

The Relationship between Culture Orientation and Depression amongst Adults

Jyotsna Rana

Amity institute of Psychology and Allied Sciences, Amity University Noida, India

Mentor: Dr. Siddharth Soni

Abstract: *The aim of this study was to establish the relationship between cultural orientation and depression amongst adults in an Indian setting. Culture dimensions given by Harry C Triandis were used to build the theory and variables. The variables in the study included Horizontal Individualism, Vertical Individualism, Horizontal Collectivism, and Vertical Collectivism and Depression. Further, this study explored the correlation between dimensions of culture orientation and Depression and a comparison between levels of depression between males and females. A sample of 114 adults was taken from various religious, economic, and financial backgrounds. EACH PARTICIPANT RESPONDED TO TWO QUESTIONNAIRES: Culture Orientation Scale and Beck's Depression Inventory. It was hypothesized that dimensions of individualistic orientation and depression would be positively correlated and dimensions of collectivistic orientation and depression would be negatively correlated. Additionally, it was hypothesized that females will show more severity of depression than males. The finding of the study indicated that in this sample individualistic dimensions were negatively correlated with depression. However, the correlation was not significant. A significant negative correlation between Collectivistic dimensions and depression was found meaning that people having a collectivistic orientation will show lower symptoms of depression. Additionally, it was found that females showed more severity of depression than males in the sample.*

Keywords: Culture, Depression

1. Introduction

Around the world, depression is a key contributor to substandard mental health. According to the World Health Organization, depression affects an estimated 5% of individuals globally. Constant melancholy and a loss of interest in once - enjoyable activities are symptoms of depression. Both hunger and sleep may be impacted. Increased weariness, difficulties focusing, and decreased interest in sex are some other typical signs of depression. Depression can have long - lasting and recurring impacts, which can make it difficult for a person to function normally and lead a life that has value to them. There are a number of social, psychological, and biological factors that, when interacted with one another, can lead to the development of depression. A person's mental health is significantly influenced by a wide range of social circumstances, including the contexts in which they are born, raised, educated, and occupy their leisure time as they mature. Other big life traumas, including death, childhood trauma, the loss of a job, and a lack of social support, can also have an influence on the beginning of depression or make its symptoms worse. A person's age, social or socioeconomic standing, social support, economic stress and disadvantage, food insecurity, education, work status, housing circumstances, marital status, race, childhood conflict, bullying, and violent crime are all factors that can play a role in the development of this disease.

There are also other significant aspects mentioned, such as sexuality or romantic connections. Depression is linked to physical abuse, prejudice, (self) discrimination, immigrant status, ethnicity, lack of literacy or health literacy, environmental events, a heavy task, and a regimented environment. (Remes et al.)

Approximately 1 in 15 people are given a depression diagnosis each year. Additionally, 16.6% of people, or one

in six, may suffer depression at some point in their lives. Although depression may appear at any age, it often first appears in people in their mid - twenties. According to some research, one - third of women will have major depressive episodes in their lives, making them more prone than males to experience depression. When first - degree relatives (parents, children, or siblings) are sad, heritability is strong (about 40%). (APA)

According to Myers et al. (1984), 3 and 7 percent of male and female population members, respectively, had a depressive condition within the previous six months. (David Matsumoto, Culture and Psychology, 2nd edition)

According to Leff (1977), different cultures have different ways of defining and expressing emotions, which has an impact on how depression is felt and communicated.

Marsella (1979, 1980) further advocated for a culturally contextualized understanding of depression, claiming that in individualistic societies, sadness predominantly manifests as emotional symptoms. In these societies, loneliness and isolation predominate as symptoms.

1.1 Culture

The term "culture" refers to the common ideals, standards, and behaviors of individuals who belong to the same community, speak the same language, and have experienced the same historical time. (Triandis, 1995). Theoretically, there are many elements of culture that can be defined and practically verified. (Kim, Triandis, Kagitcibasi, Choi, and Yoon (1994)).

A person's values and ideas about how the world (both natural and social) functions, together with the moral standards that flow from those values, are referred to as their culture. According to this concept, culture is believed to affect social norms, economic behavior, propensity to

innovate or save, fertility, labor supply, investment in education, charity giving, and other contributions to the common good. According to North (1990), formal institutions in politics or law, which put limitations on people's conduct and thought, can be directly linked to culture. (Gerard Roland, Yuri Gorodnichenko).

1.2 Dimensions of Culture

There are two aspects to culture: Both individualism and collectivism are described as social structures with constituent parts arranged around a main idea. They are sometimes referred to as "cultural syndromes" for this reason.

The idea that people are separate, autonomous entities who live in isolation from one another is a basic tenant of individualism. In contrast, collectivism's central tenet is that people belong to one or more groups and are intimately connected to them (Markus & Kitayama, 1991).

What is the difference between individualism and collectivism?

In its fullest form, individualism prioritizes personal freedom and success. person accomplishments, such as significant discoveries, innovations, etc., and any actions that define the person, are therefore valued in individualistic societies as markers of social status. By promoting uniformity and discouraging individuals from disagreeing or sticking out, collectivism, in contrast, stresses the integration of individuals into bigger groupings. (Gerald Roland and Yuri Gorodnichenko)

Self - reliance, autonomy, individuality, performance orientation, and competition are among individualism's key characteristics. Individualists are seen as being in charge and accepting accountability for their actions. A sense of commitment to one's own group, dependent on others, a desire for social peace, and loyalty to group rules are all characteristics of collectivism. According to this viewpoint, the expectations and norms of in - groups, such as close - knit communities and extended kinships, determine collectivist behaviors and attitudes (Harry C. Triandis 1995). According to Triandis (1996) theory, there are four different categories of cultures:

- 1) Horizontal individualism (HI - uniqueness), in which people make an effort to stand out and take independent action;
- 2) Vertical Individualism (VI - achievement oriented), in which individuals aspire to act independently and compete for the highest quality;
- 3) Horizontal Collectivism (HC - cooperativeness), in which individuals meld with their in - groups; and
- 4) Vertical collectivism (VC - dutifulness), in which members of the in - group conform to its rules and are prepared to make sacrifices for it.

According to Triandis (1995), horizontal collectivism is a pattern in which people identify with members of an ingroup by merging with them on a superficial level. The self is reliant on and identical to the other in this arrangement. This

design is based on equality.

On the other hand, under vertical collectivism, people regard themselves as a part of an ingroup, but the ingroup's members are varied and some of them have higher status than others. The self is separate from the other's self and depends on it. In this pattern, individuals do not view one another as equals and tolerate inequity. Selflessness and dedication to one's organization are crucial components of VC. (1995, Triandis)

According to Triandis (1995), horizontal individualism assumes that people have free and independent identities, but also roughly equal standing with other people.

On the other hand, vertical individualism posits a sovereign self in which people perceive themselves as unique and inequality is assumed. The person is unique from others and autonomous. VI places a strong emphasis on competition (Fawzia Nourdin, 2009).

The person is the fundamental unit of a society that values individuality. Marriage and other major life decisions are often determined by the individual in question. Individual identities come first, not the rights and requirements of the collective. In both the home and workplace, individual liberties are protected. Communication is frequently straightforward, unambiguous, and intimate. People from individualist societies value straightforward, easy - to - understand communication. They exhibit personal accountability as well.

In collectivist societies, the sense of self is inextricably linked to other members of the collective. One may argue that the self is defined in relation to other people, and that established patterns and planned common goals influence how an individual displays themselves in public. The focus here is on the group as a whole. It is essential for the group to make choices together. People are known to consult with one another before making important choices, place the requirements of the community ahead of their personal requirements, and strive to protect communal standards. The pronoun "We" comes before me. Important characteristics include harmony, self - respect (also known as "face"), filial piety, and regard for those in positions of power. Relationships are more important than having one's own space and being able to be alone. Shared spaces are more desirable for private as well as professional use. There is plenty of room for those who spend a lot of time socializing, whether at home or at work. (Calgary, 2008)

1.3 Culture and Depression

Collectivist cultures emphasize the socially contingent nature of the self by characterizing it as interconnected, aggregated, interdependent, and contextualized. As a result, individuals in need receive greater assistance.

Individualistic cultures, on the other hand, assign larger degrees of social isolation and autonomy to the self as being self - contained, isolated, autonomous, and well - defined (Markus & Kitayama, 1991; Sampson, 1989; Shweder & Bourne, 1984). Self - containment, isolation, autonomy, and

well - defined Ness are all terms that are used to describe the self. It might then lead to mental illnesses such as depression and anxiety as a consequence.

People in collectivist nations like India, China, and many other Asian nations tend to have stronger social networks and frequently find themselves helping one another, which fosters a sense of brotherhood and dependency. This also indicates that a person in a group may have greater support to draw on anytime they have thoughts of worthlessness or a lack of motivation for any activity, which are some frequent signs of depression. However, the majority of research points to the possibility that individuals from collectivistic cultures may suffer somatic symptoms such as somatic aches much earlier than other depressive symptoms.

A person may have no social support while experiencing depressive symptoms in individualistic nations like the USA, Australia, and others where the focus is on the individual rather than the entire group, which could increase the effects of depression. Thus, culture has a significant impact on both the prognosis and course of mental diseases like depression.

The current study focuses on the effect of cultural orientation, specifically collectivism and individualism, on depression among adults in an Indian environment while keeping all the aforementioned ideas in mind.

2. Review of Literature

Jai B. P. Sinha et al (2001), 292 people participated in a research that examined the influence of 18 situations on participants' decisions to behave in a collectivist, individualistic, or hybrid of the two ways. joined the inquiry. The results showed that having feelings for family or family members only led to collectivist conduct. Due to strong and urgent personal desires and objectives that conflict with those of family and friends, individualistic and collectivism actions and intentions are blended together to serve the interests of the latter. Individualistic conduct was the third most popular selection. Whether a responder classified as entirely collectivist or as a combination of individualism and collectivism depended significantly on their level of education and other background characteristics.

Bhullar et al. (2012) Researchers in Australia, which has an individualist culture, and India, which has a collectivist culture, investigated the links between cultural orientation and emotional intelligence, mental health, and life satisfaction. Australia has an individualist culture, while India has a collectivist culture. The responses of 207 people from Australia and 163 people from India to questions about their individualistic collectivist orientation, emotional intelligence, mental health, and life happiness were analyzed. Regression analysis was conducted, and the researchers found a strong relationship between the collectivist approach and superior emotional intelligence and mental health outcomes. It did not, however, significantly predict life satisfaction.

Du et al. (2015) looked at collectivism as a defense against depression in a study of Chinese internal migrants and discovered mediators in the link between collectivism and

depression. Their results supported the hypothesis that collectivist approach predicted a drop in depression. A collectivist viewpoint also reduced unhappiness by reducing cultural stress. Collectivism nevertheless acted as a key mediator that lessened sadness even if it decreased cultural self - efficacy.

Cadwell et al. (2006) findings indicated that even among kids who attended schools with a strong emphasis on individualism, higher levels of collectivism were substantially associated with symptoms of depression, social anxiety, obsessive - compulsive disorder, and dependent personality traits. Scores on individualism, and more specifically on horizontal individualism, were found to have a negative connection with the same measures. However, a contrasting pattern was seen among the students residing in Istanbul: a collectivist society. It was shown that markers of paranoid, divisive, narcissistic, borderline, and antisocial personality disorders were positively connected with individualism, particularly horizontal individualism. Comparatively, collectivism, especially vertical collectivism, was linked to a smaller number of symptoms as measured by these measures. These findings imply that personality traits at odds with societal norms are associated with mental symptoms. As a result, socially incompatible orientations may increase the risk of mental illness. In contrast to depression - related psychological reactions, lateral collectivist orientation strongly predicted less psychological issues.

Berrocal et al. (2005) examined the idea that cultural influences have a role in the relationship between depression and perceptual emotional intelligence (PEI). It is anticipated that culture would mitigate the negative effects of PEI on depression. The Hofstede dimensions of individualism and collectivism, as well as masculinity and femininity, were the cultural aspects that were taken into consideration for this study. Participants from the United States of America, Chile, and Spain were given the Trait Meta Mood Scale (TMMS) in order to evaluate their level of perceived emotional intelligence. The test was based on the following three factors: attention, clarity, repair, and depression (as measured by the Beck Depression Inventory, or BDI). In every culture, clarity and repair were related to lower BDI scores, but attention was associated with greater BDI levels. As anticipated, in female cultures as opposed to male cultures, concentration and clarity were better indicators of depression. This finding supports the notion that culture does, to some level, mitigate the impact of PEI on depression.

Chen et al (2006) To further understand how these cultural dynamics play out, it was necessary to investigate the transcultural ideas of individualism and collectivism that influenced the growth of the concepts of independence and dependency in individuals. In order to illustrate the contributions of both individual or independent and interpersonal or interdependent predictors of depressive symptomatology, this study evaluated teenagers in Hong Kong and the United States on their sense of self - efficacy and the harmony of their relationships with their peers and families. It was explored how cultural variations in the levels of the constructs and their relationship across gender and

culture affected the strategies that were level and structure oriented. The findings revealed that American teenagers had a substantially greater Path from self - efficacy to depressive symptoms than Hong Kong adolescents. However, the two cultures' paths to harmonious relationships were statistically equal. The results showed that both paths contributed to the reduction of depressive symptoms in both cultures, highlighting the significance of controlling both agency and communion in fostering psychological wellness.

Tafarodi and Smith (2001) Examined the mental health of international students while keeping in mind cultural variables like individuality and collectivism that affect how each person reacts to occurrences in their lives. It was hypothesized that individualistic cultural orientations increased depressive dysphoria in response to negative social events and enhanced the inhibitory effects of positive social events, whereas collectivist cultural orientations promoted depressive mood dysphoria in response to negative achievement - related events and enhanced the inhibitory effects of positive achievement - related events. Additionally, individualistic cultural orientations promoted the inhibitory effects of positive achievement - related events. The expected cultural variations in sensitivity to social events were confirmed by second research comparing Malaysian and British college students that was carried out at the same institution. Performance - related events that were predicted to vary were partially confirmed. Those from Malaysia experienced noticeably greater pain than those from the United Kingdom.

Knyazev et al. (2016) undertook research to determine whether collectivism in Russia serves as a preventative factor for depression. In this study, information on depressive symptoms, personality, stress level, emotion management techniques, and individualist/collectivist attitude was gathered from a nonclinical Russian population. Additionally, structural equation modeling was utilized to examine how cultural views affected the relationship between vulnerability characteristics and depression. Collectivism increased the effect of stress and neuroticism on depression, in contrast to effects shown in collectivist East Asian civilizations. The importance of a more nuanced approach to the study of cultural characteristics, such as individualism/collectivism, is highlighted by this findings. This approach must take into consideration the significant intercultural disparities in the nature of these constructs.

Toussaint et al (2023) In order to investigate the connection between depressive symptoms, the act of ruminating on such symptoms, and the capacity to forgive, a study was conducted using 297 healthy young people from the United States and 204 healthy young adults from Korea. When compared to persons from the United States, Korean participants exhibited much higher levels of forgiveness, levels of rumination that were equivalent, and a touch more sorrow. Forgiveness was found to be directly related to depressive symptoms in both the United States (proportion mediated = 0.363) and Korea (proportion mediated = 0.394), thanks to the utilization of two - group structural equation models. Additionally, it was found that forgiveness was indirectly related to depressive symptoms through rumination in both countries. This was the case in both of

these countries. Furthermore, it appeared that this indirect link was consistent across cultures.

Baron (2023) performed a study examining the moderating impact of coping strategies on the connection between discrimination and depression in bicultural kids. For the purpose of identifying potential protective factors, a specific mode of coping—namely, problem - focused coping, emotion - focused coping, or avoidant coping—was investigated for its ability to mitigate the negative impact that prejudice has on depressive symptoms. A total of 68 bicultural individuals with a mean age of 26.18 years and a standard deviation of 3.94 years participated in an online survey. The poll included a variety of questions to assess people's degrees of depression, perceptions of discrimination, and coping mechanisms. The study revealed that among bicultural persons, reported discrimination was strongly connected with depressive symptoms. Additionally, avoidant coping was substantially correlated with depressive symptoms, indicating a link between avoidant coping and depression.

Chen et al. (2023) It was discovered that the development of teenage mental health in both the West and the East is affected differently by social retreat, which manifests as loneliness and shyness. To examine cultural differences, nations from the West (such as North America and Europe) and the East (such as China) were chosen as the Representative. From a developmental standpoint, the purpose of this literature study was to consider how loneliness and shyness are experienced differently by teenagers in North America, Europe, and China. It was intended to outline the many outcomes of social detachment. In addition, humanistic viewpoints on the connections between humanism and youth development are examined in reference to earlier scientific results and counseling techniques. Loneliness affects teenage mental health both positively and negatively in North America and Europe. However, both cultures' shyness and loneliness tend to have a detrimental impact on teenagers' mental health. The developmental concepts connected to adolescent mental health, individual adjustment, and personal growth are the main emphasis of these research - based ideas.

Remus et al. (2021) Biological, genetic, and psychological impacts of depression were mainly taken into account. Here, the majority of pertinent research that address whether or not culture has a significant impact on the etiology of depression were evaluated. The research comparing the effects of individualistic and collectivist cultures on depression were the main focus of this review. Lean culture and traditional filial piety culture have differing effects on depression. Caste and other cultural distinctions, in addition to gender norms that are traditionally observed in a specific country, might affect how depression manifests. Prenatal depression is also more common in poor countries and immigrants than in non - immigrants and industrialized nations. Additionally, it has been proposed that taking cultural considerations into account while developing prevention and intervention programs for both kids and families.

A study by Zhao et al. (2023) Chinese children's antisocial behavior and psychological and academic adjustment were

examined in connection to the moderating role of peer group cultural orientation. There were 1,092 sixth - grade children that made up the Participants. Peer recommendations, teacher evaluations, self - reported school achievement, and reporting were among the sources from which information on individualist and collectivist cultural orientation, unsociability, and appropriateness was gathered. 193 peer groups were found using the social cognitive mapping technique. The findings included antisociality, which in groups with low personal orientation but not in those with strong personal orientation was adversely connected with peer preferences and academic achievement. In groups with greater collective orientation ratings, lack of sociability was also more detrimentally correlated with peer preference. The findings revealed that in both the social and intellectual spheres, antisocial kids frequently outperformed their peers in the more individualistic group and outperformed them in the collective group suggest. Peer groups' cultural backgrounds may have a significant impact on how antisocial kids develop socially and academically.

According to Mohammad (2022), The purpose of this article is to look at the individual degree of collectivism and adaptive humor in sadness. The results of an analysis of 650 self - reports were analyzed with the use of web - based versions of the Short Humor Style Questionnaire (HSQ), the Individualism - Collectivism Scale (ICS), and the Inventory Beck Depression (BDI). The participants' ages varied from 18 to 65 (the mean was 33.4, the standard deviation was 12.5), and they had an extremely similar degree of education. 58% of the people who participated in the study were males, 41% were men, and 1% were of another gender. As a result, sadness is adversely correlated with self - reinforcing humor and individual level collectivism. The type of associative humor, however, unexpectedly did not. As predicted, both associative and self - reinforcing humor had a positive correlation with collectivism on an individual level. Additionally, collectivism contributes to the explanation of the unfavorable relationship between self - reinforcing comedy style and sadness on an individual level. However, the protective effect of self - reinforcing humor in depression was diminished when associative and self - reinforcing humor were combined. Overall, the results point to a protective role for self - reinforcing humor and individual - level collectivism in depression, despite significant methodological limitations.

3. Methodology

Aim

To determine the connection between adult depression and culture orientation.

Objectives

- 1) To investigate the link between adult depression and aspects of cultural orientation.
- 2) To compare the prevalence of depression among people in terms of cultural orientation.

Hypothesis

- 1) Horizontal individualism would be associated with depression in a favorable way.
- 2) Vertical individualism would be associated with depression in a favorable way.
- 3) Horizontal collectivism would be negatively associated with depression adversely.
- 4) Depression would negatively correlated with vertical collectivism.
- 5) Vertical individualism, Vertical collectivism, Horizontal individualism, and Horizontal collectivism all exhibit substantial levels of despair.
- 6) Compared to men, women would exhibit higher levels of depression.

Sample and its Selection

A total of 114 samples from the 18 to 30 age range were collected. There are 57 girls and 57 men in the sample data, an equal amount of both sexes. The sample data comes from a range of social, political, and economic backgrounds.

Description of Tools Employed

'Culture Orientation Scale' and 'Beck's Depression Inventory' were the two measures employed for this study's objectives. The first scale, known as the Culture Orientation Scale (COS), is a 16 - item self - report questionnaire that assesses several aspects of cultural orientation. It gauges four aspects of cultural orientation:

- 1) Horizontal individualism
- 2) Vertical individualism
- 3) Horizontal collectivism
- 4) Vertical collectivism

The Beck Depression assessment, a self - report assessment with 21 questions intended to gauge the severity of depression, served as the study's second scale.

Procedure

Data was gathered via a survey approach, where surveys were created online and disseminated to a wide range of individuals between the ages of 18 and 30. The surveys might be finished at any moment. Both questions used a likert scale, and respondents had to select the proper response depending on their preferences.

Statistical Analysis

In accordance with the first five hypotheses, our goal is to determine the relevance of the relationship between depression and cultural orientation. Correlation was thus performed using the SPSS software. In accordance with the sixth hypothesis, we want to examine the prevalence of depression and the importance of it in the sample's male and female members. As a result, an individual t - test was performed using SPSS software.

4. Results

Correlation between Culture Orientation and Depression

Table 1

Sr. no	Culture Orientation	Depression (Pearson's coefficient)	2 tailed significances	Significance at .01 level
1	Horizontal individualism	- .106	.261	Not significant
2	Vertical individualism	- .056	.553	Not significant
3	Horizontal collectivism	- .288	.002	Significant
4	Vertical collectivism	- .293	.002	Significant

Independent T - Test Results

Table 2

	Male= 57		female=57		t	significance
	Mean	Standard deviation	Mean	Standard deviation		ρ
Horizontal individualism	31.2632	4.05113	28.4035	6.61400	2.784	.006
Vertical individualism	25.8421	5.51229	24.2982	6.83469	1.327	.187
Horizontal collectivism	29.4912	4.52818	29.0526	4.77127	.503	.616
Vertical collectivism	29.7895	4.97758	26.8596	6.05758	2.821	.006
Depression	9.2632	8.57431	16.5088	11.41447	- 3.832	.000

5. Discussion

The goal of the study is to evaluate whether or not a person's cultural orientation is connected to their likelihood of suffering from depression among people living in an Indian setting. According to the findings of this particular research project, there is a correlation between adult depression and the cultural orientations of horizontal individualism, vertical individualism, horizontal collectivism, and vertical collectivism.

As was said before, individualism places a strong emphasis on a person's capacity for independence and prosperity. Therefore, in societies that value individualism, social status is accorded to distinctive personal accomplishments such as major discoveries and innovations, great artistic or humanitarian initiatives, and any other kinds of actions that distinguish an individual from others. Contrarily, collectivism stresses how individuals are a part of a bigger collective. It prevents individuals from rebelling and sticking out while encouraging conformity.

As you can see, the tables above provide a comparison of the levels of depression in men and women as well as numerous statistics that were utilized to determine the association between cultural orientation and depression.

The relationship between the four characteristics of cultural orientation and sadness is shown in Table 1. The first dimension, horizontal individualism, has a negative correlation with depression, with a Pearson's coefficient of -.106, which is not statistically significant at the.01 level. The first theory, according to which there would be a positive association between horizontal individualism and depression, will thus be disproved.

The Pearson's correlation for the second dimension, Vertical Individualism, which is inversely connected with depression, came out to be -.056 and is not significant at the.01 level of significance. The second hypothesis, according to which there would be a positive association between Vertical individualism and depression, would thus also be rejected.

The Pearson's coefficient for the third dimension, horizontal collectivism, which is inversely connected with depression,

is -.288. This correlation is significant at the.01 level of significance.

As a result, our third hypothesis—that horizontal collectivism would be adversely connected with depression—will be accepted.

Vertical collectivism, the fourth dimension, has a negative correlation with depression, with a Pearson's coefficient of -.293 that is significant at the.01 level of significance.

As a result, our fourth hypothesis—that horizontal collectivism would be unfavorably connected with depression—will likewise be accepted.

The fifth hypothesis will be partially accepted and partially denied since there is a considerable degree of depression in the dimensions of horizontal and vertical collectivism but not in the dimensions of horizontal and vertical individuality. In their study of loneliness and cultural features, such as vertical and horizontal individualism and collectivism, Schermer et al. found that students from collectivistic cultures reported less loneliness, which is a key sign of depression.

Table 2 displays the results of many independent T - tests that were conducted in order to examine the rates of depression that were experienced by males and girls.

It was discovered that male horizontal individualism had a mean of 31.2632 and a standard deviation of 4.05113, both of which are higher than what was discovered about female horizontal individualism, which had a mean of 28.4035 and a standard deviation of 6.61400. In addition, the value was.006, which indicates that there was a significant disparity between the two groups. This suggests that in this particular sample, men had a considerably higher preference for women who value equality, independence, and individual rights.

Second, the mean vertical individualism score for males is 25.8421, with a standard deviation of 5.51229; this is a higher score than the average score for females, which is 24.2982, with a standard deviation of 6.83469; this indicates that males are more vertically individualistic than females.

The similarities between the two groups, on the other hand, are far greater than the differences.

The following criterion is horizontal collectivism, in which the mean for the male group is 29.4912 with a standard deviation of 4.52818. This is a little bit higher than the mean for the female group, which is 29.0526 with a standard deviation of 6.05758. On this particular criterion, the two groups do not differ in a way that is statistically significant from one another.

The mean for male vertical collectivism is 29.7895, and the standard deviation for it is 4.97758, which is a significant amount higher than the mean for female vertical collectivism, which is 26.8596, and the standard deviation for it, which is 6.05758. It is possible to draw the conclusion, given that the difference between the two groups is statistically significant at 0.006, that males in the sample place a higher priority on obeying authority, being trustworthy, and being a part of a community than do females.

Table 2 of the findings shows that the average level of depression in males was 9.2632, whereas the average level of depression in women was 16.5088, with a standard deviation of 11.41447. This indicates that the average level of depression in men is lower than the average level of depression in women. The fact that the figure is 0.00 demonstrates that there is a significant gap in the levels of depression that are experienced by men and women, with women experiencing higher levels of depression than males do. As a consequence of this, our sixth hypothesis, which states that women are more likely to experience depression than males, will also be validated.

This shows that the females in the sample exhibited greater rates of depressive symptoms such as weariness, physical discomfort, sleeplessness, and loneliness than the men did. They also have a higher risk of attempting suicide, suffering from low self-esteem, and having less motivation to participate in things that bring them joy.

The validity of the study is bolstered by recent findings that illustrate the distinct ways in which the COVID - 19 pandemic impacted the male and female populations. Women appeared to suffer from fewer severe short-term repercussions than men did; however, women are more likely to suffer from severe long-term COVID - 19 effects, such as depression, decreased physical activity, and bad lifestyle choices, all of which raise the risk of cardiovascular disease. (Including Bucciarelli and Other People).

According to the findings of study carried out by Shawley et al., young women and individuals in Africa, Asia, and the Middle East are at an increased risk of developing depression. Together with India, these nations share a collectivist outlook on life.

This study also helps us understand why depression is becoming more widespread in India, where society is progressively shifting away from traditional collectivism and toward global individualism. Specifically, this study sheds light on why depression is becoming more prevalent in India.

It was found that there was a correlation between higher degrees of communal orientation and lower levels of depression. Individuals who have a propensity to be more collectivist and who have more supporting connections may have a lower risk of depression, according to the findings of this study, which are similar with those of Triandis, Bontempo, Villareal, Asai, and Lucca (1988) and Triandis et al. (1985). These researchers found that individuals who have a tendency to be more collectivist and who have more helpful relationships may have a lower risk of depression. The conclusions of our investigation are bolstered further by this additional discovery.

6. Summary and Conclusion

Key findings

Depression and the Culture Orientation characteristics of Individualism and Collectivism are negatively correlated. Depression and the Dimensions of Individualism, i. e., Horizontal and Vertical Individualism, did not, however, significantly correlate in this group.

The correlation between the horizontal and vertical dimensions of collectivism is significantly negative.

Additionally, it was determined that the sample's female participants exhibit much greater levels of depression than the group's male participants.

Contribution

The findings aided in our comprehension of why cultures with a collectivistic orientation have lower levels of depression. Additionally, it demonstrates that in the sample, females exhibit greater severity of depression than males.

Limitations

The replies are impacted by the various ways that the research participants perceived the items of the questionnaires. The research failed to find a link between individualistic approach and depression.

Suggestions for Future Research

To further understand the relationship between Culture Orientations and other social, religious, and rural factors, studies may be undertaken on a larger and more diversified population.

It is possible to perform a qualitative research to examine how India is transitioning from a collectivistic to an individual society.

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