

DEPRESIJA, ANKSIOZNOST I STRES U STUDENSTKOJ POPULACIJI

DEPRESSION, ANXIETY AND STRESS AMONG THE STUDENT POPULATION

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SAŽETAK

Uvod: Problemi sa mentalnim zdravljem postaju sve zastupljeniji i među studentima. Istraživanja su pokazala da gotovo polovina univerzitetskih studenata pokazuje umerene nivo mentalnih problema povezanih sa stresom, uključujući i anksioznost i depresiju.

Cilj rada: Utvrditi prevalenciju anksioznosti, depresije i stresa u studentskoj populaciji.

Materijal i metod rada: Istraživanje je urađeno kao studija preseka. Kao instrument istraživanja korišćena

je skala za procenu depresivnosti, anksioznosti i stresa (DASS-42). Od statističkih metoda korišćeni su hi- kvadrat i Mann-Whitney test, sa nivoom značajnosti od 0,05.

Rezultati: U istraživanju je učestvovalo 600 studenata, od kojih je 34% bilo muškog pola, a 66% ženskog pola. Prosečna starosna dob studenata je iznosila 20.2±1.5 a studentkinja 19.9±1.4. Analiza skale anksioznosti je pokazala da 6,7% studenata ima blagu anksioznost, 7,3% srednje tešku, dok je 12,8%

imalo ekstremno tešku anksioznost. Skala depresije je pokazala, da je blagi osećaj depresivnosti prisutan kod 5,8% studenata, umereni 4,8%, teški 1,5%, dok je ekstremno teški osećaj bio prisutan kod 15,8% studenata. Na skali stresa, 10,2% studenata je osetilo blagi stres, umeren stres je bio prisutan kod 6,7%

studenata, dok je jak stres imalo 6,7%. Učestalost povišenog stresa je značajno učestalija kod studenata ženskog pola (hi kvadrat=14.914, p<0.001). Povišen stres je bio zastupljen kod 33,1% ženskog pola a 18,1% kod muškog pola. Anksioznost je značajno izraženija kod studentkinja u odnosu na studente (hi kvadrat=6,204, p<0.013) a za depresiju nema značajne razlike između polova. Kada je u pitanju fakultet, studenti sa medicine su imali znatno manje izražene simptome depresije, stresa i anksioznosti u odnosu na studente sa drugih fakulteta.

Zaključak: Studenti medicine imaju znatno niži stepen depresije, stresa i anksioznosti u odnosu na studente sa drugih fakulteta. Anksioznost i stres je izraženija kod studentkinja u odnosu na studente.

Ključne reči: Studenti, DASS-42, stres, anksioznost, depresija.

ABSTRACT

Introduction: Mental health problems are becoming increasingly common among students. Research has shown that nearly half of university students exhibit moderate levels of stress-related mental health issues, including anxiety and depression.

Objective: To determine the prevalence of anxiety, depression, and stress among the student population.

Materials and Methods: This research was conducted as a cross-sectional study. The instrument used for assessment was the Depression, Anxiety, and Stress Scale (DASS-42). Statistical methods included the chi-square test and the Mann-Whitney tests, with a significance level of 0.05.

Results: The study included 600 students, of whom 34% were male and 66% female. The average age of male students was 20.2±1.5, and female students 19.9±1.4 years. Anxiety scale analysis showed that 6.7% of students had mild anxiety, 7.3% moderate, and 12.8% extremely severe anxiety. The depression scale indicated that 5.8% had mild depressive feelings, 4.8% moderate, 1.5% severe, and 15.8% extremely severe. On the stress scale, 10.2% experienced mild stress, 6.7% moderate stress, and 6.7% severe stress. The prevalence of elevated stress was significantly higher among female students (chi-square=14.914, p<0.001), with 33.1% of females and 18.1% of males affected. Anxiety was significantly more prevalent among female students compared to male students (chi-square=6.204, p<0.013), while there was no significant gender difference in depression levels. Medical students reported significantly lower levels of depression, stress, and anxiety compared to students from other faculties.

Conclusion: Medical students exhibit significantly lower levels of depression, stress, and anxiety compared to students from other faculties. Anxiety and stress are more prevalent among female students than their male counterparts.