RELATIONSHIP OF DEPRESSION WITH SELF ESTEEM AND SATISFACTION WITH LIFE

[1]Dr. GOPAL CHANDRA SAHA   [2]SHANTANU HALDER   [3]PULEN DAS

[1]Assistant Professor and AFC 'C' licensed Coach, P. G. Govt. Institute for Physical Education, Banipur, W. B. State University, W. B., India.
[2]Research Scholar, Dept.of Physical Education, University of Kalyani. W.B,India
[3]M.P.Ed Research Scholar, Post graduate Govt. Institute for Physical Education, Banipur, W. B., India

_____

ABSTRACT

The aim of this study was to find out the   relationship of Depression with Self-Esteem and Satisfaction with life among college students. Hundred male college students were considered for this study from different district of West Bengal whose age range from 20 to 25 years. The Rosenberg Self-Esteem Scale, the Satisfaction with Life Scale (SLS), and the Center for Epidemiologic Studies Depression Scale (CES-D) were used for collecting data. Pearson product moment Correlation Coefficient statistics was used to find out the relationship of Depression with Self-Esteem and Satisfaction with life among college students. In conclusion this study showed significant negative relationships of Depression with life satisfaction as well as with self esteem among college students.

Key Words: *College Students, Self-Esteem, Satisfaction with Life and Depression.*

_____

INTRODUCTION:

 Most of those young people manage to handle college life stresses and challenges with aplomb, others have difficulty in adjusting. They are experiencing emotional turmoil, suffering from depressed mood, believing their lives are controlled by outside forces rather than their own efforts, and feeling discontented with life. Accordingly, this study provides information regarding the relationship between depression and some personality cognitive factors (self esteem and satisfaction with life) in college students. College may be a key time for catching and treating depression, specifically, mental health problems among college students related to depression should not be a hindrance to their education and development. Successful intervention by college counselling centers may prevent future episodes of depression over the lifetime as well as improve the college experience for students suffering from depressed mood, and distortion in cognition.

Many of the studies that focus on what makes people content with their lives distinguish between two related aspects: the cognitive and affective dimensions of subjective well-being. The cognitive dimension is usually referred to as life satisfaction, whereas the affective dimension represents positive and negative emotions such as happiness and loneliness (Klonowicz, 2001).

Most researchers agree that, although life satisfaction fluctuates over time (Diener, Oishi, & Lucas, 2003), in the long run, even exhilarating or traumatic events do not change it drastically. One explanation for that is that personality explains most of the variability in life satisfaction, and, as personality traits and dispositions tend to be stable over time, they create stability in levels of life satisfaction (Spector et al., 2001). Researchers refer to diverse aspects of personality when discussing life satisfaction. Some focus on locus of control (Spector et al., 2001; Wardle et al., 2004) others on depression (Hong, & Giannakopoulos, 1994).

Depression and self-esteem are intertwined and contribute to negative effect. Research has shown how self-esteem influences depression, and some studies have suggested that depression works negatively to decrease self-esteem. Understanding how each of these conditions affects the other is essential in order to effectively treat depression and other conditions that co-occur such as anxiety. In an attempt to determine the nature of the relationship between depression and self-esteem, Julia Friederike Sowislo of the Department of Psychology at the University of Basel in Switzerland conducted a review of existing research on these conditions.

Life satisfaction is a multifaceted construct that refers to one's overall evaluation of life domains such as health, finances, job, self-esteem, and interpersonal relationships (Michalos, 1991). Societies differ in the emphasis they place on certain values and resources, so it seems likely that the life satisfaction levels of members in various societies are influenced to different degrees by various predictors of life satisfaction. Two predictors of life satisfaction—self-esteem and the quality of interpersonal relationships, which is defined as maintaining good interpersonal relationships with others.

College-bound young adults are at increased risk for psychiatric disorders and also suicide rate day by day. Some researchers suggested that individuals who view their parents as overprotective and less caring tended to have depressive disorders as adults and high over-

protection (or "affectionless control")-increase the risk for lifetime depression. Life satisfaction and self esteem are also related to depression but what types of relationship are there, so this study focused to find out the   relationship of depression with self esteem and satisfaction with life among college students and therefore the present study was undertaken.

DEFINATION OF TERMS:

DEPRESSION-

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and physical well-being. Depressed people may feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, or restless. Depression may be described as feeling sad, blue, unhappy, miserable, or down in the dumps. Most of us feel this way at one time or another for short periods.

SELF-ESTEEM-

The term self-esteem comes from a Greek word meaning "reverence for self." The "self" part of self-esteem pertains to the values, beliefs and attitudes that we hold about ourselves. In psychology, the term self-esteem is used to describe a person's overall sense of self-worth or personal value. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. Self esteem means loving and feeling good about yourself unconditionally.

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of his or her own worth. Self-esteem encompasses beliefs (for example, "I am competent", "I am worthy") and emotions such as triumph, despair, pride and shame (Hewitt, John P. 2009).

LIFE SATISFACTION-

Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive effect, and negative affect (Diener, 1984). Although satisfaction with current life circumstances is often assessed in research studies, also include the following under life satisfaction: desire to change one's life; satisfaction with past; satisfaction with future; and significant other's views of one's life. Life satisfaction is a more complex concept than the attainment of goals or the feeling good about oneself.

METHOD AND MATERIALS:

SUBJECT-

Hundred subjects were selected randomly for this study, whose age range from 20 to 25 years. These subjects were selected from different District in West Bengal. A standardised questionnaire was used for measuring the depression, life satisfaction and self esteem.

TEST/TOOLS-

The Rosenberg Self-Esteem Scale, Satisfaction with Life Scale, and Center for Epidemiologic Studies Depression Scale was used to collect the data for this study.

1. ROSENBERG SELF-ESTEEM SCALE-

It was used to assess the self esteem of college students. Self-esteem was assessed using the Rosenberg Self-Esteem Scale (RSES), which comprises 10 statements, 5 positively worded and 5 negatively worded. Participants rate the extent to which they agree with each statement on a four-point Likert scale. The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem.

2. SATISFACTION WITH LIFE SCALE (SLS)-

It was used to assess life satisfaction (Diener, Emmons, Larsen, & Griffin, 1985). This scale which is used to assess the level of satisfaction with life, consists of 5 items scored on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). A total score is calculated by summing the individual responses to the 5 items. Scores on the total scale ranged from 5 to 35.

3. CENTER FOR EPIDEMIOLOGIC STUDIES DEPRESSION SCALE (CES-D) (RADLOFF, 1977)-

The CES-D is a valuable tool for identifying a group at-risk for depression and for studying the relationship between depressive symptoms and other variables, was used in the current study to assess level of depressive symptoms. CES-D is a 20-item self-report scale designed to measure

multiple dimensions of affective symptomatology and current depressive symptoms within the last week in the general population. Each item is rated on 4-point Likert-type scale indicating the degree of their occurrence during the last week. The items' responses range from 0 (rarely or none of the time) to 3 (most all of the time). A total score is ranged from 0 to 60. A score of 22 or higher indicates probable Major Depression.

STATISTICAL PROCEDURE:

Descriptive statistics were used to generate means, standard deviations, and frequencies for a list of variables. Pearson product moment Correlation Coefficient statistics was used to find out the relationship of depression with self esteem and satisfaction with life among college students.

FINDINGS:

TABLE – 1

PERSONAL INFORMATION OF THE SUBJECTS

SUBJECTS	NUMBER	AGE (YEARS) Mean ± SD
COLLEGE STUDENTS (BOYS)	100	23.78 ± 1.43

TABLE -02

MEAN, S.D., AND COEFFICIENT CORELATION OF DEPRESSION WITH SELF ESTEEM

VARIABLES	MEAN	S.D	"R"	REMARK
SELF ESTEEM	16.43	3.68	- 0.231	significant
DEPRESSION	24.35	7.50		

'r' value required to be significant at 0.05 level of confidence with 98 degree of freedom was 0.205

TABLE -03

MEAN, S.D., AND COEFFICIENT CORELATION OF DEPRESSION WITH LIFE SATISFACTION

VARIABLES	MEAN	S.D	"R"	REMARK
LIFE SATISFACTION	14.5	2.68	- 0.245	significant
DEPRESSION	24.35	7.50		

'r' value required to be significant at 0.05 level of confidence with 98 degree of freedom was 0.205

DISCUSSION AND FINDINGS:

This study aimed to investigate the relationship of depression with self esteem and satisfaction with life among college students. It was found from the above statistical calculation that negative relationships were observed between Depression and self esteem as well as with life satisfaction of college students. The results also showed a great ratio of depressive symptoms among college students. These findings are consistent with results of some recent studies conducted in Jordan (Dellewany, 2006).

Some of the literature (Hong & Giannakopoulos, 1994) suggests that three of the most frequently cited predictors of life satisfaction are self-esteem, depression, and locus of control respectively. Many researchers have conducted empirical investigations of life satisfaction (Diener, 1984; Huebner, 1991; Ramanaiah, Detwiler & Byravan, 1997; Hong & Giannakopoulos, 1994; Kopp & Ruzicka, 1993) and report that findings suggest significant correlations between life satisfaction and such personality traits as locus of control, self-esteem, depression, extraversion, optimism, neuroticism and anxiety.

Other researchers (e.g., Hyer, Harrison, & Warsaw, 1987; Kammann & Flett, 1983; Evans, Kleinman, Halar, & Herzer, 1984; Martinez-Pons, 1997) have reported results that suggest a negative relationship between depression and satisfaction with life.

Ali Talaei et.al reported that self-esteem were negatively associated with frequency of depression. Accordingly, adolescents with high self-esteem might be especially more likely to experience positive moods and feel more satisfaction with different areas of their lives compared to low self-esteem adolescents. A high level of self-esteem reflects the positive approach of the

individual towards himself (Rosenberg, 1965) and a high level of life satisfaction reflects a general positive evaluation of the individual's life (Vara, 1999; Diener et al.1985; Diener, 2000).

Various societies are influenced to different degrees by various predictors of life satisfaction. Two predictors of life satisfaction—self-esteem and the quality of interpersonal relationships. Depression and self-esteem also correlated with each other. The high self-esteem of the individual indicates that he has a positive perception about himself. The high self-esteem may have a positive effect on life satisfaction of the individual. The result is similar to Grandey and Cropanzano (1999).

Many university students lack knowledge about depression and its treatment. Therefore, simple and cheap media, such as postcards and posters might help to improve awareness in areas where current knowledge is low and counselling services should be provided in every college of each university to assist students to handle issues that constitute a source of stress in their psychosocial environment. Sports or community service may help those at risk for depression. Accordingly, establishing a skills building psycho-educational course, with a strong emphasis on behavioral skills training, in the campuses, will be effective in the treatment of college student depression

References

Benassi, V. A., Sweeney, P. D., & Dufour, C. L. (1988). Is there a relation between locus of control orientation and depression? Journal of Abnormal Psychology, 97, 357-367.

Burger, J. M. (1984). Desire for control, locus of control, and proneness to depression. Journal of Personality, 52 (1), 71–89.

Cecen A R (2008). Sense of coherence, family sense of coherence and self esteem in predictinf life satisfaction among university students. J. Theory Pract. Educ. 4(1): 19-30.

Crandal, R. (1973). The measurement of self-esteem and related constructs, Pp. 80-82 in J.P. Robinson & P.R. Shaver (Eds), Measures of social psychological attitudes.

Diener, E., & Larsen, R. Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985). The Satisfaction with Life Scale. Journal of Personality Assessment, 49, 71-75.

Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective wellbeing: Emotional and cognitive evaluations of life. Annual Review of Psychology, 54, 403-425.

Dellewany, T. (2006, Nov 23). The growing phenomenon of suicide in Jordan! Psychological depression is the main reason. Retrieved May, 18, 2008 from http://www.asyeh.com/asyeh_world.php?action=showpost&id=1069

Diener, E., & Larsen, R. J. (1984). *Temporal stability and cross-situational consistency of affective, behavioral, and cognitive responses. Journal of Personality and Social Psychology, 47, 580-592.*

Diener E (2000). *Subjective Well-Being: The science of happiness and a proposal for a national index. Am. Psychol. 55(1): 34–43.*

Evans, R. L., Kleinman, L., Halar, E. M., & Herzer, K. (1984). *Predicting change in life satisfaction as a function of group counseling. Psychological Reports, 55, 199-204.*

Faragher EB, Cass M, Cooper CL. *The relationship between job satisfaction and health: a meta-analysis. Occup Environ Med 2005; 62: 105-112.*

Grandey, A. A., & Cropanzano, R. (1999). *The conservation of resources model applied to work-family conflict and strain. Journal of Vocational Behavior, 54(2), 350-370*

Hyer, L., Gouveia, I., Harrison, W. R., Warsaw, J. (1987). *Depression, anxiety, paranoid reactions, hypochondriasis, and cognitive decline of later life inpatients. Journal of Gerontology, 42, 92-94.*

Hong, S., & Giannakopoulos, E. (1994). *The relationship of satisfaction with life to personality characteristics. Journal of Psychology, 128, 547– 558.*

Hewitt, John P. (2009). *Oxford Handbook of Positive Psychology. Oxford University Press. pp. 217–224.*

Klonowicz, T. (2001). *Discontented people: Reactivity and locus of control as determinants of subjective well-being. European Journal of Psychology, 15, 29–47.*

Michalos, A. C. (1991). *Global report of student well-being. New York: Springer*

Martinez-Pons, M. (1997). *The relation of emotional intelligence with selected areas of personal functioning. Imagination, Cognition, and Personality, 17(1), 3-13.*

Parkerson, G. R., Broadhead, W. E., & Tse, C. J. (1990). *The health status and life satisfaction of first-year medical students. Academic Medicine, 65(9), 586-588.*

Rapaport, M. H., Clary, C., Fayyad, R., &Endicott, J. (2005). *Quality-of-life impairment in depressive and anxiety disorders. American Journal of Psychiatry, 162, 1171-1178.*

Rotter, J.B. (1966). *Generalized expectancies for internal versus external control of reinforcement. Psychological monographs 80 (Whale No. 609).*

Roberts, J.E., & Kassel, J.D. (1997). *Labile self-esteem, stressful life events, and depressive symptoms: Prospective data testing a model of vulnerability. Cognitive Therapy and Research, 21, 569-589.*

Rosenberg M (1965). *Society and the Adolescent Self-Image. New Jersey: Princeton University Press.*

Radloff, L. S. (1977). *The CES-D Scale: A self-report depression scale for research in the general population. Applied Psychological Measurement, 1(3), 385-401.*

Simpson, P.L., Schumaker, J.F., Dorahy, M.J., & Shrestha, S.N. (1996). *Depression and life satisfaction in Nepal and Australia. Journal of Social Psychology, 136, 783-790.*

Sunders, S., & Roy, C. (2000) *the relationship between depression, satisfaction with life, and social interest. South Pacific Journal of Psychology, 11(1), 9-15.*

Schmitt, N., & Bedeian, A. G. (1982). *A comparison of LISREL and two-stage least squares analysis of a hypothesized life-job satisfaction reciprocal relationship. Journal of Applied Psychology, 67, 808-817.*

Spector, P. E., Shima, O. L., Siu, J. B., Stora, M., Teichmann, T., Theorell, P., et al. (2001). Do National Levels of Individualism and Internal Locus of Control Relate to Well-being: An Ecological Level International Study. *Journal of Organizational Behavior, 22, 815-832.*

Schmitz, N., Kugler, J., Rollnik, J. (2003). On the relation between neuroticism, self-esteem, and depression: Results from the National Comorbidity Survey, *Comprehensive Psychiatry, 44, 169-176.*

Twenge, J. M., Zhang, L., & Im, C. (2004). It's Beyond My Control: A Cross-Temporal Meta-Analysis of Increasing Externality in Locus of Control, 1960–2002. *Personality and Social Psychology Review, 8 (3), 308–319.*

Vara S (1999). "An investigation of job satisfaction and life satisfaction in intensive care unit' nurses. Unpublished master dissertation. Ege University, zmir, Turkey.

Wardle, J., Steptoe, A., Gulis, G., Sartory, G., Sek, H., & et al. (2004). Depression, perceived control, and life satisfaction in university students from central-eastern and western Europe. *International Journal of Behavioral Medicine, 11 (1), 27-36.*

Yong, T .J. (1992) locus of control and self reported psycho- pathology among Native Americans. *Social Behaviour and Personality, 20, 235 – 236.*