

A cross sectional study among medical college students to find out association of stress, loneliness and depression with existing relationship with their mother

Chouhan Vijay¹, Thakur Madhur², Thakur Vipin³, Kumhar Sukh dayal^{4*}

{¹Assistant Professor, Department of Anatomy} {²Junior Resident, Department of Obstetrics & Gynaecology} {³Junior Resident, Department of Psychiatry} Government Medical College, Ratlam, Madhya Pradesh, INDIA.

³Senior Resident, Department of Pediatrics, Gandhi Medical College, Bhopal, Madhya Pradesh, INDIA.

Email: vijaychouhan.vc13@gmail.com, dr.sd.prajapati1988@gmail.com

Abstract

Aim of study: To compare the level of warmth, autonomy and hovering in mother with level of stress loneliness and depression with respect to student **Background:** Emerging adulthood is characterized by efforts to build individuality in various domains of life such as love, work and worldview. During emerging adulthood, work is considered preparation for later adult career. This is the time when the ground work is laid for jobs and careers pursued during adulthood. With higher level of freedom and greater time spent in exploration of possible career paths, jobs with short term commitments **Method:** The following is a cross sectional study on 150 medical college student in Indore at MGM Medical College to find out the existing relationship between medical students and their mother. The data was collected through a predesigned semi-structured questionnaire which consisted of 16 questions. **Result:** On applying Pearson co-relation test there is significant relation between mother warmth with stress, loneliness and depression. With increase in warmth there is decrease in, loneliness and depression. **Conclusion:** When mothers are warmer/affectionate towards their children they feel secure and able to communicate better with their mother and this cultivate habit in them which help them to communicate better with others too. There is positive co-relation between mother's autonomy with stress, loneliness and depression. When there is increase in autonomy by mother towards three children there is rise in the level of stress, loneliness and depression.

Keyword: Medical student, stress, depression.

*Address for Correspondence:

Dr Kumhar Sukh Dayal, Junior Resident, Department of Psychiatry Govt. Medical College, Ratlam, (MP), INDIA.

Email: dr.sd.prajapati1988@gmail.com

Received Date: 03/06/2021 Revised Date: 12/07/2021 Accepted Date: 20/08/2021

DOI: <https://doi.org/10.26611/10011925>

This work is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](https://creativecommons.org/licenses/by-nc/4.0/) 

Access this article online

Quick Response Code:	Website: www.medpulse.in
	Accessed Date: 26 August 2021

INTRODUCTION

Emerging adulthood is a significant time for individuals to re-examine their beliefs and values learned from family members and to develop spiritual beliefs and practices that signify their own individual identity.¹ During adolescence which is between ages 10 and 19 years, individuals naturally move toward gradual independence and separation from their parents. As teens grow old into emerging adulthood, there is an even greater increase in separation and independence from parents. During late adolescence/early emerging adulthood children transitioning to college have a personal development goal to sense of autonomy.² The move to college helps young adults to establish a separate

residence from their family, and begin a lifestyle. This also helps them to explore future career paths and work possibilities.³

MATERIAL AND METHOD

The study was carried out at MGM medical college, which is a tertiary care teaching hospital in Indore, Madhya Pradesh, India to find out the existing relationship between the students and their mother and study effect and compare the level of warmth, autonomy and hovering in mother with level of stress loneliness and depression in students. The data was collected through a pre designed semi-structured questionnaire which consists of 16 questions. Respondents were required to answer by grading their answer between 1 to 5 which indicates never, almost never, sometimes, often and always.

Approval of Intuitional Ethical Committee: The research protocol was approved by institutional ethics.

Duration of study: The study was conducted for the duration of three months through simple random sampling method.

Sample Size: 150 medical college students (male 78 and female 72) between the age of 18 to 24 year.

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 make use of statistical tools Pearson correlation coefficient to compare the level of warmth, autonomy and hovering in mother with level of stress, loneliness and depression in medical student.

Table 1: Interpretations of mother’s warmth, autonomy and hovering with stress, loneliness and depression

Mother warmth	Stress	Loneliness	Depression
• P values	0.010	0.000	0.003
• PCC	-0.210	-0.399	-0.242
Mother Autonomy			
• P Values	0.001	0.073	0.708
• PCC	0.264	0.147	0.031
Mother Hovering			
• P Values	0.000	0.001	0.229
• PCC	0.327	0.264	0.009

*PCC – Pearson correlation coefficient

On applying Pearson co-relation test there is significant relation between mother warmth with stress, loneliness, and depression

DISCUSSION

On applying Pearson co-relation test there is significant relation between mother’s warmth with stress, loneliness and depression. However there is significant relation between mother autonomy with only stress, and insignificant relation with loneliness and depression. In context of hovering there is significant relation between mothers hovering with stress and loneliness and insignificant relation with depression. This result is similar to the study done by Emily that also suggested that maternal hovering and intrusion, as well as taking over of their emerging adult child’s life were related to poor psychological such as increased stress, loneliness, and depression⁴. In our study we find out that with increase in warmth there is decrease in stress, loneliness and depression. This is similar to the findings presented by Emily Therese Bruchas et that suggested that maternal warmth is related to all assessments of emerging adult’s psychological well being⁴. There is positive co relation between mother’s autonomy and stress, loneliness and depression as with increase in autonomy there is increase in stress, loneliness and depression. Kelsey j Walsh demonstrates significant associations between experiences of negative affect and perceived stress for emerging adults.⁵ In our study there is positive co-relation between mothers’ hovering with stress, loneliness and depressions. Exploratory analyses revealed that parental involvement was positively related to students’ social self-efficacy but over-parenting was negatively related to students’ social self-efficacy and general self-efficacy.⁶ Charles Ganaprakasam et suggested in their study that overprotective parents have a destructive adolescent’s behaviors and psychological outcomes.⁷

SUMMARY AND CONCLUSION

With increase in warmth there is decrease in stress, loneliness and depression. Due to mothers hovering students are not able to express and explore themselves in the way they want which may lead to depression. With increase in mother’s hovering and autonomy there is increase in stress. There is positive co relation between mother’s autonomy and stress, loneliness and depression. When there is increase in autonomy by mother towards their children there is rise in the level of stress, loneliness and depression. Perhaps when mothers are more autonomous towards their children, they end up taking most of the decisions related to their child’s life and might not give them room for personal space. This might make the child feel dependent and inadequate which later on may leads to stress.


ACKNOWLEDGEMENT

We are thankful to Dr. Sanjay Dixit Sir (Dean of MGM Medical college, Indore) and everyone who supported directly or indirectly for their valuable guidance, suggestions, healthy appraisal, criticism & privilege we owe to them.

REFERENCES

1. Implications of parent-child relationships for emerging adults' subjective feelings about adulthood (Liddell AK, Campion-Barr N, Killeen SE: 2017).
2. Purpose in Life in Emerging Adulthood: Development and Validation of a New Brief Measure Patrick L. Hill, Grant W. Edmonds, Missy Peterson, Keen, and Judy A. Andrews.
3. Dimensionality of helicopter parenting and relation to emotion decision –making. And academic functioning in emerging adults Aaron M. Lauren, Kathryn J. Mancini,

- Elizabeth J.Kiel, Brooke R. Spangler, Julie L. Senglak, Lauren M.Fussner.
4. Emily Therese brooches, marry Elizabeth curt nor-smith, Blake berry hill ,Kenneth Wright; college students and their relationships with parents, department of human development and family studies in the graduate school of the university of Alabama 2016.
 5. Kelsey j. Walsh, emerging adults and their helicopter parents: communication quality as mediator between affect and stress; Arizona state university august 2017.
 6. C. Bradley-Gist Jill B. Olson-Buchanan Julie,(2014),"Helicopter parents: an examination of the correlates of over-parenting of college students", Education + Training, Vol. 56 Is 4 pp. 314 – 328.
 7. Helicopter Parenting And Psychological Consequence Among Adolescent Charles Ganaprakasam, Kavitha Sri Davaidass, Sivan Chandiran Muniandy Faculty of Education, University of Malaya.



Source of Support: None Declared
Conflict of Interest: None Declared