

## ORIGINAL RESEARCH

# A cross-sectional study among medical college students to find out the level of stress, loneliness and depression and their association with an existing relationship with their father

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### ABSTRACT

**Aim of study:** To compare the level of warmth, autonomy and hovering in father with the level of stress, loneliness and depression in medical students. **Background:** The parent child relationship is significant when the child is going through physical changes in collaboration with the emotional turmoil during growing years and thus young adults' needs reliance and security from their family. Parenting is a process of being thoroughly involved into the emotional, mental and physical upbringing of the child. **Methods:** The following is a cross sectional study on 150 students of medical college in Indore at MGM Medical college to find out the level of stress, loneliness and depression in these students. The data was collected through a pre designed, pre validate, semi-structured questionnaire which consisted of 16 questions. The study was conducted for duration of three months through simple random sampling method. **Results:** There is negative association between father's warmth and autonomy with stress, loneliness and depression in students. Therefore, with increase in warmth and autonomy of father towards their children there is decrease in all these parameters in students. In contrast there is positive association between fathers' hovering with the level of stress, loneliness and depression. **Conclusion:** Our study shows that with increase in warmth there is decrease in stress, loneliness and depression as warmer paternal presence help young adults to feel more secure and able to communicate better with their friends and colleagues. Because the PCC values are negative so there is negative co-relation between warmth and stress, loneliness and depressions.

**Key words:** Medical students, loneliness, stress, depression

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### INTRODUCTION

A recent shift across industrialized societies is characterized by a rise in the number of people pursuing post-secondary education. This shift has shaped a new stage in the life span that describes the lives of young people and is called emerging adulthood. Emerging adulthood is defined as the stage of life that includes young stage of life that includes young individuals who range from 18 to 25 years, and is characterized by frequent changes, independence and exploration<sup>1</sup>. During this period there is higher level freedom and greater amount of time is spent in

exploration of possible career path which means jobs with short term commitments. Emerging adulthood is also an important time for individuals to reexamine their beliefs and values learned from family members and to develop spiritual beliefs and practices that represent their own individual identity<sup>2</sup>. During adolescence, which is between ages 10 and 19 years, individuals typically move toward gradual independence and separation from parents.

### METHOD

This is a cross sectional study done on 150 medical

college students in Indore at MGM medical college to find out the existing relationship between them and their father and study effect of this on the level of stress, loneliness and depression in students. The data was collected through a predesigned semi-structured questionnaire which consisted of 16 questions. Respondents were required to indicate their perception by grading their answer between 1 to 5 which indicated never, almost never, sometimes, often, and always. The study was conducted for the duration of three months through simple random sampling method.

**INCLUSION CRITERIA:** Undergraduate medical

students who gave consent were included in this study.

**EXCLUSION CRITERIA**

Postgraduates, interns and paramedic students were not included in the study.

**OBSERVATION AND RESULTS**

Statistical analysis was performed by using appropriate software. We use statistical tools Pearson correlation coefficient to compare the level of warmth, autonomy and hovering in father with level of stress loneliness and depression in medical student.

**Table 1**

FATHER WARMTH	STRESS	LONELINESS	DEPRESSION
• P values	0.017	0.000	0.000
• PCC	-0.195	-0.0397	-0.316
Father Autonomy			
• P Values	0.074	0.092	0.214
• PCC	-0.327	-0.525	-0.491
Father Hovering			
• P Values	0.315	0.808	0.923
• PCC	-0.083	-0.020	0.008

\*PCC-Pearson correlation coefficient

There is negative association between father’s warmth and autonomy with stress, loneliness and depression in students. In contrast there is positive association between fathers’ hovering with the level of stress, loneliness and depression.

**DISCUSSION**

Firstly in our study we found out that there is significant relation between father warmth with loneliness and depression. With increase in warmth there is decrease in loneliness and depression. The finding of this study is consistent with previous literature (Emily Therese Bruchas and other). Emily Therese brooches and others suggest that maternal and paternal warmth and support are related to all assessment of emerging adults’ psychological well-being paternal hovering and intrusion. Paternal taking over of their emerging adult child’s life were related to poor psychological such as increased stress, loneliness, and depression<sup>3</sup>. Presumably, this overprotective parenting seems good outwardly for parents and outsiders but produced various ill-intense behavior and psychological issues among adolescents<sup>4</sup>.

Secondly, our study shows that with increase in autonomy by fathers there is decrease in stress, loneliness and depression. This may be due to Indian patriarchal society where fathers are considered the head of a family and are expected to take major decisions and have a level of autonomy in family. This is in contrast with older studies where over parenting predicted maladaptive responses to work scenarios. Student who reported higher levels of

overparenting were more likely to endorse solution that relied on others rather than taking responsibility oneself<sup>5</sup>. Adolescent’s Self-esteem was significantly related to their relationship with parents. Adolescents with good relationship with their mothers and fathers were found to have higher level of self-esteem as compared to others<sup>6</sup>. Kelsey J. Walsh demonstrate significant associations between experiences of negative affect and perceived stress for emerging adults<sup>7</sup>.

**SUMMARY AND CONCLUSION**

To conclude with increase in warmth there is decrease in stress, loneliness and depression. Similar pattern is seen with autonomy as higher level of autonomy is associated with drop in all three parameters. Emerging adulthood is characterized by effect to forge an identity in various domain of life such as love work views. Father should be warm towards their child and support them for their psycho social being. Father should let their child take their own discussion so that they become independent.

**CONFLICT OF INTEREST**

The authors declared that there is no conflict of interest.

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