



HISTORICAL: Journal of History and Social Sciences

Vol. 2, No. 1, (2023).

Journal website: <https://historical.pdfaii.org/>

Research Article

Factors Affecting Depression And Suicidal Tendency Among The Students For The Educational Process: A Study On Sylhet, Bangladesh.

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Received : January 21, 2023

Revised : February 18, 2023

Accepted : March 06, 2023

Available online : March 13, 2023

How to Cite : Amin, M. A., & Rahman, M. M. (2023). Factors affecting depression and suicidal tendency among the students for the educational process: A study on Sylhet, Bangladesh . *HISTORICAL: Journal of History and Social Sciences*, 2(1), 1–15. <https://doi.org/10.58355/historical.v2i1.37>

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Abstract. The study wants to assess the factors that affect depression and suicidal tendencies among the students of Shahjalal University of science and technology and MC College, Sylhet. For collecting data and questionnaire method was followed. The researcher selected 50 samples from both of these institutions. In this study, a mixed research approach has been followed. The study disclosed that among the respondents, 90% had an idea about depression, and 90% got depression once in their lifetime. They suffered from major depressive disorder, bipolar disorder, and premenstrual dysphoric disorder, etc. and suffered from bipolar disorder. Depression has an adverse effect on student's academic life. Besides, 72% said that they need more consciousness about their depression. The study also revealed that 8% are also addicted to different drugs and alcohol. The study further revealed that 64% thought that the severity of depression could lead someone to commit suicide and 28% said that they thought about suicide during their depression period. The study also recommended that one should pass their time doing activities that can help reduce stress. In their leisure time, they can gossip

with their friends, and sharing their feeling with good friends can be another solution to anxiety. The study further added that if they failed, they might commit suicide at a severe level of their depression.

Keywords : Depression, suicidal tendency, education, students

INTRODUCTION

Depression among students is a global phenomenon in the present era. It has become the biggest social problem. Regularly it is affecting our lives in this or that way. Depression refers to the feeling of enormous dejection. There are many causes of depression among students. It can be stress, financial difficulties, breaking up a relationship, study-related issues, and so on. The degree of depressed people is increasing day by day. Those who have had the imagination of committing suicide are at major risk. The major risk factors are mental stress, bipolar disorder, family chaos, financial crisis, loneliness, and so on. The student of Bangladesh is also at risk. They also suffer from many more problems, which leads to suicide ideation in some cases. Suicidal matters are not the topic of discussion in our society. The rate of committing suicide is increasing. So the increasing inclination to commit suicide among students and teenagers should be considered. Nineteen thousand six hundred ninety-seven people committed suicide in Bangladesh in 2011(WHO report, 2011). 6,50,0000 people in Bangladesh are prone to commit suicide (Report provided by Shaheed Suhrawardy medical college,2010). It gives us a hazardous message about our society. It can be said that severe depression leads a person to the imagination of suicide or attempt. The inclination to commit suicide is increasing by leaps and bounds. This paper will give a clear dissertation about the factors affecting depression and the increasing tendency to commit suicide.

LITERATURE REVIEW

Relevant literature review

Depression is a mental disorder that presents with anxiety and loss of interest in activities. It is mainly due to adverse life events, disease, or life events. The severity of depression hampers the concentration to carry out simple regular activities. Depression affects 3-15% of the general population and 0.4-5% of severe cases. In young people, the prevalence of depression is 0.3% in preschool children, 2% in schoolchildren, and 4-8% in adolescents. Children of both sexes are equally affected, but females are affected twice as often in adolescents. Depression in adolescents is a considerable risk factor. It may lead someone to commit suicide. The elderly affected by depression is 2.5%-53% depending on the setting (Eduardo Sabaté,2004).

Higher education is a painful period in students' life. During that time, they need to cope with it for various reasons: living away from their families, a heavy syllabus, and inefficiency in higher education programs. Depression and stress are common, severe mental health problems and are afflicting adolescents and the student population to a large extent. World Health Organization (WHO) considers mental health a crucial part of a person's health. Although the onset of depression can be at any stage of life, the prevalence of major depression increases during adolescence and young adulthood. Stress and anxiety during education cause impairment in

cognition and produce distortions of perception. As college students are suffered from various stress stimulators such as academic, social, or time management problems, it is necessary for educators and mental health providers to have interventions to reduce anxiety and improve the quality of mental health education. (Narayan et al, 2016)

Culture is crucial in designing depressive symptoms, its awareness and impact, and care-seeking. People with depression have more somatic symptoms in non-Western countries than their counterparts in the West. Poverty and joblessness are known to intensify a sense of failure in certain cultures leading to depression. Cultural factors also affect diagnosis and management. Participants included adult men and women with and without a history of a depressive episode (n=42), formal and informal healthcare providers (n=6), and caregivers (n=2). Adults (n=10) with a history of the depressive episode were selected from a 2005 survey conducted by ICDDR, B. A case vignette elicited local terms for depression, perceived causes, impact, and treatments. There was no one who could recognize the term *bishonnota* (literal translation of depression) used in the previous survey. The respondents thought that the vignette was about *chinta rog* (worry illness), and they spoke of somatic symptoms concerning this condition. When studied further, they mentioned sadness and psychological complaints. Men thought that it affected them more compared to other women. They associated *chinta rog* with poverty and social issues impacting marriage, work, and education. From their responses, it seemed that they prioritize a psychosocial framework attributing the cause to thoughts and emotions resulting from social causes. Time and money were the main constraints of this study. (Nasima Salim, 2006).

Studying in medical college contributes to depression, which may have possible negative academic and professional impacts. Studying in any medical college is considered as being inherently stressful overall the world. This descriptive type of cross-sectional study was conducted in AFMC, Dhaka, Bangladesh, from February to April 2014. A total of 211 students participated in the study 1st year to 4th year. Among them, 86(40.8%) students were reported as having mild to moderate depressive symptoms. Depression was very significantly ($p < 0.001$) higher in 1st year 55(83.3%) than 2nd year 25(38.46%), 3rd year 03(5.45%) and 4th year 03(12%) students. Depression was significantly ($p < 0.05$) higher in Non-English Medium background 82(38.8%) than in English Medium background 04(1.9%). Depression may be a significant hidden problem for some medical students, and mechanisms to identify and help students with mental health problems should be seriously considered. (Hossain et al, 2016)

The researcher reviewed some papers relevant to the research interest. There is some study conducted here in Bangladesh. After analyzing these papers, the researcher detected a research gap. There is no study in Bangladesh on whether the severity of depression among students leads them, students to commit suicide or not.

Significance of the Study

Depression among university students is a common phenomenon. University students suffer from various types of depression, and increasing suicidal inclination among students is a burning issue now a day. The number of suicidal death is

increasing day by day. Suicide ideation comes from a major depression level. But the topic is not discussed openly, and because of the silence, the number of suicidal death is increasing. The suicidal tendency among university and college students is increasing by leaps and bounds. 20 out of 100 students have anxiety and major depression. (theconversation.com; February,2018). This leads someone to commit suicide if it is severe. This type of death is unacceptable because it happens on its own. The main cause of depression is mental stress, which can engender various problems like social problems, family problems, and other issues. The depression among the students, and there is not enough study in Bangladesh. The people know little about which factors depress people because it is not established as a matter of open discussion. So, it is obligatory now to discuss this openly. Otherwise, people will not be aware of the social problem. The study helps university students to know the factors which stimulate depression among students. Government and university students can take help from this if they want to conduct any study. Why the students commit suicide? How they can cope with the abnormal situation. It can be said that people or students will easily get an overall idea about the burning issue of our society.

Statement of the problem

Depression among students is a major issue in most of the country. The majority parts of university-going students suffered massively for various reasons. In Bangladesh, the suicidal tendency is increasing by leaps and bounds day by day. Suicidal tendency rises among students when their depression level is severe. There are various types of depression. These are – Major depressive disorder, bipolar disorder, and premenstrual dysphoric disorder. When someone feels his/her sleep pattern has changed and loses interest in activities, it may be defined as major depressive disorder. When a person feels fatigued, hopeless, and indecisive, then it may call bipolar disorder. Finally, if anyone feels self-critical and fails to concentrate on a task, it can be defined as premenstrual dysphoric disorder (Anxiety and Depression Association of America, 2016). By passing this stage, one may decide to commit suicide. It is not a one-day decision; a person crosses many stages of depression before committing suicide. When a person finds no hope to survive, they commit suicide. It is a significant problem among the students of Bangladesh right now. Every day you will hear someone committed suicide. But the topic is not discussed openly in our country. In 2017, 11,095 people committed suicide in Bangladesh (police headquarter report). The reasons for committing suicide are mental stress, breaking down relationships, financial crisis, hopelessness, suicide ideation, and so on. These things lead a person to depression which finally results in suicide. So it is a burning problem in our society.

Objectives of the study

Broad objective:

- Factors causing depression and increasing suicidal inclination among the students.

Specific objective:

- To measure the types of depression among the students.

- To know the extent of depression they suffered.
- To identify the problem factors which stimulate suicide.

Operational definition of key variables

Depression: Depression refers to a mental sickness that adversely affects your feelings, how you think and how you act. Depression causes severe bad feelings, which make someone mentally distressed.

Suicide: Suicide is an intentional act that causes someone's death. Suicidal thinking comes from a vast depression. The major causes of suicide are stress, financial difficulties, breaking down relationships, previously attempted suicide, and so on.

Conceptual framework of the study

A conceptual framework was framed based on relevant literature review and deducting the theoretical framework. It is a figure which represents the research paper at a glance. The conceptual framework consists of both dependent and independent variables. The following figure explains variables that were considered in collecting and analyzing data.

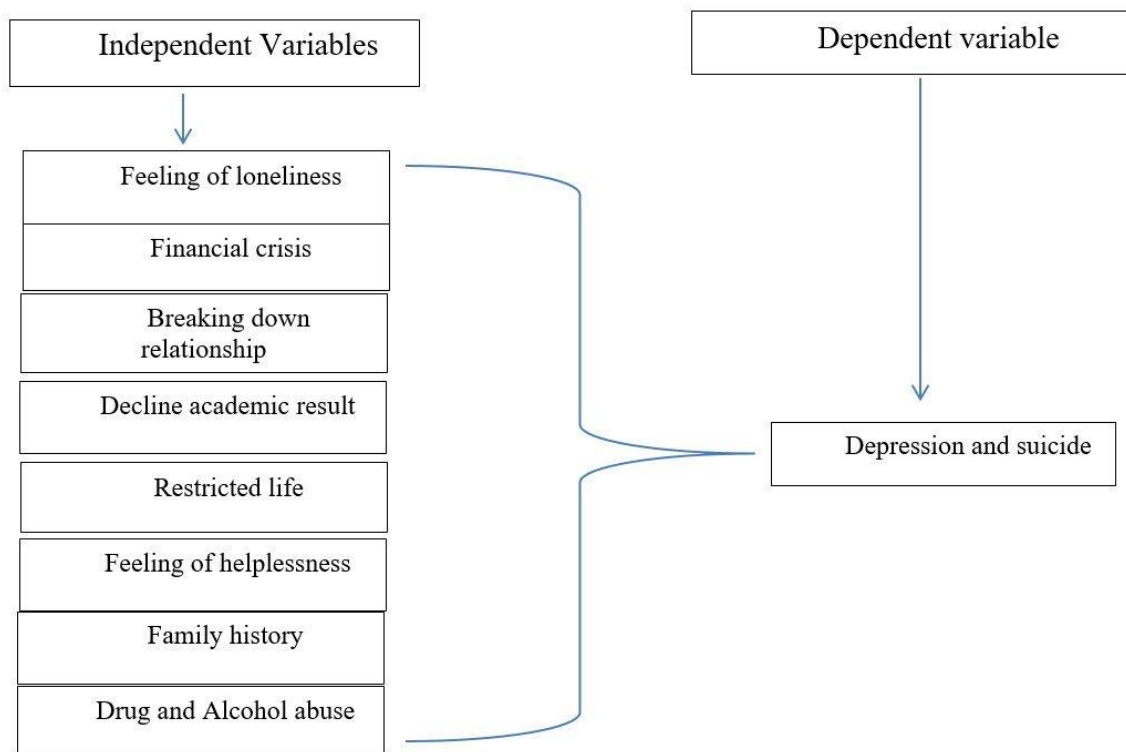


Figure 1: Conceptual framework of the study

METHODOLOGY

This study is based on both qualitative and quantitative research. It means it's a mixed research approach. In this study, the researcher surveyed some university

students of Shahjalal university and MC college Sylhet to evaluate the level of depression they usually suffered. The study was conducted at Shah Jalal university of science and technology, Sylhet, and MC College, Sylhet. The students of these institutions are the respondents of this study. It is hard enough to cover all the honors studying students of Sylhet city. The researcher selects both institutions to collect the data efficiently from the respondents. And both institutions are close to the center of Sylhet city. This study is based on exploratory research. Exploratory research can be conducted to assess the impacts of specific changes on existing norms. The study focuses on the factors that affect depression. So the elements are unknown, and we must detect the factors affecting them. The study was conducted by following the accidental or convenient sampling technique. Random sampling is when a researcher collects data from someone closer to them. The researcher selected Shah Jalal university of science and technology and MC college, both belonging to Sylhet city.

The researcher collected data from the students of both these institutions randomly. The researcher selected 50 students from both these institutions by following a convenient sampling technique. In this study, a structured questionnaire has been used, consisting of only close-ended questions, and respondents' answers have been recorded by writing them down. In this study mixed approach has been followed that incorporates both qualitative and quantitative methods. In the quantitative data analysis, SPSS analysis has been applied to them.

DATA ANALYSIS AND RESULT

This study collected data from the running undergrad and graduate 'male and female students of Shahjalal University of science and technology and Sylhet MC college. The researcher included 50 respondents (26 females & 24 males). The analysis of quantitative data is shown below: –

Table 1: Age of the respondents

Age	Frequency	Percent	Valid percent	Cumulative percent
19	2	4.0	4.0	4.0
20	6	12.0	12.0	16.0
21	10	20.0	20.0	36.0
22	14	28.0	28.0	64.0
23	11	22.0	22.0	86.0
24	3	6.0	6.0	92.0
25	2	4.0	4.0	96.0
26	2	4.0	4.0	100.0
	50	100.0	100.0	

Source: Field survey. n=50.

Table 2: Gender

Valid	Frequency	Percent	Valid Percent	Cumulative Percent
Male	24	48.0	48.0	48.0
Female	26	52.0	52.0	100.0
Total	50	100.0	100.0	

Source: Field survey. n=50.

Table 3: Idea about depression

Response	Frequency	Percent	Valid percent	Cumulative Percent
Yes	45	90	90	90
No	5	10	10	100
Total	50			

Source: Field survey. n=50.

According to table -3, among the respondents, 90% said that they have an idea about depression, and 10% of respondents said that they don't know about depression.

Table 4: Faced depression once in life

Response	Frequency	Percent	Valid percent	Cumulative percent
Yes	45	90	90	90
No	5	10	10	100
Total	50	100	100	

Source: Field survey. n=50

Later, they were asked whether they faced depression or not. Almost 90% of respondents said that they faced depression a minimum of once in their life. Besides, 10% of them said that they didn't get depression. Some of them said they could cope with their depression level.

Table 5: Types of depression

Depression types	Freq.	Percent	Valid percent	Cumulative percent
MDD	21	42	44.7	44.7
BD	24	48	51.1	95.7
PDD	2	4	4.3	100
Missing system	3	6	100	
Total	50	100		

Source: Field survey. n=50

N: B: MDD – Major depressive disorder, BD- Bipolar disorder, PDD – Premenstrual dysphoric disorder.

Table 5 shows that 42% of the respondents were attacked by major depressive disorder (MDD). They couldn't sleep properly and lost interest in activities. Besides, 48% said that they had bipolar disorder. In this stage of depression, they felt fatigued and indecisive, and 4% suffered from the premenstrual dysphoric disorder.

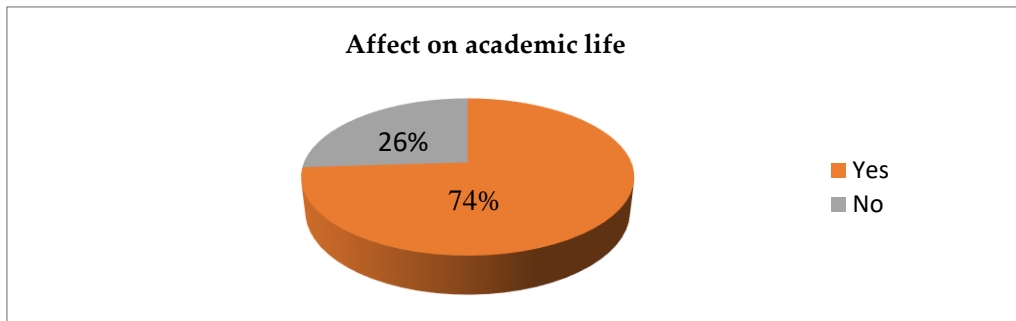


Figure 2: Effect on academic life

In figure 2, It has been found that 74% of respondents said that depression has more or less impact on their academic life, and 26% said that they don't face any problem with that issue.

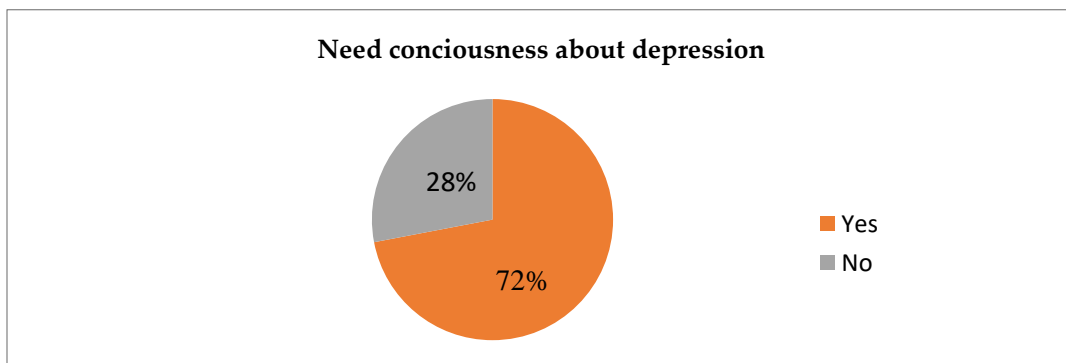


Figure 3: Need consciousness about depression

Figure 3 depicts that 72% of the respondents said they need to be conscious of their depression, and 28% said they don't need to be aware

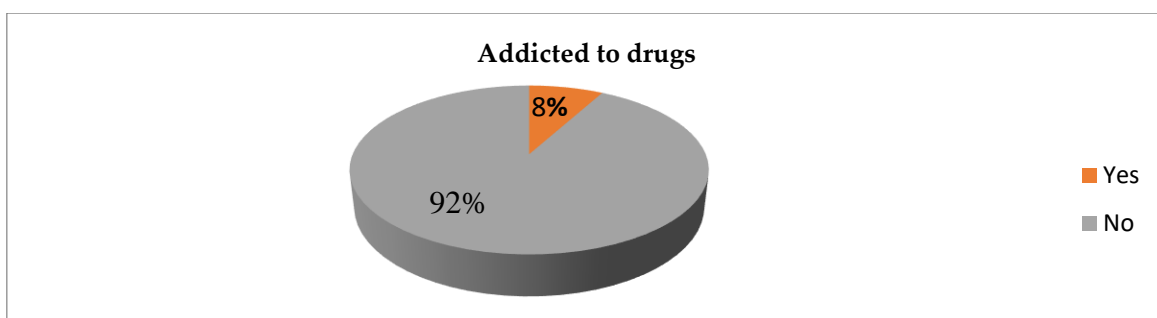


Figure 4: Addicted to drug and alcohol.

Figure 4 shows that 92% of respondents said they did not get addicted to drugs and alcohol during their depression period. Besides, 8% said they were addicted to drugs and alcohol.

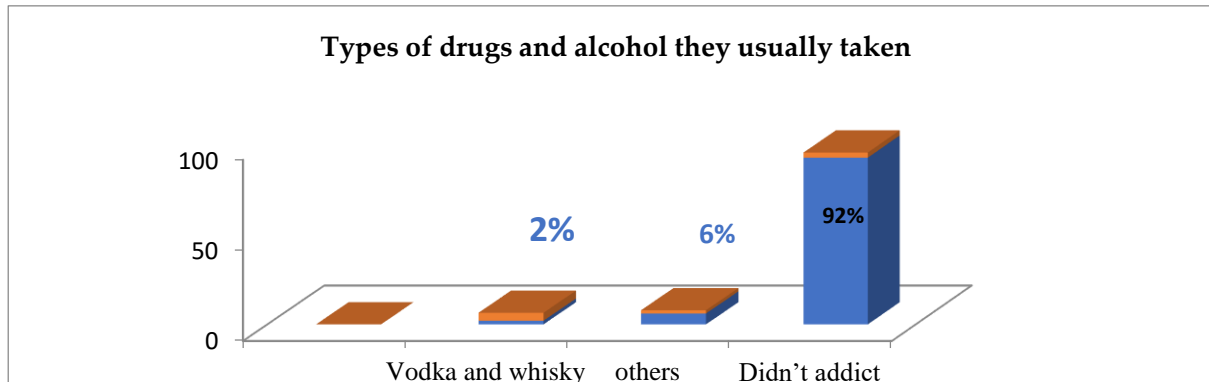


Figure 5: Types of drugs and alcohol they addicted

Figure 5 depicts that among the respondents, 8% said that they were addicted to drugs and alcohol. Among the 8%, 2% said that they took vodka and whisky when they got depression, and 6% said they took other drugs. Besides, 92% said they did not take any medications during their depression.

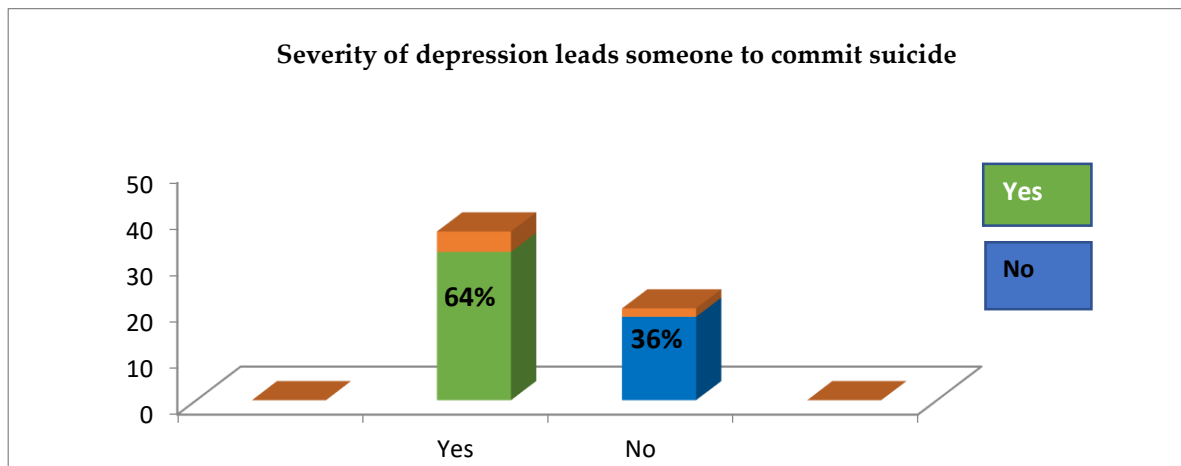


Figure 6: Severity of depression leads someone to commit suicide

In figure 6, it is found that among the respondents, 64% said that severe depression level could lead someone to commit suicide. Besides, 36% of respondents said that the severity of depression could not lead anyone to commit suicide.

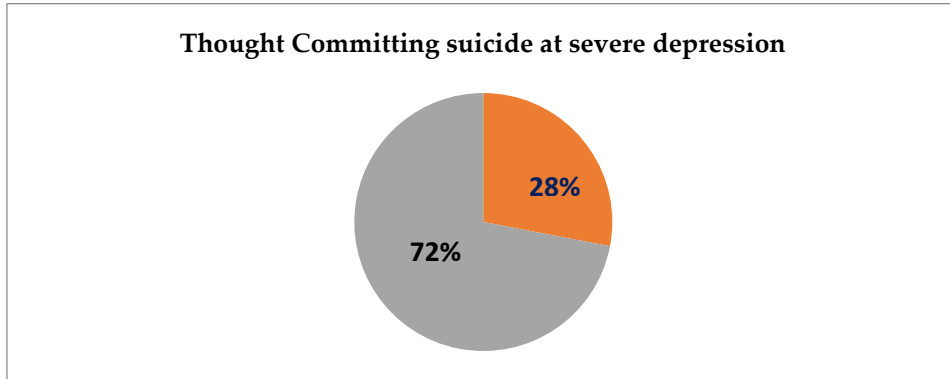


Figure 7: Thought committing suicide at severe depression.

Figure 7 shows that 28% of respondents said that they thought about committing suicide at their severe depression level. Among them, 72% said they did not know about suicide during their depression period.

Table 6: Ask for help

Response	Frequency	Percent	Valid percent	Cumulative
Yes	31	62	62	62
No	19	38	38	100
Total	50	100	100	

Source: Field survey. n=50

Table 6 shows that 62% of respondents ask for help from their relatives, friends, and others. But 38% did not ask for help from anyone.

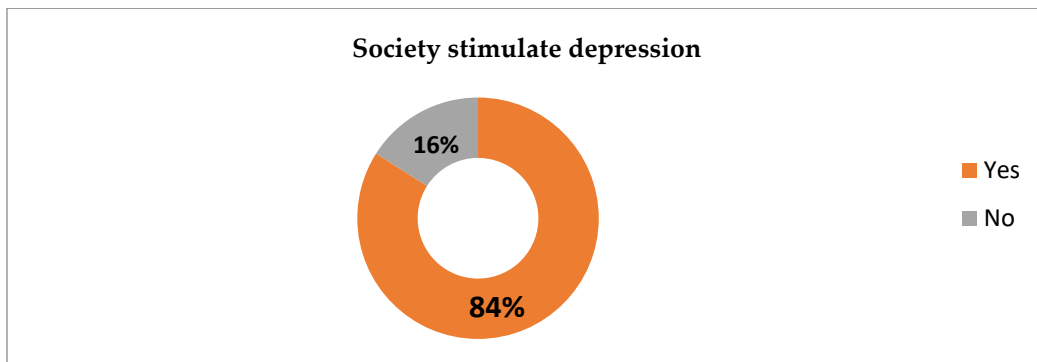


Figure 8: Society stimulate depression

In figure 8, it has been found that 84% of respondents said that society plays a crucial role in increasing depression levels, while 16% said that society doesn't play any role in stimulating depression. Most people like to criticize every single matter. Besides, they don't want to show co-operatives behavior.

Table 7: Society can play role in reducing depression

Response	Frequency	Percent	Valid percent	Cumulative
Yes	44	88	88	88
No	6	12	12	100
Total	50	100	100	

Source: Field survey. n=50

From table 7, respondent was asked about the role of society in reducing depression. Among the respondents, 88% said that society could play a role in reducing depression, and 12% responded negatively.

In this section, qualitative data are analyzed with some close-ended structured questionnaires. Among the 50 respondents, 45 respondents said that they got depression a minimum of once in life, and they explained the reasons for their depression in various ways. Approximately 15 respondents said that they got depression only because of family-related issues. Around four said that relationship breaks up are another reason for their depression. Six out of 45 responded they were depressed as their academic result were not good. Out of 50 respondents, 20 said they have other reasons behind their depression that they don't want to disclose. Out of 50 respondents, 37 said that depression affects their academic life more or less. Nineteen respondents said they couldn't concentrate on regular activities due to depression. Fifteen respondents said they couldn't focus on their studies, and three said that people's wrong perceptions are also created.

FINDINGS

This study discovered that there are a few factors that significantly increase the incidence of depression. In that instance, social difficulties are the leading cause. They used to drink or use other drugs due to their sad state. Many of them become detached from society, increasing their sadness. According to the study, this significantly impacts students' academic life. Additionally, society did very nothing to help them feel less anxious. But they are making a difference by making their depression more severe. From figure 2, we found that 74% of respondents said that depression has more or less an impact on their academic life, and 26% said that they don't face any problem with that issue. They were impacted in various ways, including being unable to focus on their schoolwork, having lower GPAs, being unable to concentrate on daily tasks, and many more. Adolescents and young adults who experience depression often have significant mental illnesses. It is linked to an uptick in family issues, academic failure, suicide, drug misuse, and absenteeism, especially in undergraduate students. Undergraduate students from two institutions in Sylhet city served as the study's subjects. According to our research, sadness and stress are becoming more common among students, especially female students. The study's main concern was the effect of depression on academic performance, which served as a stand-in for a broader set of productivity effects that also affect both the home and institution. Among the 50 respondents, 36 said they must be conscious of their depression. Approximately 13 respondents said they couldn't concentrate on their studies or work. Nine respondents

said they felt very lonely; three said they were getting unsocial. The remaining part said they face other reasons for needing to be more conscious. About committing suicide at a severe depression level, 14 respondents said that they think about suicide, and some respondents attempt it. Besides, 36 respondents said that they did not know about committing suicide. In order to deal with the expanding problem, the government and educational institutions should collaborate.

DISCUSSION

The study was conducted to measure the factors affecting depression and suicidal tendencies among the students. The researcher collects the data from the running students of two institutions (SUST & MC college) in Sylhet city. Suicide among students at the university level is increasing rapidly nowadays. Most of them were committing suicide because of the severity of their depression. In this study, the researcher found many stimulating factors of depression. In this study, the researcher found that approximately 90% of respondents said they had an excellent idea about depression, and almost all of them suffered from this once in their lifetime. And its severity among university students is increasing very rapidly. Most of the respondents said there are many more reasons behind their depression. They showed family-related issues at the vertex of the problem. And then some of them said financial crisis and relationship break up is other major reason behind getting depression.

According to a literature, the female individuals in the sample had more significant depressive symptoms than the male respondents (Ghodasara et al., 2011). This prevalence of depressive symptoms among female adolescents may be related to the unique difficulties that female youth encounter pertaining to expectations and growing social roles (Nolen-Hoeksema & Girgus, 1994), as well as the more or less subtle inequities of gender relation models (Zucker & Landry, 2007). Additionally, they may perceive issues as more complicated, attribute them to internal causes more frequently, and exhibit a greater propensity to ruminate and co-ruminate rather than use active coping mechanisms, which raises their risk of developing psychological distress (White & Shih, 2012). Family issues are not exempt from the model since one of the main correlations linked with depressive symptoms is a lack of warmth and encouragement of autonomy supplied by the mother and the father (Kins et al., 2012). In addition, in contrast to the results of previous research, these family-related characteristics seem more significant than social ones (friends support and romantic partnerships) (Eberhart & Ham-men, 2006). Even at this age, family is more important than friends in avoiding mental health issues.

From the study, the researcher found that 48% of the respondents had bipolar disorder. Some of them suffered from major depressive disorder and premenstrual dysphoric disorder. 74% of respondents said that depression badly affects their academic life. It affected them in various ways; they couldn't concentrate on their studies, decreased GPAs, couldn't focus on regular activities, and many more. Of the respondents, 8% said they were addicted to drugs and alcohol during their depression period. Besides, 92% didn't get addicted to any drug. Among the 50 respondents, 14 said they thought about suicide during their depression period. It is a matter of great concern for us as the number of suicide ideation is not less. In this study, it is found

that 62% of respondents said that they ask for help from their relatives, friends, and co-worker during their depression period. Society plays a significant role in stimulating depression. It criticizes every matter, and the people are not cooperative; besides, every people wants to create chaos about simple issues in society.

CONCLUSION

Depression among students is a global issue nowadays. The study was conducted to measure the depression level and whether the students think about committing suicide because of mental stress. The study revealed that almost all the respondents have an idea about depression and most of them suffered from it once in their lifetime. The majority of the respondents said that their academic life had been affected due to depression. They also think that they need to be more cautious about their depression. This study also revealed that approximately 8% are addicted to drugs and alcohol. In this study, the researcher found that 28% of respondents thought about committing suicide at their severe depression level. The majority of the respondents said that society played a negative role in increasing depression among them. In fine, it can be said that these papers disclose issues like the severity of depression among university students and many more related ones.

RECOMMENDATIONS AND LIMITATIONS

Recommendations

Depression is a major issue of concern now a day. Almost all people in society has more or less depression in their lifetime. Young people (aged 19-26) are the primary victims of depression. The university-going students suffer a lot from it. Depression cannot be eliminated fully, but it can be minimized at a standard level. Because of depression, some people think about committing suicide, and some do so as they lose hope in life. Some suggestions are given below for reducing the severity of depression. They are shortly given below: -

1. First, the depressed person should always be plunged into work and personal activities. It may help him to reduce his depression level.
2. If the depression is severe, the person should go to a good doctor who can suggest the best ways to improve their condition.
3. They shouldn't be alone because depression may rise to the apex when someone passes the time alone. Always try to mix up with friends and spend most moments with them. It may help to reduce depression levels.
4. Try to make a good relationship with everyone. It will help you to keep a smiling face always, which helps to reduce the severity of depression.
5. A depressed person can share their feelings with her good friends. It also works very well because it makes you a little stress-free.
6. In student life, students get depressed only because of over-ambition. If they don't get their chosen job, they get depressed. In student life, one shouldn't be over-ambitious.
7. Stop thinking all the time negatively. It will help you to feel well. Positive thinking helps to reduce depression levels.

8. Try to get to sleep early at night. Late sleeping causes insomnia, and sometimes that causes severe depression.
9. Several research has been done to detect whether there is any relationship between proper diet and mental health. In several studies, it has been shown that improving nutrition can reduce mental illness.
10. The respondents gave some suggestions in favor of reducing depression. Some said at leisure, one should watch TV and can use the computer, while others said that it is beneficial to get sleep in relaxation. Besides, some said their depression level gets reduced when they pray. Some respondents suggested it would be best if anyone passed their leisure by playing cricket and football or any other game.

Limitations

The research project is a convoluted task for a researcher. In research, to get good results needs in-depth analysis. To conduct the study, the researcher faced some problems. These are shortly given below: –

- There may have been some errors due to the lack of research experience.
- The respondents didn't want to disclose the truth in some cases. So the researcher may have failed to collect the pros and cons of this issue.
- The sample size is 50 from 2 different institutions. It is hard enough to evaluate the impact of depression on university students by conducting a study of over 50 respondents only.
- Shortage of time is another impediment to the study.

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