

Comparison of Medical and Fine Arts Students in Terms of Their Level of Stress and Depression during Academic Years.

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Highlights:

- 100 students of medical and fine arts were included
- Comparison of medical and fine arts students in terms of their level of stress and depression during the academic years
- Comparison of stress and depression among medical and fine art students was checked by using a DASS questionnaire

Abstract:

University life during medical training entails full-time commitment and responsibility of undergraduates regarding academic tasks and care provided to patients and their companions. Long working and study hours, environments not ideally suited to learning, sleep deprivation, as well as factors interfering in everyday personal life are common during this period.

Objective:

To find the comparison of medical and fine arts students in terms of their level of stress and depression during the academic years

Methodology:

100 students of medical and fine art were approached in this study after obtaining signed consent form. 50 students of medical and 50 students of fine art were approached in which 25 was female and 25 was male in each group. All the students were healthy and were included in this study on the basis of inclusion exclusion criteria. Comparison of stress and depression among medical and fine art students was checked by using a DASS questionnaire. Students of medical and fine arts were asked to fill the questionnaire

Results:

This study reveals that the Mean of stress in

medical students was 8.64 ± 3.63 and fine art students was 7.72 ± 4.05 . The difference was statistically significant difference (p value 0.043). Mean of depression in medical students was 7.12 ± 3.19847 and fine art students was 5.34 ± 2.70759 . The difference was not statistically significant difference (p value 0.185). The results of this study concluded that the stress in medical students was more than the fine art students, while the depression was same in both medical students and fine art students.

Conclusion:

It was concluded that the stress in medical students was more than the fine art students, while the depression was same in both medical students and fine art students..

Key Words:

Stress, Depression, Medical. Fine Arts

Introduction:

These perspectives, related with a nonappearance of components propelling individual fulfillment, can provoke sentiments of uneasiness that oppositely influence the physical, mental, and energetic prosperity of understudies, exchanging off their academic.¹ Additionally contemplates illustrating the elements related with mental clutters that influence execution and personal satisfaction of undergrad therapeutic understudies are required.² Inside this specific circumstance, push assumes a noteworthy part in this between relationship, no doubt originating from the regular presentation to agony, enduring and passing.³ The large amounts of worry in medicinal understudies are essential indicators of uneasiness and depression. Indeed, wellbeing, work and personal satisfaction are naturally connected, where larger amounts of pressure

prompt a decrease in personal satisfaction because of demotivation, bothering, sorrow, and despondent individual life, affecting communication of the people at various focuses in their life.⁴ Subsequently, push debilitates learning, since this specifically meddles in the mind's official capacities and can influence the execution of college understudies at particular occasions or all through their scholarly course.⁵ Tension is a threat flag to the inner self that unsafe drive is going to break, in certainty it is an oblivious response to discouraged propensities portrayed by over concern which may swing over to freeze or extreme dread. Physical and Psychological side effects incorporate perspiring, trembling of lips and hands, quick breathing, fast heartbeat, dryness of mouth, visit pee; strained quality, touchiness, envisioned risk, restlessness, absence of focus and failure to settle on choice and so forth.⁶ Tension effectively affects understudies in the classroom. Understudies with emotional health issues report poorer connection ships with different understudies and faculty members.⁷ lower levels of commitment in grounds clubs and activities, lower review midpoints.⁸ Furthermore, bring down rates of graduation than understudies not experiencing psychological health issues Restless understudies are more probable have learning troubles additionally critical thinking capacity and exchange making may endure also Depression is a severe mood disorder covered a variety of negative moods and behavioral changes and is the fourth leading cause of social incapacitation in the world. In India around 5% individuals are living with misery and uneasiness issue. In India mental issue like discouragement among understudies is disregarded general medical issue as we have only one specialist for four lac nationals. We have just around 4,000 specialists, 1,000 clinicians and 3,000 social laborers for the entire of the nation. In present day stress, anxiety and depression are generally found among understudies. In America around 30 % of undergrads are depressed.

Methodology:

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Results:

This study reveals that the Mean of stress in medical students was 8.64 ± 3.63 and fine art students was 7.72 ± 4.05 . The difference was statistically significant difference (p value 0.043). Mean of depression in medical students was 7.12 ± 3.19847 and fine art students was 5.34 ± 2.70759 . The difference was not statistically significant difference (p value 0.185). The results of this study concluded that the stress in medical students was more than the fine art students, while the depression was same in both medical students and fine art students. Mean of stress in medical students was 8.64 ± 3.63 and fine art students was 7.72 ± 4.05 . The difference was statistically significant difference (p value 0.043). Mean of depression in medical students was 7.12 ± 3.19847 and fine art students was 5.34 ± 2.70759 . The difference was not statistically significant difference (p value 0.185). (Table 1)

	Study Group	N	Mean± Std. Deviation	T value	P value
Stress	Medical Student	50	8.64 ± 3.63520	1.195	0.043*
	Fine Art Student	50	7.72 ± 4.05090		
Depression	Medical Student	50	7.12 ± 3.19847	3.003	0.185
	Fine Art Student	50	5.34 ± 2.70759		

Table 1: Demographics of Independent

Discussion:

Mohammad Amin Wani et al conducted a study that was about stress, anxiety and depression that was commonly found among the students globally. These psychological problems badly affected the health of our students. The cardinal object of the present study was to investigate the effect of gender and faculty on stress, anxiety and depression. Further the study also strived to find the level of stress, anxiety and depression among boys and girls; science and arts students. Their study was consisted sample of 260 students divided in two groups (Boys and Girls) each group had 130 students. Further these two groups was equally subdivided into two more faculty wise (Science and Arts) groups with 65 students was in each group. Levels of stress, anxiety and depression were measured by Depression Anxiety Stress Scale (DASS) constructed by Lovibond. For data analysis and hypothesis testing mean and ANOVA was applied. The findings were showed that girl students were prone to stress, anxiety and depression than boys as they had high percentage in all three areas (Stress 57.67%, Anxiety 90.77% and Depression 60.77%) than boys (Stress 43.85 %, Anxiety 89.22% and Depression 43.08%). Similarly science students had high level of stress, anxiety and depression (Stress 73.86%, Anxiety 96.14% and Depression 88.46 %) than arts students (Stress 27.69%, Anxiety 73.84% and Depression 15.38%). The results also revealed both gender and faculty had significant effect on stress, anxiety and depression as all obtained "F" ratio's was found significant at 0.05 level of significance. On the basis of the findings in the present study we may conclude that both gender and faculty are influential factors in stress, anxiety and depression, Stress, Anxiety, Depression, Gender and Faculty. This study reveals that the Mean of stress in medical students was 8.64 ± 3.63 and fine art students was 7.72 ± 4.05 . The difference was statistically significant difference (p value 0.043). Mean of depression in medical students was 7.12 ± 3.19 and fine art students

was 5.34 ± 2.70 . The difference was not statistically significant difference (p value 0.185). The results of this study concluded that the stress in medical students was more than the fine art students, while the depression was same in both medical students and fine art students.

Conclusion:

The stress in medical students was more than the fine art students, while the depression was same in both medical students and fine art students

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