



Our Lady of Fatima University

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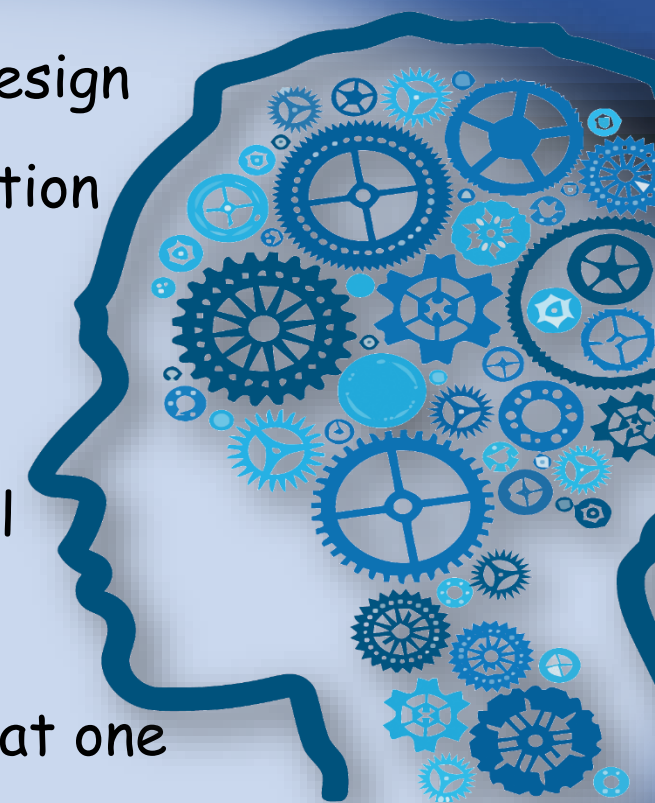


Are you aware? : The Needs of Understanding Depression among Science, Technology, Engineering and Mathematics (STEM) Senior High School Students

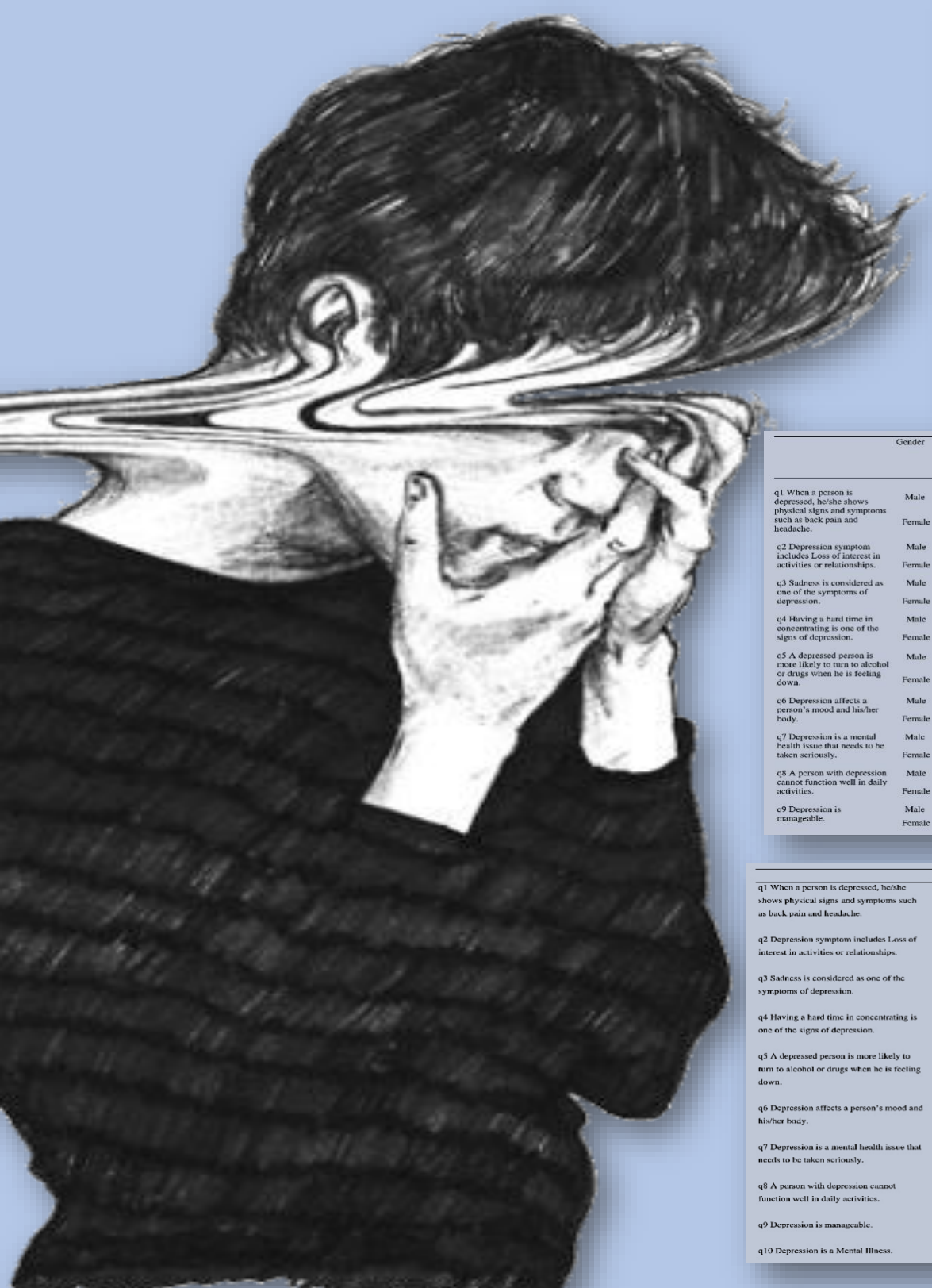
Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. At its worst, depression can lead to suicide.

Today's teenagers are faced with many different challenges. Because of this, a lot of students are faced with depression. They suffer from depression and often feel isolated, and the lack of understanding and awareness about the disease can make it more difficult for those suffering to seek the necessary help. Unfortunately, for most students, depression is viewed as a weakness of character. These students are unaware they are depressed and are reluctant to admit they have symptoms.

The research design chosen for this investigation was a cross-sectional descriptive correlational design. A cross-sectional study requires that all data be collected either at one time, or within a short period of time.



There is no significant difference between the level of Understanding of (STEM) students about depression. The students are moderately aware that depression is a mental illness, and so there is a need in understanding depression. in senior high school STEM students. Understanding towards depression must be enhanced to be able to improve and prevent such undesirable circumstance in a student's life.



Indicators	Mean	Verbal description
1. When a person is depressed, he/she shows physical signs and symptoms such as back pain and headache.	2.79	Moderately Aware
2. Depression symptom includes Loss of interest in activities or relationships.	2.88	Moderately Aware
3. Sadness is considered as one of the symptoms of depression.	2.95	Moderately Aware
4. Having a hard time in concentrating is one of the signs of depression.	2.78	Moderately Aware
5. A depressed person is more likely to turn to alcohol or drugs when he is feeling down.	3.13	Moderately Aware
6. Depression affects a person's mood and his/her body.	3.91	Moderately Aware
7. Depression is a mental health issue that needs to be taken seriously.	2.94	Moderately Aware
8. A person with depression cannot function well in daily activities.	2.98	Moderately Aware
9. Depression is manageable.	3.84	Moderately Aware
10. Depression is a Mental Illness.	3.61	Moderately Aware
11. Some of academic pressure sometimes can cause depression.	3.10	Moderately Aware
12. Depression is being sad.	3.95	Moderately Aware
13. Men has higher percentage of depression than women.	3.89	Moderately Aware
14. Family expectation can create a strong sense of rejection that can lead to depression.	3.17	Moderately Aware
15. Family and friends are great contributors in treating depression.	3.14	Moderately Aware
Average	3.29	Moderately Aware
Legend : 4.21 - 5.00 = Extremely Aware 3.41 - 4.20 = Very Aware 2.61 - 3.40 = Moderately Aware	1.81 - 2.60 = Slightly Aware 1.00 - 1.80 = Not Aware	

Gender	Weighted Mean	t	df	p	Decision	Conclusion
q1 When a person is depressed, he/she shows physical signs and symptoms such as back pain and headache.	Male 2.78 Female 2.80	-1.03	220	.318	Accept Ho	Not Significant
q2 Depression symptom includes Loss of interest in activities or relationships.	Male 2.79 Female 2.95	-1.09	220	.291	Accept Ho	Not Significant
q3 Sadness is considered as one of the symptoms of depression.	Male 2.88 Female 3.00	-.802	220	.424	Accept Ho	Not Significant
q4 Having a hard time in concentrating is one of the signs of depression.	Male 2.72 Female 2.82	-.715	219	.475	Accept Ho	Not Significant
q5 A depressed person is more likely to turn to alcohol or drugs when he is feeling down.	Male 3.06 Female 3.19	-.771	220	.442	Accept Ho	Not Significant
q6 Depression affects a person's mood and his/her body.	Male 2.84 Female 2.97	-.897	220	.371	Accept Ho	Not Significant
q7 Depression is a mental health issue that needs to be taken seriously.	Male 2.96 Female 2.93	-.179	220	.858	Accept Ho	Not Significant
q8 A person with depression cannot function well in daily activities.	Male 2.87 Female 3.06	-1.262	220	.208	Accept Ho	Not Significant
q9 Depression is manageable.	Male 2.81 Female 2.87	-.388	220	.698	Accept Ho	Not Significant

	F-value	p-value	Decision	Conclusion
q1 When a person is depressed, he/she shows physical signs and symptoms such as back pain and headache.	1.158	.286	Accept Ho	Not Significant
q2 Depression symptom includes Loss of interest in activities or relationships.	.593	.554	Accept Ho	Not Significant
q3 Sadness is considered as one of the symptoms of depression.	.660	.518	Accept Ho	Not Significant
q4 Having a hard time in concentrating is one of the signs of depression.	.728	.484	Accept Ho	Not Significant
q5 A depressed person is more likely to turn to alcohol or drugs when he is feeling down.	.346	.708	Accept Ho	Not Significant
q6 Depression affects a person's mood and his/her body.	.446	.641	Accept Ho	Not Significant
q7 Depression is a mental health issue that needs to be taken seriously.	.441	.644	Accept Ho	Not Significant
q8 A person with depression cannot function well in daily activities.	.443	.643	Accept Ho	Not Significant
q9 Depression is manageable.	.679	.513	Accept Ho	Not Significant
q10 Depression is a Mental Illness.	1.179	.280	Accept Ho	Not Significant

Continuation...		Male	Female	t	df	p	Decision	Conclusion
q10 Depression is a Mental Illness.		2.49	2.71	-1.491	220	.137	Accept Ho	Not Significant
q11 Some of academic pressure sometimes can cause depression.		3.05	3.13	-.481	220	.631	Accept Ho	Not Significant
q12 Depression is being sad.		2.91	2.99	-.519	220	.604	Accept Ho	Not Significant
q13 Men has higher percentage of depression than women.		2.84	2.92	-.533	220	.594	Accept Ho	Not Significant
q14 Family expectation can create a strong sense of rejection that can lead to depression.		3.08	3.25	-1.075	220	.284	Accept Ho	Not Significant
q15 Family and friends are great contributors in treating depression.		3.04	3.22	-1.038	220	.305	Accept Ho	Not Significant
Average		2.87	2.99	-.598	220	.549	Accept Ho	Not Significant

Table 3.0 Shows the results interpreted as there is no significant difference on the level of awareness of both male and female Science, Technology, Engineering and Mathematics (STEM) Senior High School Students (respondents). The result shows P value of .5045. That denotes male and female has no significant difference on the awareness level about depression.

Continuation...	Male	Female	t	df	p	Decision	Conclusion
q11 Some of academic pressure sometimes can cause depression.	1.442	.239	.239	220	.814	Accept Ho	Not Significant
q12 Depression is being sad.	.272	.762	.272	220	.787	Accept Ho	Not Significant
q13 Men has higher percentage of depression than women.	4.394	.013	4.394	220	.000	Reject Ho	Significant
q14 Family expectation can create a strong sense of rejection that can lead to depression.	2.595	.077	.077	220	.474	Accept Ho	Not Significant
q15 Family and friends are great contributors in treating depression.	.393	.676	.393	220	.696	Accept Ho	Not Significant
Average	1.329	.267	.267	220	.790	Accept Ho	Not Significant

Table 3.1 Shows that the results from questions 1-12 and 14-15 have similar decision with Accept Ho and the conclusion of there is No Significant difference in their level of awareness on depression according to age. But in question number 13 "Men has higher percentage of depression than women" had a decision of Reject Ho and the conclusion of there is a significant difference.



The researchers recommends that every student or someone they know who manifests or feels of having depression should seek further information with the help of this research study. The researchers will disseminate leaflets to the Senior high school STEM students to increase their level of awareness.