

A STUDY ON SOMATIC SYMPTOMS, SOCIAL DYSFUNCTION, SEVERE DEPRESSION, ANXIETY AND INSOMNIA AMONG FEMALE POST GRADUATE STUDENTS OF ARTS, SCIENCE, COMMERCE AND LANGUAGE DEPARTMENT OF BANGALORE UNIVERSITY



HEALTH SCIENCE

Keywords: Anxiety, Insomnia, Severe depression, social dysfunction, somatic dysfunction

Tilak Kumar B.S

Research scholar and Guest faculty, University College of Physical Education, Bangalore University, Bangalore, Karnataka

ABSTRACT

The aim of the study was to compare, Somatic symptoms, Social dysfunction, Severe depression, Anxiety and Insomnia among Female Post Graduate students of Science, Arts and Commerce Departments of Bangalore University, and to look for predictors of different aspects affecting General health awareness and to discriminate stress and anxiety.

I .METHODODOLOGY

Researcher studied, 50 Female Post Graduate students from each Arts, Science, Commerce and languages Department of from Bangalore University aged from 22-24. The General Health Questionnaire-28 (GHQ-28) which measures, Somatic symptoms, Social dysfunction, severe depression, Anxiety and Insomnia, respectively, was administered to all subjects. One way Analysis of variance was administered to compare the means between the groups, after the significant relation found further LSD post hoc method was administered, further to find out the paired mean difference between the means of selected group.

II .RESULTS AND DISCUSSION

Presence of Anxiety and Insomnia at considerable rate and statistical results prove presence of significant difference of severe depression between the PG students from the departments of Arts and language, language and commerce departments. Presence of significant difference of social dysfunction between the PG students from the arts and commerce, commerce and language departments. Presence of significant difference of somatic symptoms between the PG students from commerce and language departments.

CONCLUSIONS

Statistical significance states significant difference between arts and language, commerce and language departments PG students after having the knowledge of general health awareness, the P.G. Students from the departments of Arts and Science were found better in handling emotional distress and found relatively a lower level of psychological morbidity, when compared to commerce and language departments of Bangalore University.