

DEPRESSIVE SYMPTOMS IN ASSOCIATION WITH SOCIO-DEMOGRAPHIC FACTORS, FAMILY FUNCTIONING AND CLASSROOM ENVIRONMENT AMONG SECONDARY SCHOOL STUDENTS IN SAMARAHAN

ABSTRACT

(Depression in adolescents has become one of the issues that spark concern among public health specialists and psychiatrists alike. The increasing trend worldwide and the destructive end results of adolescence depression need to be studied and analysed so that proper intervention can be instituted)

The objectives of this cross sectional study were to determine the prevalence of depressive symptoms among secondary school students in Samarahan area and to assess the factors that are significantly associated with depressive symptoms. Socio-demographic characteristics, perceived general family functioning and perceived school environment were the factors studied. The most common depressive symptoms were also being analysed in this study according to the Children Depressive Inventory (CDI) subscales.

According to this study the rate of depressive symptoms among secondary school students in Samarahan was quite high (34%). The ethnicity and school environment were significantly associated with depressive symptoms. However gender, family functioning, type of schooling, staying with parents or single parent, number of siblings, birth order, family history of depression, staying with extended family member and area of residence have no significant association with depressive symptoms.

Comparison of the median score of CDI showed that Chinese (21.32 ± 10.33) was more depressed compared to Malay (13.72 ± 6.87) and other Bumiputeras (12.71 ± 9.17).

Furthermore the result also showed that students who stayed in rural area (13 ± 6.94) was less depressed compared to students stayed in urban area (14 ± 10.1). The most common depressive symptoms in this study were anhedonia (59%) and negative self-esteem (57%).

In conclusion, the findings in this study highlight the importance of perceived school environment in relation with depressive symptoms which only recently taken into consideration in influencing teenagers psychological well being, particularly in Malaysia. Teachers, counsellors and other professionals who deal with adolescents, play an important role in linking the high risk adolescent to proper intervention strategies. Furthermore, one must not underestimate the influence of ethnicity in assessing the level of depressive symptoms among students.

PETANDA KEMURUNGAN DAN PERKAITANNYA DENGAN SOSIO DEMOGRAFI, FUNGSI KELUARGA DAN PERSEKITARAN PERSEKOLAHAN DI KALANGAN PELAJAR SEKOLAH MENENGAH DI SAMARAHAN

ABSTRAK

Kemurungan di kalangan remaja telah menjadi di antara isu yang mencetuskan kerisauan di kalangan pakar kesihatan awam dan pakar psikiatri. Corak peningkatan kes di seluruh dunia dan kesan buruk susulan masalah tersebut perlu dikaji dan dianalisa supaya langkah yang sesuai untuk mengatasinya boleh diambil.

Objektif kajian irisan lintang analitik ini ialah untuk menentukan kadar petanda kemurungan di kalangan pelajar sekolah di Samarahan dan untuk menilai faktor-faktor yang berkaitan dengan petanda kemurungan. Sosio demografi, tanggapan terhadap fungsi keluarga dan tanggapan terhadap persekitaran persekolahan telah dikaji di dalam tesis ini. Petanda kemurungan yang paling kerap di alami oleh pelajar juga diperolehi dengan menganalisa subskala Children Depressive Inventory (CDI).

Berdasarkan kajian ini, peratusan pelajar di Samarahan yang mempunyai petanda kemurungan adalah agak tinggi iaitu 34%. Etnik dan persekitaran persekolahan mempunyai perkaitan yang signifikan dengan petanda kemurungan. Walau bagaimanapun, jantina, fungsi keluarga, jenis persekolahan (harian; asrama), tinggal dengan kedua-dua ibu bapa atau ibu/bapa tunggal, jumlah adik beradik, kedudukan di dalam adik beradik, sejarah keluarga yang mempunyai kemurungan, tinggal dengan keluarga kembangan dan kedudukan tempat tinggal tidak mempunyai perkaitan signifikan dengan petanda kemurungan. Perbandingan median markah CDI menunjukkan etnik Cina (21.32 ± 10.33) mempunyai tahap kemurungan