, 19.2% fall in moderate and 6.8% in severe category and for stress 56.8% students fall in normal, 26% fall in mild, 17.2% fall in moderate and 0% in severe category. It is also noticed in table 3 that total self-esteem score showed significant negative correlation as per with scores of stress, anxiety and depression. Scores of anxiety, stress and depression increases then self-esteem decreases and vice versa.

Table 1: Demographic Background

No.	Parameter	Frequency	%age
1	Gender		
	Male	105	42
	Female	145	58
	Total	250	100
2	Level of Education		
	1 st Year MBBS	55	22
	2 nd Year MBBS	50	20
	3 rd Year MBBS	48	19.2
	4 th Year MBBS	46	18.4
	5 th Year MBBS	51	20.4
	Total	250	100

Table 2: Severity of depression, anxiety & stress among medical students (n=250)

No.	Parameter	Normal	Mild	Moderate	Severe
1	Depression				
	1 st Year MBBS	35	10	7	3
	2 nd Year MBBS	33	9	8	0
	3 rd Year MBBS	31	11	6	0
	4 th Year MBBS	25	12	8	1
	5 th Year MBBS	27	17	6	1
	Total	151	59	35	5
2	Anxiety				
	1 st Year MBBS	30	10	9	6
	2 nd Year MBBS	25	12	8	5
	3 rd Year MBBS	23	10	11	4
	4 th Year MBBS	24	11	10	1
	5 th Year MBBS	28	12	10	1
	Total	130	55	48	17
3	Stress				
	1 st Year MBBS	32	16	7	0
	2 nd Year MBBS	30	12	8	0
	3 rd Year MBBS	25	12	11	0
	4 th Year MBBS	22	15	9	0
	5 th Year MBBS	33	10	8	0
	Total	142	65	43	0

Table 3: Correlation of Means and Standard Deviation of Depression, Anxiety & Stress with total Self Esteem Score

No.	Parameter	1	2	3	4
1	Mean	1.52	1.88	1.32	25.9
2	Standard Deviation	0.75	1.07	0.45	3.69
3	Depression	1			
4	Anxiety	.56**	-		
5	Stress	.53**	.50	-	
6	Total self esteem	-.40**	-.33**	-.32**	-

DISCUSSION

Whereas one of the beginning objectives of this study was to narrow down possible relates of depression, uneasiness, and stretch, all the potential sources of concern shown on the study had a significant positive relationship with levels of depression, anxiety, and stress. Medical studies have been recognized as demanding and longer in term. Medical students experience distinctive types of challenges during studies, counting overwhelming workloads, scholarly pressure, lack of time, a sleeping disorder, and now and then money related limitations. All these variables can lead to sadness, uneasiness and stress among students^{7, 8}.

Our study recognizes that there are critical inverse connections of self-esteem scores with depression, anxiety and stress. Self-esteem moreover contrarily predicts depression, anxiety and stress independently. The result of our study adjusts with the past studies conducted in Ghana, India and Turkey that demonstrate inverse connections of self-esteem with depression and anxiety. Past work on the affiliation between self-esteem and enthusiastic unsettling influence (uneasiness and sadness) in Pakistan has appeared that depressive men tend to self-appraise negatively⁹.

With respect to our medical student body, cures and methods for progressing self-esteem and enthusiastic wellbeing are display inside present day mental wellbeing and counseling. Students got to be made mindful of these, and of the significance of taking care of their possess mental wellbeing, so that they can utilize the offices accessible on campus¹⁰.

CONCLUSION

Whereas the move to adulthood represents a high-risk period for the onset of depression generally, youthful individuals who enter tertiary education may face modern social and mental challenges that will increase their chance of enduring sadness, uneasiness and stress. The tall rates of depression, anxiety and stress among students have major suggestions. Not as it were will mental morbidity have adverse impacts on the student's educational attainment and quality of life, but family life and institutional life may be disrupted. Prolonged untreated self-esteem depression, anxiety or stress may impact upon the working and efficiency of the people who are influenced, hence showing a public health problem.

Change of these, as well as arrangement of mental wellbeing facilities and mindfulness to medical students may make strides the self-esteem, stress administration as well as mental trouble among medical students.

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