Influence of Body Build, Physical Appearance and General Health Status on Depression Levels of Urban, Rural and Slum Adolescent Girls and Boys

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Abstract: *A sample of 600 randomly selected adolescent boys and girls in the age range of 16 to 18 years and studying in std. X[th], XIth and XIIth. In all randomly selected samples 300 samples were belonged to Ambajogai taluka and 300 samples from Latur taluka. Among that 100 each from Urban, Slum and Rural area with 50 boys and 50 girls in each area. In Latur taluka remaining 300 samples divided like Ambajogai taluka. The data pertaining to the study was collected by administering Depression Scale by Karim and Tiwari 1986 and revised Socio- economic Status Scale of Kuppuswamy in addition to personally interviewing the sample adolescents. The ANOVA test F values and Correlation r values indicates that adolescent girls and boys is strongly influenced by their gender appropriate body build, physical appearance and general health status.*

Keywords: Body build, physical appearance, depression levels, general health status

1. Introduction

Adolescence is an important period, transitional period, it is period of change, it is a problem age, is a time of search for identity, time of unrealism. Adolescence is itself considered as a most crucial stage of human development and this stage carries mental and physical changes. These changes many times disturb the adjustment of the growing child. Emotional and physical changes developmental problems enhanced curiosity, tensions in life, fear of failure etc. are conditions associated with the adolescence stage and leads to depression among adolescents. Much research has been conducted on the psychological ramifications of body image on adolescents. In these modern days' adolescents are exposed to more media on a daily basis then any generation before them. Recent studies have indicated that the average adolescents watch roughly 1500 hour of television per year. As such, modern day adolescents are exposed to many representations of ideal societal beauty. The concept of a person being unhappy with their own image or appearance has been defined as "body dissatisfaction". In adolescent's body dissatisfaction is often associated with body mass, low self-esteem, a typical eating patterns and depression. Low self-esteem and poor body image are risk factors for the development of depression. Body image refers to the picture that an individual form of their body in their mind. This may have no bearing at all on actual appearance. Many girls as compare to boys want to be slim, as slim is regarded as beautiful while being overweight is viewed negatively which leads to depressive symptoms in them. Dissatisfaction with one's body image may result in depression. Many times adolescents compare themselves with their peer group mainly with regard to physique and when they found that they are obese, not good looking and having inappropriate body build than others then they develop dissatisfaction about their body, if it persists for a long period they may develop negative attitude towards self which all at risk of depression. Tram and Cole (2000) rightly stated that adolescents who perceived themselves as academically, socially or physically incompetent were found to be more vulnerable to subsequent depression than children who perceived themselves as competent.

2. Methodology

A sample of 600 adolescent girls and boys were included in the study. Three hundred samples belonged to Ambajogai taluka and 300 to Latur taluka in that 150 girls and 150 boys were selected from urban, rural and slum area Marathwada region, Maharashtra state. Their age group was 16-18 yrs and was from std. X to XII. The data pertaining to the study was collected by administering Depression Scale and revised Socio-economic Status Scale of Kuppuswamy in addition to personally interviewing the sample adolescent girls and boys. This scale has 96 statements to analyses of their depression level. The collected information of the sample adolescents was pooled and statically analyzed.

3. Results and Discussion

Table 1 fig 1 indicates that comparison between depression levels of adolescent girls and boys with their body built. Overall ANOVA test showed that those adolescents reported poor body built had high depression level mean as compare to average body built but those have good body built had low level depression mean. F values indicate that body built of adolescents was significantly influenced on the depression level of them. In correlation analysis r values indicate that body built of adolescent girls and boys were found to have significant negative correlation with depression level of them. It shows that as body built of adolescent's increases depression level decreases irrespective of area and based on the area of residence. These findings are same as findings quoted by Kaur R, Singh A K (2003).

Table 2 fig 2 indicates that comparison between depression levels of adolescent's girls and boys with their physical appearance. ANOVA test showed that physical appearance is one of the important factor for depression level of

adolescent girls and boys. The results showed that those adolescents were found poor physical appearance reported high depression level mean as compare to average physical appearance but those having good physical appearance showed low depression level mean. F value indicates that physical appearance of adolescent girls and boys was significantly influenced on the depression level of them. In correlation analysis r values indicate that the physical appearance of adolescent girls and boys were found to have strongly influenced on the depression level of them. It was found to have significant negative correlation was found with depression levels of adolescent girls and boys irrespective of area and based on the area of residence. It shows that as physical appearance of adolescent girls and boys increases depression level decreases. These findings are in line with the findings quoted by David A. Cole and Jane M. Tram (2000).

Table 3 fig 3 indicates that comparison of sample adolescent's general health status with their depression levels. ANOVA test analysis showed that the adolescents having poor health status have high depression level mean as compare to average health status but those adolescents possessed good health status were found to have low depression level it means that the health status of an adolescents were significantly influenced on the depression level of adolescent girls and boys. The analysis by correlation r values indicate that general health status of adolescent girls and boys were found to have significant negative correlation with depression levels of adolescent girls and boys irrespective of area and based on the area of residence. It shows that as health status of adolescents if good then depression levels of them decreases. These findings are same in line with the findings quoted by Joshi et al (2008) and Miller and Brennan P.A. et al (2007).

Table 1 Comparison between depression levels of adolescent girls and boys with their body built

Analysis of depression levels with body built of adolescent girls and boys

Body Built of Girls and Boys	Depression Levels Mean	F value	C.D. Significant at 1% level	C.D. Significant at 5% level	S.E.
Poor	187.46	177.003**	12.05	9.17	4.635
Average	149.47				
Good	77.97				

Figures in parentheses indicate number of adolescent girls and boys ** - Significant at 1 % level
N- Number of samples
G – Good body built
A-Average body built
P – Poor body built

Area, Body built, Depression levels and percentages of adolescent girls and boys
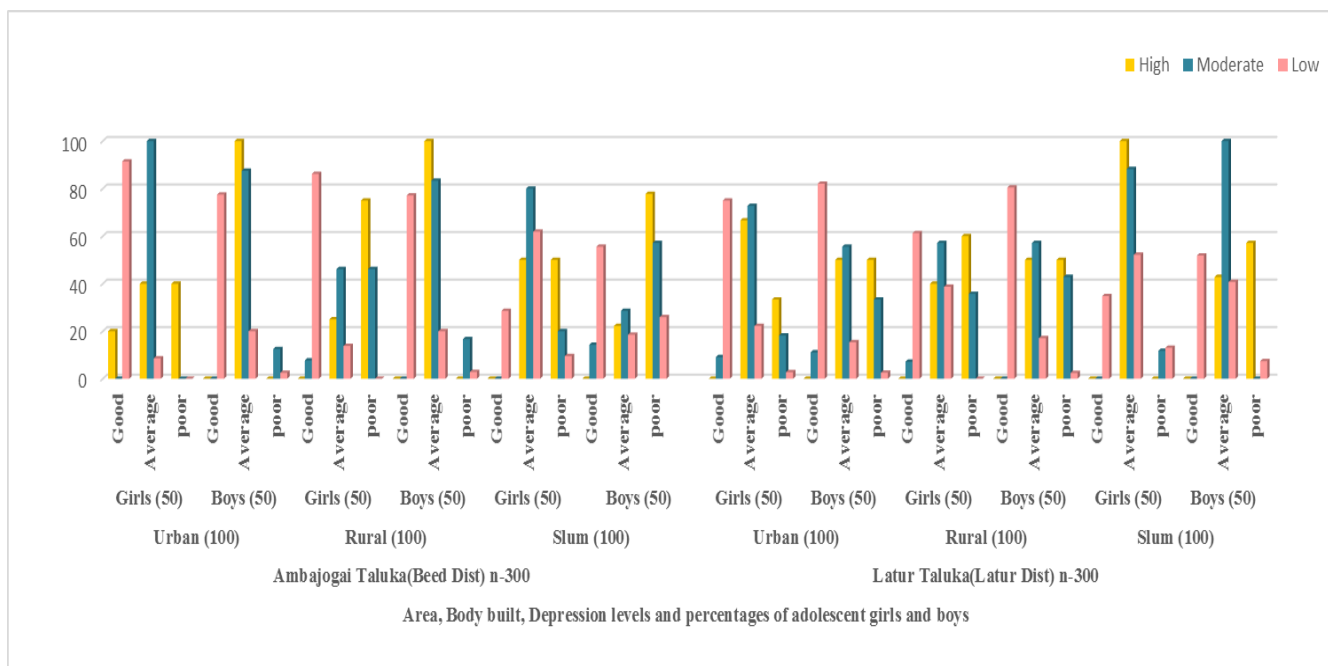
Figure 1: Comparison between depression levels of adolescent girls and boys with their body built

Table 2 Comparison between depression levels of adolescent girls and boys with their physical appearance

Area, Gender, physical appearence and percentages of Adsolescent Girls and Boys (600)

Ambajogai Taluka (Beed District) 300 — Latur Taluka (Latur District) 300

Depression levels	Urban(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Rural(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Slum(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Urban(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Rural(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Slum(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P
High	05	-	80.00(04)	20.00(01)	02	-	100.00(02)	-	08	-	37.5(03)	62.50(05)	03	-	100.0(03)	-	14	-	35.71(05)	64.29(09)	09	-	11.11(01)	88.89(08)	03	-	33.33(01)	66.67(02)	02	-	-	100.0(02)	05	-	-	100.0(05)	02	-	-	100.0(02)	10	-	40.00(04)	60.00(06)	07	-	14.29(01)	85.71(06)
Moderate	10	-	100.00(10)	-	08	-	12.50(01)	87.50(07)	13	-	69.23(09)	30.77(04)	12	8.33(01)	83.33(10)	8.33(01)	15	6.66(01)	73.33(11)	20.00(03)	14	-	92.86(13)	7.14(01)	11	-	36.36(04)	63.64(07)	09	22.22(02)	66.66(06)	11.11(01)	14	-	57.14(08)	42.86(06)	07	-	85.71(06)	14.29(01)	17	-	52.94(09)	47.05(08)	16	6.25(01)	68.75(11)	25.00(04)
Low	35	91.43(32)	8.57(03)	-	40	92.5(37)	7.50(03)	-	29	79.31(23)	20.69(06)	-	35	77.14(27)	20.00(07)	2.85(01)	21	52.38(11)	42.86(09)	4.76(01)	27	48.15(13)	44.44(12)	7.40(02)	36	83.33(30)	16.67(06)	-	39	69.23(27)	28.2(11)	2.56(01)	31	64.52(20)	32.25(10)	3.22(01)	41	70.73(29)	26.83(11)	2.43(01)	23	60.87(14)	26.09(06)	13.04(03)	27	77.78(21)	14.81(04)	7.40(02)

Analysis of depression levels with Physical Appearance of adolescent girls and boys

Physical Appearance of Girls and Boys	Depression Levels Mean	F value	C.D. Significant at 1% level	C.D. Significant at 5% level	S.E.
Poor	203.45	277.51**	10.72	8.16	4.124
Average	147.99				
Good	75.54				

Figures in parentheses indicate number of adolescent girls and boys ** - Significant at 1 % level
N- Number of samples
G – Good physical appearance
A-Average physical appearance
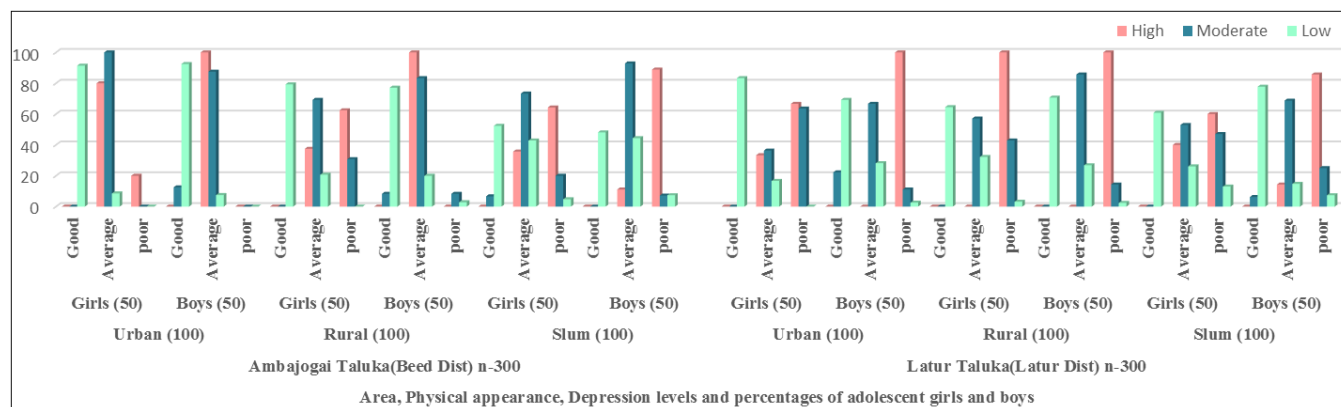**P – Poor physical appearance**

Figure 2: Comparison between depression levels of adolescent girls and boys with their physical appearance

Table 3 Comparison between depression levels of adolescent girls and boys with their general health status

Area, Gender, General health Status and percentages of Adsolescent Girls and Boys (600)

Ambajogai Taluka (Beed District) 300 — Latur Taluka (Latur District) 300

Depression levels	Urban(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Rural(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Slum(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Urban(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Rural(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P	Slum(100) Girls (50) N	G	A	P	Boys (50) N	G	A	P
High	05	-	100.00(01)	-	02	-	50.00(01)	50.00(01)	08	-	75.00(06)	25.00(02)	03	-	66.66(02)	33.33(01)	14	-	7.14(01)	92.85(13)	09	-	44.44(04)	55.55(05)	03	-	100.00(03)	-	02	-	50.00(01)	50.00(01)	05	-	20.00(01)	80.00(04)	02	-	50.00(01)	50.00(01)	10	80.00(08)	20.00(02)	-	07	-	14.28(01)	85.71(06)
Moderate	10	30.00(03)	70.00(07)	-	08	25.00(02)	75.00(06)	-	13	7.69(01)	92.30(12)	-	12	33.33(04)	66.66(08)	-	15	-	66.66(10)	33.33(05)	14	28.57(04)	57.14(08)	14.28(02)	11	36.36(04)	63.63(07)	-	09	33.33(03)	55.55(05)	11.11(01)	14	28.57(04)	64.28(09)	7.14(01)	07	-	71.42(05)	28.57(02)	17	11.76(02)	41.17(07)	47.05(08)	16	12.50(02)	75.00(12)	12.50(02)
Low	35	91.42(32)	8.57(03)	-	40	90.00(36)	10.00(04)	-	29	86.20(25)	13.79(04)	-	35	77.14(27)	20.00(07)	2.85(01)	21	95.23(20)	4.76(01)	-	27	51.85(14)	44.44(12)	3.70(01)	36	97.22(35)	2.77(01)	-	39	92.2(36)	5.12(02)	2.56(01)	31	87.09(27)	9.67(03)	3.22(01)	41	92.68(38)	4.87(02)	2.43(01)	23	78.26(18)	17.39(04)	4.34(01)	27	96.29(26)	3.70(01)	-

Analysis of depression levels In relation with general health status of girls and boys

Health status of Girls and Boys	Depression Levels Mean	F value	C.D. Significant at 1% level	C.D. Significant at 5% level	S.E.
Poor	216.51	275.41**	9.86	7.5	3.79
Average	157.74				
Good	82.85				

Figures in parentheses indicate number of adolescent girls and boys ** - Significant at 1 % level
N- Number of samples
G- Good health status

A – Average health status
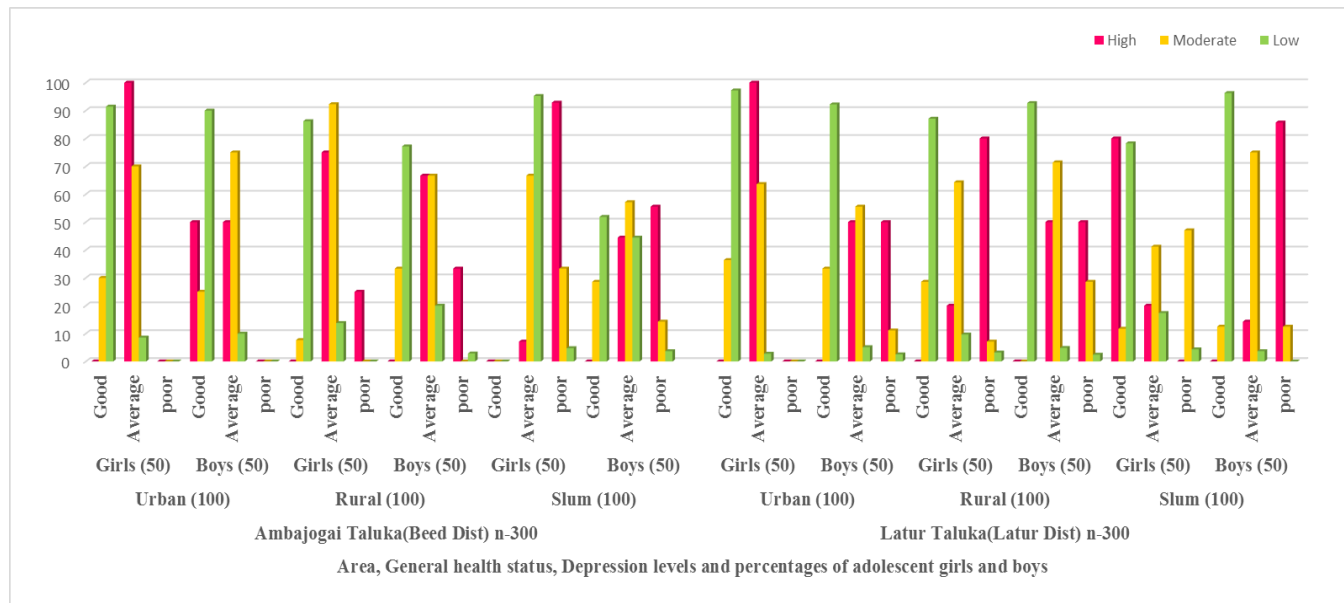**P – Poor health status**

Figure 3: Comparison between depression levels of adolescent girls and boys with their general health status

4. Conclusion

It can be concluded from the above results depression levels of adolescent girls and boys are strongly influenced by their body build, physical appearance and general health status.

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