DEPRESSION AMONG COLLEGE STUDENT: CASE STUDY IN UITM PUNCAK PERDANA

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Abstract
This research will introduce the overview about the depression among college student. The Problem statement, purpose and objective of the study are also discussed in order to get better understanding about the depression that occur in college student. This research also being done to know the effect depression toward the student environment and their student life. It is also being discussed the factor depression because of parent support, emotional distress and sleeping disorder. It will also include the research question that will assist and guide researcher to collect the accurate information about the depression on student in UITM Puncak Perdana**.**
Keywords: depression, student, college student

INTRODUCTION

Depression among college students is really common with student and the frequency of depression was diagnoses among college students has increased 56% in the last six years. This percentage age increased each year. This problem if does not being secure it will became a stigma in student mind. Approximately half of young adults that attend the post-secondary education are having a high depression in their college life. Whenever they enter the college environment , the environment was different from school, some of the student   are not being able to follow the rules in the university environment.

Most of the student know that the colleges are an important setting in their life, they also know that mental health is also the main concerns in the university life most such as depression must be secure. (Moreno,2011). Most of the student are depression on various thing such as homesick, assignment, extracurricular and others. Most of the student in the high rate of depression is the first year. They are still in the school mode this problem lead to higher depression among student.

The most common form of depression within the adolescent and young adult age group is major depressive disorder, which has a yearly incidence of approximately 8%. However, an additional 22% of adolescents and young adults suffer from"sub-diagnostic" levels of depressive symptoms (Chirstakist,2011). Now days they are many tools to detect the depression on the student.

However they are many ways to reduced depression among student, but student are still not fully used   it. Student are scared to get the medical treatment in order to

reduced their depression. Most of the student does not get the medical treatment due several problem such scared, stigma toward mental health. First of all, there are so many thing that the students can depressed, For instant the higher depression on student is getting a higher CGPA and get a flying colors in their exam. This problem also related to the family achievement . If the student are from the higher achievement, their family need a good performance from their child. It is also effect the student in the poor family they also need their child have a good performance in their studies, some of the family was eager with the successful of their child. This problem also related to the depression among student performance. This problem sometimes lead to student suicide whenever they fail in their examination or does not achieve their family target.

Research among college students suggests that emotional suffering is inversely related to academic performance and grades. The problem statements , depressed students are more likely to consider or commit suicide. Emotional is the main thing also that related to the high depression. sometimes that was because the anxiety, and stress that are related sicknesses it is an especially strong relationship with lower academic ,achievement in general college student populations, (Bryan et al, 2014).

The college student is also having an emotional distress on homesickness. Homesickness always happened mostly on freshman student, they are still cannot cooperate with university student. It is also lead to higher depression because the student cannot adapted in university life. Other that lead to depression is sleeping disorder. The student faces in difficulty falling or staying asleep daytime sleepiness, poor sleep quality, and other general sleep problem .(Nyer et al, 2013). Other than that the research also found that student also having a difficulty in sleeping whenever they playing with their the mobile phone or gadget during the night before sleep. (Rosen et al, 2014).

ISSUES AND PROBLEMS STATEMENT

In this paper, the research has found a several issue about the depression among college student .From the observation that has been done, we can conclude that student have several issues in depression on college student.

- Most of the student university are having a high depression
- Most student are depression in many factor in college environment.
- Depression also affect the demographic group (Gander)
- Parent also being a factor to make student depression .
- Emotional Distress is the main affect the student emotional
- Sleeping disorder is the most of the student depression.

RESEARCH QUESTIONS

The following research question were formulated to provide answers or information to objectives as state above:

- What is the level existence of depression among college students.
- What is the factor that influence the differentiation among college students.
- How to compare the differences of differences among college student selected demographic group (Gender).
- How the relationship about the parent support and depression among college student.
- What is the relationship between sleeping disorder (SD) among college students.
- How the relationship about the emotional distress among college student.

RESEARCH OBJECTIVES

The research attempts several objective. All of these objectives must be considered to ensure that the finding are summarizing with what the researcher is investigating. The important objective to be achieved in completing the intention of this research are as follows:

- To examine the level existence of depression among college students.
- To analyse the factor that influence the differentiation among college students.
- To compare the differences of differences among college student selected demographic group (Gender)
- To determine the relationship about the parent support and depression among college student.
- To determine the relationship about the sleeping disorder (SD) among college student
- To determine the relationship about the emotional distress among college student.

LITERATURE REVIEW AND PROPOSED FRAMEWORK

Based on future data collections, Most of the survey was conducting by questionnaire and being distributed to the student in the university. The result of this study is to measure the depression college student .Student is connected to higher levels of depression and happiness with the student life in University and the helicopter parenting behaviors. (Schiffrin et al,2014). The results were found by the previous research that the increased use of medicine drugs for reduced the depression among college students, that was reported by helicopter parenting (Schiffrin et al,2014).

Secondly is for emotional distress, In the university environment, most of the student will having an emotional distress due to high depression in many tasks and assignment in University . From the previous research , the research investigate the highest possible that relates to depression, anxiety, and stress in the population of college students in the university. (Nyer et al.,2015). This research investigated to 374 undergraduate students in the ages of 18 and 24 that attend in the Franciscan University, Steubenville, Ohio. The result reports that the 19 sources of targeted student were being survey and the 10 targeted student that caused the most stressful thing happened to them , there are academic performance, post-graduation plans, financial, quality of sleeping , relationship with friends and family, overall health, body image, and self-esteem. (Nyer et al.,2015)

Lastly is the Sleeping disorder, from the previous studies sleeping disorder was being observed whether students having a high depressive symptoms with sleeping disorder and without sleeping disorder differed across psychiatric aspect.(Rosen et al., 2015). The research reported from the data being collect, 287 students from high parent study showed at undergraduate colleges in the United States by the Depression Clinical and Research Program (DCRP) of the Massachusetts General Hospital (MGH) Department of Psychiatry (original study results reported in Farabaugh . The result was found that there were no statistically significant changes in demographic characteristics, including age, gender distribution, and self-reported GPA, between students with and without Sleeping Disorder (SD).(Rosen et al., 2015).
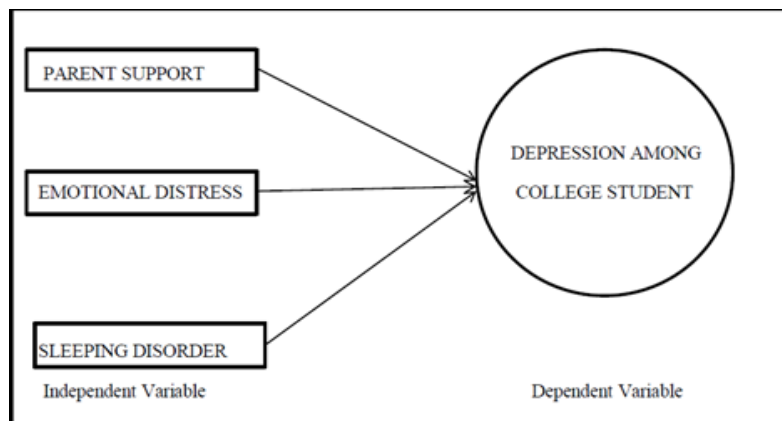

Figure 1. Research Framework.

Based on the research, we have found that the depression on student was involve three factor . The parental support was the main thing that the student facing in their life . Emotional distress was the second factor that involve in the student depression. Most of the student having a high depression on emotional depress such as suicide, homesick and others. lastly is the sleeping disorder . Most of the student facing the problem of sleeping disorder due to lacking in time management in the university environment.

CONCLUSION

In conclusion, we know that student tend to depress in many factor. Student should being aware their level of distress that lead to depression. Parent should be the person that support the student and support their children in any situation. Other than student should know how to control their emotional distress and get the mental treatment if their conditional was in danger. Lastly student should aware the time to sleeping. They should avoid sleeping late to make sure their depression was reduced. From the research has been done , it is clearly show that depression is commonly happened in the student in the university environment.

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