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Role of Family Environment and School Environment in Depression among Adolescents

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Abstract: Depression is the most common psychiatric disorder among every age group. It has a negative effect on physical as well as mental health of adolescence. Depression is a state of low mood that can affect a person's thoughts, behavior, feelings, and sense of well-being. Depression is curse in which a person loses his interest in daily life. Depression among adolescents is rising in all over world. Depression could be genetic as well as environmental. One in every five adolescents is likely to experience depression by the age of 18. Depression is the most common problem among adolescents. There are many factors that determine depression but the most important among them are School environment and family environment. In this paper, we are discussing about role of school and family environment in depression. The school provides well-organized environment to a child that ensures the all-around development of the child. School's environment provides a great number of activities on a campus. A child spends a significant amount of time in school for acquiring knowledge and skills that helps him to be ready for future. The school has an important impact on the life of child and also has an influence on growth and development of child. The school gives a shape to the life of child. Family especially mother is the first school for a child and also a miniature society for children. The children's experiences in family affect their expectations and capacities for social living in different stages of life. Family is the most important variable which influences the development of a child. Family environment is the first social setting in which an infant takes birth and start learning. Family is the second place in which a child spends most of his time after school. Informal learning of a child starts from his family.

Keywords: Depression, School, Family, Adolescents, Child.

1. INTRODUCTION

Depression can damage the daily life of an individual. Depression can be genetic as well as environmental. There are many factors which lead to depression like less parental support, parent-adolescent conflict, rejection by peers etc. About 11% of adolescents experience depression by age 18. Girls experiences more depression than boys. Depression is a serious illness that negatively affects how you feel, the way you think and how you act. Depression is also treatable. Depression is a state of mind that causes feelings of sadness and/or a person's loss of interest in activities once enjoyed by him. It can lead to a variety of emotional and physical problems that can decrease a person's ability to work properly. The depressive symptoms can range from mild to severe. Depressed person loses his interest in

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Activity which was earlier enjoyed by him. One of the important symptoms that are seen in depression is changes in eating habits, where the person either eats a lot or doesn't feel like eating at all. This leads to weight gain or weight loss. Other concern is regarding sleep. Depressed person may experience a lack of sleep or where the person sleeps a lot. Along with these changes, there is also a change in energy level; there may be a loss of energy or a boost in energy level. Here the person is either doesn't have the energy to do the activity or feels a lot of energy and feels like constantly doing some or the other activity. Depressed person experiences both physiology and psychological symptoms. One of the psychological symptoms is feeling worthless or guilty. When the persons feel worthless then they believe that they have nothing valuable to offer the world. Individuals who feel guilt feel bad about what they have done. These feeling can also lead the person to have thoughts of death or suicide. When there are thoughts of suicide the person is constantly preoccupied with the thoughts of suicide. The most devastating outcome of depression is suicide. These symptoms must last at least two weeks for a diagnosis of depression.

1.1 After home students spend most of their time in school. It is the small unit of society and first step of socialization. School environment is directly associated with the mental development of the students. Environment of the school effects the development of the child. Schools are the places where a child learns to explore his potential. School is an effective place to raise student's aspirations. Society has its own demands, and the schools are the most effective means that helps to fulfill the demands of society by playing the effective role in shaping the thoughts and behavior of a child. Schools help in the development of aspirations, behavior and attitude of a child. Schools provide an environment in which child learns emotional adjustment, social adjustment as well as educational adjustment. It helps a child to make healthy relationships with peers, teachers, family, and society. Schools work as a helpful tool to modify the behavior of child. Individuals develop many behavioral habits from school environment. Students feel happy and a part of the school if there is positive and healthy school climate.

1.2 Family is a primary socialization context and a strong factor influencing child's development. A family is a source of stability, security, and happiness. The family environment is the most important informal learning environment. Family, especially parents act as an educator. Family is a place where individual's basic needs are fulfilled. Healthy and positive home environment helps an individual to develop his all-around personality. Family is the first school from values is taught. Family is the basic social unit. Family plays an effective role in the adjustment and adaptation process of an individual. Individual learns from his family how to deal with different challenges of life. Family is a place where an individual can express and share his feelings. Individual spends their quality time with family members. Individual learns the value of relations. Good family relations promote healthy mental health of an individual. The family environment affects the whole life of an individual. Positive family environment provides an individual with better educational and health facilities. Individual feels secured and protected with his family members. Family provides good emotional atmosphere and economic conditions. Home is the center of love and affection from where an individual learns discipline, respect, and belongingness. The individual learns first lesson of life from his family

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2. LITERATURE REVIEW

2.1 Firstly, we are going to discuss about the role of school environment in depression. As we discussed above that school plays an important role in the overall development of a child. School environment contains of both positive and negative characteristics. Positive school environment makes a child bright and brings out the best in child. Negative school environment makes a child maladjusted to peers, family and society and can be prone to depression. The environment in classroom decides the mental health of an individual. A positive school environment is a prerequisite condition for all around development and good learning experience. An encouraging environment in school provides an opportunity to enhance creativity. School environment is strongly related to depression. Effective school environment leads to decrease in depression and non-effective school environment leads to increase in depression among adolescents. The school influences the personality development of the child. School is the chief institution of formal learning in which children develop positive learning and good adjustment styles. There are many school factors that affect the mental status of adolescence such as peer pressure, poor academic performance, teacher-student relationships. The teacher has the greatest responsibility to foster adjustment styles and to develop positive behavior among adolescents. The school meets emotional needs of the students that are neglected in the home. The school helps the individual to think positively and the person who thinks positive automatically have more positive well-being and less prone to depression. School environment motivates the adolescence for active participation in knowledge and skills acquisition. If adolescence has positive attitudes towards teachers, peers and school as whole then they could have more well-being and positive personality. The experience that an individual gain from his school has a deep impact on his life.

Lalnunhlui and Fenai (2018) measured the relationship between mental health and academic achievement of higher secondary school's students. A sample of 300 students in class 11th was selected. Mental health scale was used for data collection. The study found significant difference between mental health and academic achievement of higher secondary school's students.

Kaur and Niwas (2017) conducted a study to find out the aggressive behavior among secondary school students in relation to environment. A sample of 300 secondary school students was taken. Aggression Scale and Socio Emotional School Climate Inventory were used. Significant negative relationship had been found between aggression of secondary school students and school environment.

Bashir and Kaur (2017) in their study investigated the difference in educational aspiration and school environment of secondary school students based on locality. Level off Educational Aspiration test and School Environment Inventory was used. The sample was 400 students. The results indicated positive significant relationship between educational aspirations and school environment.

Kumar (2016) conducted a study to evaluate the mental health status among adolescents. The sample of the study included 400 adolescents. Mental health battery was used for data collection. Significant difference was found between mental health status and emotional

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stability, overall adjustment, self-concept, security-insecurity, and intelligence accept mental and autonomy of adolescent boys and girls.

Jogeswara and Reddy (2016) conducted a study to find out the effect of school environment, home environment and mental health status on achievement motivation. A sample of 600 high school students was taken. School environment and home environment inventories, mental health inventory and achievement motivation scale was used. Results revealed significant impact of the three variables on motivation of the students.

Deb, Strodl and sun (2015) investigated the academic stress, mental health and the association between various psychological factors and academic stress of Indian high school students. A total of 190 students from grades 11 and 12 schools in Kolkata, India was selected for the study. A designed structured questionnaire and the general health questionnaire were used for data collection. It was found that academic stress was positively correlated with parental pressure and psychiatric problems.

Dhull and Kumari (2015) conducted a study to examine academic stress among adolescents in relation to gender. 212 adolescents of class X were included in the study. Stress Inventory for school students was used. It was found that female subjects were under more academic stress as compared to their male counterparts.

2.2 Secondly, we are going to discuss about the role of family environment in depression. The family has a very big role in shaping and molding the traits and opinions of adolescents. Home is the place where everybody remains natural without any artificiality. The home is the most comfortable place for an individual to live and to share his feelings and fears. So, the impact of the family on adolescents can't be evaded. Parents are the primary source of education in any child's life. The family environment has a strong impact on the mental status of child. Family environment consists of many dimensions like cohesion, expressiveness, conflict, acceptance and caring, active recreational orientation, independence and organization and control. A family is a primary social institution. Negative family environment negatively affects the mental health of adolescence. The adolescents from broken and divorced families are more prone to depression. The adolescents from the families in which the parents have good understanding for each other are at good level of well-being. The family environment provides the base for personality development of adolescents.

Amandeep and Paul (2018) in their study found a positive and significant relationship between self-concept of adolescents in relation to their family and school environment. A sample of 100 adolescents from government schools of Jalandhar district was taken.

Das and Prakash (2018) studied parental attitudes and its impact on adolescent's abnormal behavior. The family relationship inventory was administered on 40 adolescents with psychological disorder and their 40 normal siblings. Results showed that avoidance attitude of parents, as perceived by the adolescents with psychological disorders, were significantly different from the perception of the same by normal siblings. Also, mothers were perceived more avoiding than fathers.

Singh (2017) conducted a study on 300 senior secondary school students to investigate the frustration tolerance among senior secondary school students in relation to family environment. Frustration Tolerance Test and Family Environment Scale were used. It was found that frustration tolerance is significant to family environment.

Amardeep (2016) conducted a study on 400 adolescents and found significant relationship between psychological hardiness and perceived parenting style. It was also found that adolescents who perceive their parents as authoritarian experience more psychological

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hardiness.

3. CONCLUSION

Adolescents are the assets for any nation. This is the basic reason that the adolescents should be of good mental health. So, the environment of the school and family should be positive and healthy enough so that mental status of adolescents could be improved. Academic and parental stress should be decreased for higher academic achievements. Adolescents should involve in more co-curricular activities. Teachers and parents should be made aware to identify depression at earlier stage so that the risk for progression to severe depression and problems like drug abuse, suicide and violence can be minimized.

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