

Depression and Happiness among Female Madrassa Students: Past, Present and Future Insight

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Abstract

Female students at the undergraduate level experienced significant psychological changes related to happiness and depression. The goal of this study is to determine the elements that significantly influence female students' levels of happiness and despair. The sample of 145 female Madrassa enrolled students from Madrassa Lil Banat in Bahawalpur was chosen randomly for this descriptive study design. To complement this survey, the Depression-Happiness Measure by

¹ was adopted and created. The study's findings suggest that positive thinking can lessen symptoms of anxiety and distress while also enhancing both mental and physical health. Students improve and perform better in both their academic and personal lives when professors motivate them. The level of student pleasure rises as a consequence of this process. In educational settings, students' physical, cognitive, intellectual, moral, and spiritual growth may be influenced by their level of happiness. It is possible to undertake additional study on different aspects of student happiness and depression.

Keywords: Depression; Happiness; Madrassa female students

Introduction

Depression is a common mental illness that has specific symptoms, including a depressed mood, a diminished sense of self-worth, trouble concentrating, and a lack of sleep, food, and activity. In terms of adults of all ages, depression, anxiety, and stress are all frequent psychological disorders, according to ^{2 3}. They continue by saying that, compared to developed countries, the situation got worse in less developed nations. Yet, all of the aforementioned psychiatric problems are more prevalent in people who are illiterate, poor, or in other low-status situations. Madrassa -age students must make several psychological adjustments to prepare for their professional lives, which are more important than adjusting other academic and social criteria ⁴.

As they grow physically, mentally, spiritually, emotionally, and cognitively, female students experience a variety of psychological developments and difficulties. These difficulties have been a long-standing problem for us. Regrettably, knowledge of these challenges has grown in recent years. In the United States, a poll found that approximately 20% of people either have mental illnesses or are at risk of developing them ⁵.

Depression, anxiety, and stress are the most prevalent and ongoing mental illnesses among female Madrassa undergraduate students, according to ⁶. According to a study, a stressful atmosphere frequently has a detrimental impact on pupils' physical health, psychological well-being, and academic performance ⁷. As a result, students who are depressed, stressed out, or anxious may experience overwhelming miserable, exhaustion, guilt, and desperation. This typically occurs as a result of a combination of the students' vulnerable age, stress, and the difficulties of Madrassa life ⁸. This is consistent with several studies that found widespread psychological unhappiness among college female students ^{9; 10; 11; 12}.

Many individuals who are suffering from anxiety may also suffer from depression and vice versa. Anxiety and depression have been found to be more predominant among undergraduate students than the general population ^{13; 14}. People feel sad or lack of pleasure sometimes, but these feelings generally pass with a little time. It may also cause severe symptoms that directly affect how you feel, think, and handle daily activities, such as eating, working and sleeping. It

is the type of illness that can affect anyone regardless of age, status, income, social culture, or education. Research proposes that biological, psychological and environmental factors play a vital role in depression. Depression also occurs from mental disorders and other illnesses, such as diabetes, cancer, heart disease, and chronic pain. Depression can turn these conditions worse, and vice versa. Medications taken for these illnesses also cause side effects that contribute to depression symptoms. The sides effects caused by medication taken for other illness also contribute to the depression symptoms.

The Current Study

Madrassa students are in danger of experiencing some of the most frequent challenges, such as psychological, emotional, social, academic, and career-related ones, while in Madrassa. Stress levels in Madrassa students have recently rise steeply ¹⁵.

Due to the multiple academic, social, and psychological problems that many undergraduate students face in the Madrassa setting, depression constitutes a significant public health issue for them. The happiness of pupils who are enrolled in Madrassa has not received more attention than other adolescent difficulties. Therefore, the current study is essential to understanding the degree of sadness and happiness among female Madrassa students. Analyzing the happiness of female Madrassa students was the basic objective of this study. This research is vital for two basic reasons: first, to understand how satisfied they are with the facilities and activities offered by the Madrassa; and second, so that the primary causes of sadness and unhappiness may be recognized and addressed.

Research Objectives

1. To identify the factors causing depression among female Madrassa students
2. To recognize the symptoms & impact of depression & happiness among Madrassa female students.
3. To determine the factors that brings happiness among students

Research Methodology

The study's objective establishes that it lends itself to quantitative investigation. The study adopted descriptive research, so that data

was gathered using the questionnaire survey. All students registered at the Madrassa Lil Banat in Bahawalpur made up the sample. One hundred forty-five students from were randomly selected. Researchers were physically present during data collection to ensure that all students filled out their questionnaires with full concentration and could also guide them if needed. The study's objective establishes that it lends itself to quantitative investigation. The study adopted descriptive research, so that data was gathered using the questionnaire survey. The Depression-Happiness Scale (D-H-S) from ¹⁶ was used in the study. The questionnaire, which contained 36 items, was administered to meet the objective of the study. The surveys included the following statistical information: questions about theme, location, gender orientation, and gathering. To discover the legitimacy of the instruments, help from five field specialists was acquired. Those things that got endorsement from specialists were incorporated and those that were not affirmed were revised or erased. Cronbach's alpha was used to demonstrate the high value, i.e., more than 0.859 was accepted for the final version of the questionnaire.

In the next phase, the researcher personally collected the data through the instrument (questionnaire) by visiting all departments of the Madrassa, while researchers ensured their presence to guide and help the students in case of any doubt or difficulty. Also requested was the formal approval of the head of the relevant department. The Statistical Package for Social Sciences (SPSS) was used to analyse the data. The information gathered through the survey was tallied and examined in terms of Percentage and Mean score. Appropriate formulas were imposed to obtain the required results.

Findings

Table 4.1 *Feeling sad & empty*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly disagreed	29	11.8	11.8	11.8	
Disagreed	104	42.4	42.4	54.3	
Agreed	83	33.9	33.9	88.2	2.46
Strongly agreed	29	11.8	11.8	100.0	
Total	245	100.0	100.0		

Table 4.1 Shows that 54.2% disagreed among the respondents agreed in respect of their sadness and emptiness whereas 45.7% of them support this viewpoint. The mean score of the item remains 2.46.

Table 4.2 *Feel depressed during working*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly Disagreed	31	12.7	12.7	12.7	
Disagreed	85	34.7	34.7	47.3	
Agreed	108	44.1	44.1	91.4	2.49
Strongly agreed	21	8.6	8.6	100.0	
Total	245	100.0	100.0		

Table 4.2 Shows that 47.4% disagreed among the respondents agreed in respect of depression during working whereas 52.7% of them support this point of view. The mean score is 2.49.

Table 4.4 *Feel lack of interest or pleasure in daily activities*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly disagreed	32	13.0	13.1	13.1	
Disagreed	98	40.0	40.0	53.1	
Agreed	96	39.2	39.2	92.2	2.42
Strongly agreed	19	7.8	7.8	100.0	
Total	245	100.0	100.0		

Table 4.4 Shows that 53% disagreed among the respondents feel lack of interest or pleasure in daily activities whereas 47% of them agreed with this point of view. The mean score is 2.42.

Table 4.6 *Feel high fatigue or loss of energy during work*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly Disagreed	35	14.3	14.3	14.3	
Disagreed	60	24.5	24.5	38.8	
Agreed	123	50.2	50.2	89.0	2.58
Strongly agreed	27	11.0	11.0	100.0	
Total	245	100.0	100.0		

Table 4.6 Shows that 38.8% disagreed among the respondents feel high fatigue or loss of energy during work whereas 61.2% of them support this point of view. The mean score is 2.58.

Table 4.7 *Feel difficulty in thinking & concentrating in your work*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly Disagreed	27	11.0	11.0	11.0	
Disagreed	79	32.2	32.2	43.3	
Agreed	104	42.4	42.4	85.7	2.60
Strongly agreed	35	14.3	14.3	100.0	
Total	245	100.0	100.0		

Table 4.7 Shows that 43.3% disagreed among the respondents feel difficulty in thinking & concentrating during working whereas 56.7% of the respondents agreed with this point of view. The mean score is 2.60.

Table 4.9 *Find recurrent thoughts of death or suicide*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly Disagreed	88	35.9	35.9	35.9	
Disagreed	113	46.1	46.1	82.0	
Agreed	35	14.3	14.3	96.3	1.86
Strongly Agreed	9	3.7	3.7	100.0	
Total	245	100.0	100.0		

Table 4.9 Shows that 82% disagreed among the respondents find recurrent thoughts of death or suicide whereas 18% of them support this point of view. The mean score is 1.86.

Table 4.10 *Feel that you suffer from mental disease*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly Disagreed	75	30.6	30.6	30.6	
Disagreed	118	48.2	48.2	78.8	
Agreed	38	15.5	15.5	94.3	1.96
Strongly Agreed	14	5.7	5.7	100.0	
Total	245	100.0	100.0		

Table 4.10 Shows that 78.8% disagreed among the respondents feel that you suffer from mental disease whereas 21.2% of them support this point of view. The mean score is 1.96.

Table 4.13 *Feel suffocation in crowd*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly Disagreed	32	13.1	13.1	13.1	
Disagreed	72	29.4	29.4	42.4	
Agreed	96	39.2	39.2	81.6	2.63
Strongly Agreed	45	18.4	18.4	100.0	
Total	245	100.0	100.0		

Table 4.13 Shows that 42.4% disagreed among the respondents feel suffocation in crowd whereas 57.6% of them support this point of the view. The mean score is 2.63.

Table 4.15 *Felt paralyzed or frozen while talking in front of class or people*

Options	Frequency	Percent	Valid Percent	Cumulative Percent	Mean
Strongly Disagreed	56	22.9	22.9	22.9	
Disagreed	94	38.4	38.4	61.2	
Agreed	75	30.6	30.6	91.8	2.24
Strongly Agreed	20	8.2	8.2	100.0	
Total	245	100.0	100.0		

Table 4.15 Shows that 61.2% disagreed among the respondents felt paralyzed while talking in front of class or peoples whereas 38.8% of them support this point of view. The mean score is 2.24.

Conclusion

According to the findings of this study, the majority of female Madrassa students are depressed and experience high levels of fatigue or a loss of energy at work. They usually feel like they procrastinate when it comes to making decisions about their life goals. The majority of female Madrassa students have difficulty thinking and concentrating while working. A majority of the female students agreed that they usually suffer from sleeping problems (sleep too much or too little) during exams. Half of the students said they have problems in their relationship, and more than half said

they frequently get upset over trivial matters. Most of the student's state that it's easy for them to start a new project and make new decisions. Many female students report that they enjoyed being with their friends, family, and other people during social events. Students feel relaxed when they get up early in the morning and finish their work on time. They feel good most of the time because they feel like life is full of adventures. Approximately half of the respondents agreed that it's for them to convince people and have warm feelings towards others; furthermore, they agreed that they can handle the worst situation very easily. Moreover, a majority of female students said that they liked attractive personalities and smiling faces. As a result, it is concluded that depression may impair female students' abilities. In this regard, happiness among female students is very important to boost their creativity and other abilities because it may directly impact their learning abilities.

Discussion

Our research helps in the formation of mental health initiatives that facilitate the primary prevention, early identification, and treatment of depression among female undergraduate students as well as promote their general wellbeing. It is advised that educational institutions implement sports, counselling, and recreation programmes to improve both the mental health and academic performance of their students. Give students easy access to resources, and give the majority of students plenty of chances to learn, practice, and be recognized for the socially and emotionally healthy behaviours that serve as the cornerstone of mental health both inside and outside of the classroom^{17; 18; 19}. In contrast, the findings of this study may be used realistically by Madrassa administrations to create recreational events and programmes for the betterment of the mental health of Madrassa female students, locally or internationally. However, an international analysis of these findings requires independent research in several nations and the interpretation of large amounts of data. Students should get life skills instruction, which would support their physical and mental health as undergraduate female students. It's important to encourage female students to participate in sports and leisure pursuits more frequently.

Result

The level of happiness among female Madrassa students can greatly base on a variety of elements, including personal characteristics, past experiences, and current circumstances. In contrast to male students of the same age, several studies have found that female Madrassa students usually report lower levels of happiness and higher levels of stress. This difference exists for a number of reasons, including the difficulties in maintaining good physical and mental health as well as cultural expectations and pressure to achieve academically and professionally. Institutions must offer students skills and assistance to help them deal with the difficulties of Madrassa life and to foster good mental health. Generally speaking, motivation helps people achieve success and happiness, and when people are driven by happiness, they are more likely to live fulfilling lives. Students should be inspired to strive tirelessly toward goals that will bring them happiness. Teachers' encouragement encourages students to advance in both their academic and personal life, and this advancement also makes students happy when they are in Madrassa.

For female Madrassa students, having a good education, a welcoming atmosphere, and physical and psychological well-being pave the path for a happy life. Students' physical, cognitive, emotional, moral, and spiritual aspects grow in happy and pleasant environments at educational institutions, and if harm is noticed in or is ignored in one of these dimensions, the student will not be able to properly develop their talents and competences. According to the findings, students require competent guidance, supervision, and counselling services in the institution. These services would aid students in managing their stress and offer appropriate intellectual, emotional, social, and career counselling. Additionally, it will boost the self-confidence of female Madrassa students and assist them in overcoming psychological problems like stress, sadness, and others.

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