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## THE EFFECTS OF DEPRESSION ON MENTAL HEALTH AND HYGIENE AT HIGHER LEVEL

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**Fareeda Saeed Pasha**

Assistant Professor,  
Jinnah University for Women, Karachi  
Sindh, Pakistan  
Email: [pashafsaeed@gmail.com](mailto:pashafsaeed@gmail.com)

**Hafsa Nasir Khan**

Research Scholar,  
Jinnah University for Women, Karachi  
Sindh, Pakistan  
Email: [happakhan16@gmail.com](mailto:happakhan16@gmail.com)

**Maria Bibi**

Research Scholar,  
Jinnah University for Women, Karachi  
Sindh, Pakistan  
Email: [wsm299@gmail.com](mailto:wsm299@gmail.com)

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**ABSTRACT**

*Education is the process of acquiring knowledge, developing skills of communication, analytical, problem-solving, and critical thinking accompanying the sense of responsibility regarding personal as well as societal. This study elaborates about the effect of depression on mental health and hygiene at higher level. Depression is the psychological phenomenon that unfavorably influencing on psychomotor, affection and cognitive domains. Depression is the crucial medical illness mood disorder that may express emotions of sadness, sorrow, or anger that obstruct on person's everyday routine. The objective of this research was to identify the meaning of the term depression, types, causes, signs and symptoms, treatments and prevention regarding the effect of depression on mental health and hygiene. In the research, the targeted audience was the higher level students. The research was conducted by four universities of Karachi that are Jinnah University for Women (JUW), Bahria University, Karachi Medical and Dental College (KMDC), and NED University of Engineering and Technology and the sample size is (N=100) students. Descriptive research method was used and data was collected in quantitative research design through questionnaire tool. The result display that the rate of depression on adolescent is higher and it is influencing their mental health, physical health and social interactions that affecting their academic performances, behavior, interest, emotions,*

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*thoughts, personality, social and personal life.*

**KEYWORDS**

*Depression, Cognitive, Symptoms, Effects, Phobia, Tension, Higher Education*

**INTRODUCTION**

Education is the accurate sense of nourishing, identifying and boosting up individual's personality, abilities, skills and capabilities. Education assist to gain knowledge, develop the critical thinking, and preparing oneself or others intellectually for mature life. Shaping the individual in a manner who is capable to cope up with their life circumstance is much more essential rather than shaping him into some idealistic pattern. Education can be access through three different ways such as formal education, informal education and non-formal education. Formal education is consciously planned along with teacher-student relationship with proper curriculum, fixed time, specific place, limited age, and follows proper rules and regulations. Informal education is unplanned as it occurs through the experiences of day-to-day situations and learns from communities, incidents, circumstances and environment. Non-formal education is organized education occur outside the formal education system and it is learn by social interaction with similar interests people that may be the opportunity to put into practical approach.

The education system has various levels such as Pre-Primary, Primary, Secondary, Higher Secondary and Higher Education. Every level has its own pedagogies and responsibilities. Higher level education is providing quality education and enhances the knowledge, skills, intelligence, abilities, capabilities and attitude. The higher level is the final stage of formal learning. The higher level aim is to provide guidelines related to moral, social, economic, political, educational, and health affairs of the nation as the students are the future role model of the country. The higher level assists the student to develop their entire personality, learn social adjustment and provide professional training. It also assists a learner to learn the behaviors to tackle situations and circumstances of the life. The psychology is the study of mind and behavior that are connecting with our mental mechanism internally and externally in every type of circumstances in our life. The psychology plays an essential role in the life of the human being as good mental health assist to lead a happy and comfortable life. The disturbance in cognitive and behavior domains generate depression, fears and phobias. The good health and the good mental condition helps the student's to execute better in education and in co-curricular activities. The issues face by unhealthy mental and health condition affected on student's academic performance that resulted in lower grades and dropouts. The poor mental health leads student towards depression and increases their phobias. The phobia is the fear, anxiety and scared factor that resist the person to perform well in their life. The anxiety of student in academic performance

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enhances the ratio of depression. Depression is a mood disorder that influence physical, behavioral, cognitive, emotional, moral, social psychological and financial factors. Depression may become a serious health condition when long-lasting and with severe and moderate intensity.

### **LITERATURE REVIEW**

Depression is a common and serious mental illness disorder that is marked by lack of interest, sadness, hopelessness and emptiness. Other signs include such as feeling of guilt or low self-worth, loss of energy, trouble in sleeping, changes in weight, insomnia, changes in appetite, mental health issues, hygiene issues, negative thoughts, thoughts of death and suicide ideation (Torres, 2020).

In the light of Holy Quran and Hadiths, some scholars explain that there is no need for psychiatric institutes and psychological clinics as Mankind have the Book of Almighty Allah, The Holy Quran, as the source through which Mankind have the direct connection with Almighty Allah. The people who start to practice Islamic values and path, will tackle with all the most severe mental disorders. Depression is a spiritual loss of life, an emotional death of a person's soul and spirit, inducing them to become purposeless as a result of hiding and bemoaning over their inner selves. If not treated appropriately and for a long enough period of time, sadness and grief can turn into depression. A depressed individual has been in a state of complete sorrow over their soul for an extended period of time. When that happens, and they have given up on their own soul after neglecting it for a long time, they do things to push it away even more, in order to avoid the agony they may have felt at the time. The depression is not the same as sadness.

The mental health is contemplated as a state of well-being where an individual is acknowledge with their own abilities and capabilities, can handle the normal stresses of life, is able to work fruitfully and productively and can serve to community. Depression has negative effects on our behaviours such as loss of interest, productivity and social contact. (KHURSHID, 2015) Depression may be divided into categories relying on the severity of signs. Some human beings experienced moderate and temporary episodes, at the same time as others experiences extreme and ongoing depressive episodes. Few types of depression are- Major depressive disorder (MDD), Bipolar Disorder, Seasonal Affective Disorder (SAD), Atypical Depression. Depression is a formidable tool that is the most common disorder as its rate of depression is enlarging day by day. The exact causes are still unknown, despite the fact that it can affect anyone at almost any age. Researchers suspect various factors of depression like genetics and family issues, anxiety, stress, certain medical conditions and physical health issues, brain chemistry, mal-nutrition, chronic pain and illness,

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gender, financial disturbance, substance uses, hygiene, phobias, and mental health issues. Never ignored the signs of depression, if you temper do not improve or get worse, are seeking clinical help. Depression is an extreme intellectual health infection with the ability for headaches. If left untreated, headaches can add up like bodily pain, weight gain or loss, panic attacks, social isolation, substance use problems, thoughts of suicide and self-harm.

The symptoms that last more than two weeks would be the signs of depression that may influence on student's life mentally, physically, financially, emotionally, socially, and disturb their academic performances and, personal and professional life. Every human being experiences depression signs associated with their mood, temper, emotion well-being, behavior, cognitive abilities, sexual interest, sleep patterns, bodily well-being, and physical well-being. The rate of depression is higher in adolescent student and affects millions of youngsters and their families (Hammen, 2009). Living with hopelessness may be strenuous but treatment can help to make life better. Consultation with Healthcare consultant may be the comfortable options. A remedy or combination of remedies may also efficiently control signs and symptoms of depression. It is not unusual to associate with medical treatment and life therapies such as psychotherapy, light therapy, medication, alternative therapies, exercise, avoid alcohol and capsules, and much more. Some tips, tricks and techniques that might also help to improve depression are listen to music, get a good laugh, walk around the block, give a hug, positively think about the situation, exercise, have a good sleep, maintain remedies, decrease stress, and constructing sturdy relationships with others, share things with others, encourage and motivate others, ask for other's help, share feelings and have a behavioral sessions and therapies and also have counseling session with a good consultant, watch motivational videos and speeches, and offer regular prayers. It is estimated that worldwide, depression is the fourth most common purpose of disease burden in women and the seventh most common purpose in men (Ustun Et Al., 2004; Moussavi Et Al., 2007).

It is firmly advised that all practitioners familiarize themselves with the Diagnostic Framework. It is also assets observed that depressed mood can be element of number of medical conditions as well as side effect of number of medications. Therapists should be aware of the possibility that patient's depression is caused by undetected medical illness or medication, and should suggest the patient to seek medical help if necessary (American Psychological Association, 1994, Diagnostic and Statistical Manual of Mental Disorder~ DSM-IV). In the research of (Duke, 2012) on the topic the mental health condition in Ghana. This study is conducted to extract out the issues faced by Ghana's people that affect their mental health. The other reason of this study

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is to identify the services of the clinic and the treatment conditions of the hospital. The main aim to conduct this study is to develop the mental health care in Ghana and to help future researches to have a direction to follow and do more researches. The review suggested on bases of the mental health research in Ghana are the experiences of people with mental illness and their family members, including the psychological and financial impact, treatment experience, need for building clinicians across the discipline to conduct clinically based research. The niche covered included hospital and community-based prevalence studies, psychosis, depression, substance misuse, self-harm and help-seeking.

Through this research the train consultant will be able to help student to be healthy. The higher level student will be able to recognize self-regulation and self-realization. The higher level student will be able to enhance the learning progress. The students will be able to create skills and abilities. The student will be able to develop dominant personality. The consultant will be highlighting the awareness in student related to phobia and its affect at higher level. This study is about the effect of depression on mental, social, physical, emotional and financial factors of the higher level student. Study about the student cognitive thinking and behavior. Study the student fears and issues through Education. Study the Strategies for controlling depression on higher level student. Study to motivate students towards their professional or career life. Study to guide students to do regular exercises and therapies to calm their mind and holds a peaceful mental health condition.

This research study was limited to four Universities of Karachi by hundred (100) sample student. The main perspective of this research study is to collect the quantitative information about the effect of depression on mental health and hygiene at higher level. The collection of data is done through survey method and it conducted in Karachi due to limited resources and time.

### **RESEARCH OBJECTIVES**

1. To recognize and spread awareness regarding the effect of depression on mental health and hygiene at higher level and to highlight the student's problem regarding depression and its effect on social, economic and personal life.
  2. To figure out the strategies for the prevention of depression and to highlight the stress of education that may lead to the students towards depression.
  3. To create more counseling centers and organization for student where they can share and speak their heart out.
  4. To arrange seminars and workshops regarding coping up with depression.
  5. To deal with the depressed person, guide him how to handle and cope up with it and to provide a path to maintain peaceful, comfortable, healthy and safe life.
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**RESEARCH QUESTIONS**

1. Is the depression affecting the mental health at higher level?
2. Why depression effecting the mental health and hygiene at higher level?
3. What are the elements of depression at higher level?
4. Is hygiene also the factor of depression at higher level?

**RESEARCH METHODOLOGY**

In the research, the targeted audience was the higher level students. The targeted population of this research embraces the four universities of Karachi and the sample size is (N=100) students. Descriptive research method was used and data was collected in quantitative research design through questionnaire tool. The data analysis has been conducted through statistical software SPSS percentage for evaluating and analyzing the data.

**FINDINGS**

According to the survey researcher result, 37% student thought that education leads towards self-confidence, 54% student surmised that education is a process to develop knowledge, 66% student thought that depression is a serious illness disorder, 62% student surmised that the rate of depression is higher in adolescent group, 60% student though that depression is due to negative thoughts, 47% students surmised that it's due to personal, nervousness and weakness, 81% student thought that it influence mental health, 60% student considered that financial crisis create depressive behavior, 48 % student thought that depression interfere on work all the time, 41% student viewpoint is that behavior symptom influence at higher level, 35% student thought that least interest expose depressive person behavior, 40% student opinion that avoid negative thoughts reflects on depression, 34% student considered that depression arouse due to family history, 38% student thought that depression can be controlled by psychotherapy, 38% student thought that chronic stress is the risk factor for depression, 49% student thought that counseling help to overcome depression from students at higher level , 76% student considered that positive thinking can save from anxiety, 50% student think that stop your thoughts in the moment and practice been present can control negative overthinking.38% students think that understand your triggers can control depression, 71% student think that by offer prayers the mind can be calm.

**CONCLUSION**

The result has concluded that the depression is the psychological phenomenon which enormously influencing on mental health and hygiene at higher level student and the students cognition, psychomotor and affection domains are highly affected. On the basis of responses, the negative thought is the factor due to which mental health is greatly disturb. The depressive person has least interest in everything and their behavior mood swings in seconds. The rate of depression level can be decrease by the

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support, motivation and encouragement of teachers, parents and educational institution. The bond between student and teacher should be strong and friendly so that the student can free speak their heart out and can share each and everything with them without hesitation. The participation of student in extra-curricular activities assists them to build balance personality and has a calm mind to reduce their academic stress. The educational system should conduct workshops, seminars, conferences, webinars, counseling sessions and therapy sessions for the awareness and there should be a platform for the students where they can share and excrete their heart out.

### **DISCUSSION**

The current research objective is to investigate the effect of depression on mental health and hygiene at higher level in Karachi, Pakistan. This research study held to spread awareness regarding depression concept, types, causes, symptoms, treatments and how can an individual cope up with it. According to National Institute of Mental Health-(NIMH) around 3.2 million Americans between 12 to 17 years old had at least one major depressive episode in 2017. They display 13.3% of 12 to 17 years old in US. The females were around 2 to 3 times as likely as males to register a depressive episode. This research analysis that depression is the serious illness disorder and the rate of depression is higher in adolescent group. In the line with the justification of the study, it indicates that mental health of individual is affected by depression and one avoidance factor reflects on depression is to neglect negative thoughts that assist an individual to overcome depression. This study also helps to gather information regarding the therapy that control depression through psychotherapy. These results should be taken into an account when considering that how to overcome and control depression on an effective individual. The data of this research recommended that the state should support therapies and counseling sessions in every region and in every institute as the students are the future role model of the nation.

### **RECOMMENDATIONS**

It is suggested that the Islamic teaching must be provided at higher level, provide clear understanding, assist student to have a firm faith on Almighty Allah and students should perform prayers with punctuality.

It is suggested that the co-curricular activities helps the student to the develop skills and abilities.

It this suggested that to help the student and teacher to understand each other and share thoughts and feelings with each other.

It is suggested that students should surround themselves with positive environment as it have positive impact.

It is suggested that to have focus on workshop, seminars, counseling, and therapy session and discussions held on periodical basis to educate students at higher level.

It is recommended that teachers should aware about the student's psychology and provide guidance to the students through teaching learning process.

It is recommended that regular physical activities provide benefits of health and good metabolic system of students. Therefore, training classes should be conducted weekly as it results in better academic performance of students.

It is suggested that the curriculum should be develop according to the cognitive, psychomotor and affection domain of the student at every levels of educational system. It is recommended that to assists student to control depression through regular therapy sessions.

It is recommended that state should support therapies and counseling session in every region as the students are the future role model of the nation.

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