



GENDER, SELF-ESTEEM, SOCIAL SUPPORT AND DEPRESSION AMONG SEVENTH GRADE STUDENTS IN JUNIOR HIGH SCHOOLS

Rian Yuliyana

Kasetsart University Bangkok, Thailand

Susheewa Wichaikull

Boromarajonani College of Nursing Nopparat Vajira Bangkok, Thailand

Wilaiporn khamwong

Boromarajonani College of Nursing Changwat, Nonthaburi Bangkok, Thailand

ABSTRACT

Depression is a mental disorder, which could occur everyone. This also occurs in the seventh grade students who are approximately ages 12-13 years because they are facing the major changes, including physical, emotional development and social-cultural changes such as school and friends. It is also the time of the transition from elementary school to junior high school. This descriptive cross-sectional research aimed to investigate the relationships between gender, self-esteem, social support, and depression among the seventh grade students in junior high schools. The samples were 335 seventh grade students of junior high schools who lived in the Tanjungpinang, Indonesia. Data were collected using questionnaires and analyzed by Point-Biserial correlation coefficient, and Pearson Product-Moment Correlation Coefficient. The results showed that there were statistically significant relationships between gender, self-esteem, social support, and depression ($r=.128, p<0.01$; $r= -.268, p < 0.05$; $r = -.147, p < 0.01$). These findings indicated that gender, self-esteem and social support should be considered in preventing depression among seventh grade students in Junior High Schools.

© 2014 Pak Publishing Group. All Rights Reserved.

KEYWORDS: Gender, Self-esteem, Social support and depression.

INTRODUCTION

The issue of depression has been becoming global burden worldwide. The World Health Organization ([World Health Organization WHO, 2012](#)) reported that depression is predicted to be the first place global burden by 2030. The World Federation for Mental Health ([World Federation for Mental Health. WFMH, 2012](#)) has estimated 350 million people suffered from depressive disorders. It is estimated worldwide that one out of 13 adolescents has major depression. The prevalence of depression is 2% in school age and rising up 8 % in adolescents ([World Health Organization WHO, 2012](#)). The beginning of 13 year-old girls experienced depressive symptoms more frequently than boys ([Bailey and Peter, 2005](#)). In Indonesia, a study of depression in adolescents has been rarely found particularly in Tanjungpinang district, but there is an increase of the rate of suicide among adolescents. However, The [Department of Health of Republic of Indonesia \(2008\)](#) stated that depression is predicted up to 15% of 1000 in 2020.

Depression has several impacts on adolescents. The most serious impact is suicide. Depression has been reported as primary predictor of suicidal ideation ([Apple et al., 2009](#)). It was found that the impacts of depression on adolescents are poor self-perceived general health, higher health care utilization and increasing work impairment in the future ([Miller et al., 2007](#)). In addition, the impact of depression is a dissatisfaction achievement in school ([Locker and Mark, 2004](#)), and engaging in high risks taking behaviours such as smoking and drug use ([Pilot and Beck, 2012](#)). Consequently, the identification of the factors influencing depression in adolescents will be important to prevent those impacts.

Based on previous study, there are three factors influencing of depression in adolescents and it still be inconsistency. The first, most of the evidence suggests that increases in depressive disorder

and mood are high in girls rather than boy during adolescence (Darmayanti, 2007; Treybick, 2010; Madge, 2011). On the contrary, there were no significant differences in depression between boys and girls during adolescents (Rosenberg, 1989; Charoensuk, 2007; Behnke *et al.*, 2011). Secondly, self-esteem is the potential buffering effect on the onset of depressive symptoms (National Institute of Mental Health (NIMH), 2008). Self-esteem continues to decline during adolescence, because relate to body image and other problems associated with puberty, and the transition from elementary schools to junior high schools (Peacock, 2000). However, an understanding of the relationship between self-esteem and depression has not been fully explored in early adolescents. Furthermore, social support is a significant factor contributing to depression. Social support is one of most important factors in predicting the physical health and well-being of everyone (Clark, 2010). Moreover, finding about the relationships between social support and depression in adolescents are still inconsistency.

Indonesia as a developing country, the population suffering from depression is fluctuation. Depression at age 15 years and over is 11.6% in 2008 to 6.0% per 1000 adolescents in 2013 (Ministry of Public Health of Indonesia, 2013). Riau Islands is one of the provinces in Indonesia with potential depression to adolescents. The number of depression in adolescent is 5.1 % of 1000 adolescents (Ministry of Public Health of Indonesia, 2013). However, the suicide rate in Riau Islands has risen from 7 suicide cases in 2012 to 17 suicide cases in 2013. Tanjungpinang is one of the districts in the Riau islands. The total of adolescents is higher than that in another sub-district in Riau Islands.

Therefore, the researcher intends to conduct the research in the seventh grade students who are approximately ages 12-13 years because they are facing the major changes, including physical, emotional development and also social-cultural changes such as school and friends. Then, seventh grade student included early adolescence; it was the right time to prevent of impacts on depression in the future. To fill the gaps the researcher tends to investigate the relationships between gender, self-esteem, social support, and depression among the seventh grade students of junior high schools in Tanjungpinang, Indonesia.

Hypotheses of the Study

The current study was aimed to investigate the relationships between gender, self-esteem, social support, and depression among seventh grade students of junior high schools in Tanjungpinang, Indonesia. As a result, hypothesis the study sought to:

1. There was relationship between gender and depression among seventh grade students in Junior high schools
2. There was relationship between self-esteem and depression among seventh grade students in Junior high schools
3. There was relationship between social support and depression among seventh grade students in Junior high schools

METHOD

A. Design

Descriptive cross-sectional study was used for describing the status of the phenomena and the relationship among the phenomena at one point in time (Pilot and Beck, 2012).

B. Sample

Population of this study was 1,188 seventh grade students among 12 public junior high schools in Tanjungpinang. The sample was selected cluster sampling based upon the proportion in each sub-district in Tanjungpinang. The total participants in this study were 359 students who were selected from six public junior high schools in Tanjungpinang district. The inclusion criteria of the participants were 1) Participants were students studying in the seventh grade (age from 12 to 13 year old), 2) Participants were volunteers and also have been permitted by their parents or guardians, 3) Participants can read and write in Indonesian language, 4) Participants have no health problems including physical and no history of mental health problem.

C. Data Collection

Initially, the research study and ethical approval had been obtained from Borromarajanani College of Nursing Nopparat Vajira Review Board. Further, permission was approved from BNUPP of Tanjungpinang, MoH, and Headmaster of junior high schools. Researcher discussed with teachers to selected class by random and then, then, researcher recruited whole of students by provided information sheet and waiting for the permission from them. Students become a participant after obtaining a consent form by parents who are willing their child to take part of this study. Then the samples signed an Assent form and data were collected after done class. It was to minimize pressure from schools and then, the students focused that the questionnaires were not an examination and the answer based on their perception. After collected, data were checked per item to ensure that the samples answered the questionnaire completely, and then researcher gave small souvenir to them. Data were collected on May 26th to August 9th 2014 after getting the permission from the Head of Schools, the teachers and parents of guardians.

D. Measurement Tools

The measurement tools used for data collection comprised of gender, RSES, MPSS, and BDI.

1. Gender

Gender was included female and male.

2. Self-Esteem

The Rosemberg Self-Esteem Scale (RSES) is instrument with scores as a likert scale. The 10 item are answered a four point scale ranging from strongly agree to strongly disagree. RSES was translated into bahasa Indonesia by [Anggoro and Wahyu \(2010\)](#). It has shown the reliability test score based on cronbarch alpha was .895 ([Anggoro and Wahyu, 2010](#)). In this study, the instrument was tried out with 30 students who had same inclusion criteria in the study sample. The internal consistency reliability of 30 students was .77.

3. Social Support

Social support was measured with Multidimensional Scale Of Perceived Social Support (MPSS) in in the Bahasa Indonesia adapted from [Ginting \(2013\)](#) is an instrument with scores as a likert scale. This part could be divided into three parts, family, friends and significant others. In this study, the internal consistency reliability of 30 students was .74.

4. Depression

The Beck depression Inventory-II (BDI) in the Bahasa Indonesia adapted from [Ginting \(2013\)](#). This instrument is a likert scale, which it consists of 21 items. Each item is rated on a 4-point scale ranging from 0 to 3. The internal consistency reliability of 30 adolescents was .80. The instrument has shown a strong reliability.

E. Ethical Approval

This ethical consideration was approved by Ethics Review Board Committee for Research Involving Human Research Subjects, Borommarajanani College of Nursing Nopparat Vajira (ERB of BCNNV). Further permission was approved from BNUPP, MoH of Riau Island province, and each head of junior high schools. Participant information sheet (PIS) and inform consent have been provided for all participants in this study. This study considers the anonymity and confidentiality. All information was de-identified by assigning a unique code number for this study. The data security was maintained by using computer password protection. Besides, research files were kept in a locked file cabinet in a restricted area accessible only by authorized personnel. The researchers gave freedom to the potential respondents to participate. Participants who met the inclusion criteria and were willing to take part in the study were asked to sign the consent form. The participants could withdraw from the study at any time without any consequences.

F. Data Analysis

Data analysis was begun by generating descriptive statistic for samples consisting of the

gender, self-esteem, social support and depression analysed by frequency, percentage, mean (\bar{x}), standard deviation and range. Based on the research design and purpose, the researcher wants to know the relationships between gender, self-esteem, social support, and depression among seventh grade students in junior high schools. Data analyses were for analysis relationship gender and depression used Point-Biserial correlation coefficient. Point-Biserial correlation coefficient was used in the current study because it was correlated between dichotomous as independent variable and continuous as the dependent variable. This study also used Pearson correlation with level of significance is 95 % (p -Value $<.05$) for analysis relationships between self-esteem, social support and depression. The Pearson product-moment correlation coefficient is a measure of the potency of the linear relationship between two variables (Pilot and Beck, 2012). All the statistical analyses of the survey data were conducted using SPSS (Version 16.0).

RESULT

The current study aimed to investigate the relationships between genders, self-esteem, social support, and depression among the seventh grade students of junior high schools. The variables included gender, self-esteem, social support and depression. Data were collected from May 26th to August 9th, 2014. Before test of the analyses were performed, the Kolmogorov-Smirnov statistic test assessed normality for the dependent variable. Data showed the outliers and slightly kurtosis distributions. After the outliers were deleted, the final samples were 335 seventh grade students of junior high schools for further analyses. Descriptive statistical were computed for gender, self-esteem, social support and depression (see in Table 1). Bivariate analyses were present base on objectives of the objective of the study (See in Table 2).

According to Table 1, the most of the samples were females (55.8%), it is similar with distributions of the general population in Tanjungpinang (Bureau of Central Statistic, 2011). the majority of samples rated self-esteem at the high self-esteem 90.7% ($\bar{x} = 20.99$, $SD = 3.78$). The seventh grade students in junior high school were reported their social support high satisfied 49.0% ($\bar{x} = 66.71$, $SD = 8.88$). The number of samples did not depression was 82.1 % ($\bar{x} = 8.93$, $SD = 5.76$). In summary, some of seventh grade students of junior high school in Tanjungpinang have mental problems including low self-esteem, low satisfied of social support and depression.

Table-1. The number of frequencies, percentages, means, standard deviations and range of variables (N=335)

Variable	N	%
Gender :		
- Male	148	44.2
- Female	187	55.8
Self-esteem:		
- Low self-esteem	31	9.3
- High self-esteem	304	90.7
\bar{x} : 20.99 SD: 3.78 Range: 11-29		
Social support:		
- Low satisfied	10	3.0
- Satisfied	161	48.1
- High satisfied	164	49.0
\bar{x} : 66.71 SD: 8.88 Range: 14-83		
Depression:		
- Yes	60	17.9
- No	275	82.1
\bar{x} : 8.93 SD: 5.76 Range: 1-24		

Table-2. The relationships between Gender, Self-Esteem, Social Support and Depression

Variables	Depression	
	R	p-value
Gender ^a	.128*	.019
Self-esteem ^b	-.268**	.000
Social support ^b	-.147**	.007

Note: (°) = Point biserial correlation coefficient; (°) = Pearson product-moment correlation coefficients.

* $p < 0.05$; ** $p < 0.01$

As shown in Table 2, Gender was weak positively significantly relationship with depression ($r = .128$, $p < 0.05$), it can be explained that female higher depression than male. There was weak negatively significant relationship between self-esteem with depression ($r = -.268$, $p < 0.01$), meaning that if the seventh grade students had a high self-esteem would be decreasing their depression. Social support was weak negatively significant relationship with depression ($r = -.147$, $p < 0.01$) indicating that if the seventh grade students received high social support from their family would be decreased their depression. It can be concluded gender, self-esteem and social support were significant related with depression among seventh grade students.

DISCUSSION

Consistent with most previous research, the present study finding describe the number of gender are female more than male. Gender differences were differences between male and females in behaviour or mental processes. A key feature of adolescence is that it is a period of transition and change of physical and psychological. The gender role socialization in early adolescents related to the biological changes of puberty that heighten an identity with on gender. The bivariate analysis showed that positively and significantly associated between gender and depression. Most of the evidence suggests that increases in depressive disorder and mood are high in girls rather than boy during adolescence (Darmayanti, 2007; Treybick, 2010; Madge, 2011). Nevertheless, there are also a number of studies, which contradict this finding or conclude no significant differences in depression between boys and girls during adolescents (Charoensuk, 2007; Treybick, 2010; Behnke *et al.*, 2011). It could happen because their studies were wider age range, and different number of samples. The study from Treybick (2010) conducted in 6th, 7th, and 8th grade of junior high school, which total sample size was 142 participants. These may affect the finding of a study.

In addition, the number of low self-esteem was 9.3% students. The role of self-esteem in adolescent psychosocial is a vital component for health and quality of life (Lillemor, 2013). This study is associated with Robin and Trzesniewski (2005) study who found that self-esteem continues to decline during adolescence, because its decline to body image, other problems associated with puberty, and the transition from elementary school to the more academically challenging and socially complex context of junior high school. Further, self-esteem was negatively and significantly correlated with depression among seventh grade students. Previous studies revealed that low self-esteem is prospectively associated with depression. People with low self-esteem are more prone to depression, both clinical levels and milder form of depressed (Orth *et al.*, 2009). In addition, adolescent with low levels of self-esteem may be more likely to experience depression (Bailey and Peter, 2005; Miller *et al.*, 2007; Lillemor, 2013). Individuals who entered adolescence with low self-esteem, and whose self-esteem declined further during the adolescent years, were more likely to exhibit symptoms of depression 2 decades later as adults.

The present study the bivariate analysis showed that social support was negatively and significantly correlated with depression among seventh grade students. It is indicating that seventh grade student received high social support from family, friends and significant other, they would be decrease depression. This study also found that there were students with low stratified of social support. Social support has been identified as an important factor during the transition to parenthood for adolescence (Hudson, 2000). This study consistent Abdullah *et al.* (2011) study found that there were negative significant correlations between social support and depression in

adolescents. When adolescence was reported low stratification with their social support, the probability of having problems of depression is high. There are causes of low stratified social support in adolescents. The first family, adolescents have poor relationships between parent and child become contribute to depression (Clark, 2010). Secondly, the poor of peer relationship constitute a risk factor for depression in adolescents, because adolescents could easily withdraw from their friend (Clark, 2010). Significant other is person a special person who is a source of comfort such as someone special, teacher.

The last, there are the number of depression in students in this study. This study is associated with Treybick (2010) study who found that the prevalence of depression symptomatology increase dramatically between childhood and adulthood. Depression in adolescence relate to great personal change, when boys and girls are forming an identity apart from their parents, grappling with gender issues and emerging sexuality, and making independent decisions for the first time in their lives (National Institute of Mental Health (NIMH), 2008).

CONCLUSION

Seventh grade students experience low self-esteem and low satisfied of social support can increase the risk for the development of depression within this study. The finding can be used to make a recommendation for school detected early symptoms of depression in adolescents such as skipping school, and lack of concentration in class a primary prevention will be recommended eventually.

RELEVANCE TO CLINICAL PRACTICE

The study improved the knowledge and strategies to community nurses for providing health promotion as a way to cope with events, and depression in adolescent especial seventh grade students in Junior High School.

LIMITATION

Even though this study has reached its aims, there were some unavoidable limitations. The limitation of this study is collecting data from seventh grade students in limitation period. This results in the difficulties of exploring the developing of depression in a short period. It was not possible to assess depression changes across time.

AKNOWLEDGMENT

This research was supported and funded by the Indonesian Directorate General of Higher Education (DIKTI).

REFERENCES

- Abdullah, S., A. Salleh, Z. Mahmud, J. Ahmad and S.A. Ghani, 2011. Cognitive distortion, depression and self-esteem among adolescents rape victims. *World Applied Sciences Journal*, 14(2011): 67-73.
- Anggoro, W.J. and W. Wahyu, 2010. Konstruksi dan identifikasi properti psikometris instrument pengukuran kebahagiaan berbasis pendekatan indigenous psychology: Studi multitrait-multimethod, construction and identification of the psychometric properties of measurement instrument-based approach to indigenous psychology of happiness: Multitrait-multimethod study. *Jurnal Psikology*, 37(2): 176-188.
- Apple, S. Lau and M. Lee, 2009. Suicide ideation and depression: The moderation effects of family cohesion and social self-concept. *Libra Publishers*, 44(176): 851-868.
- Bailey, A. and L.H. Peter, 2005. Depression in men is associated with more feminine finger length ratios. *Personality and Individual Differences*, 39(2005): 829-839.
- Behnke, A., W. Scott, S. Tovah and Y. Mayra, 2011. The relationship between latino adolescents' perceptions of discrimination, neighborhood risk, and parenting on self-esteem and depressive symptoms. *Sage Juornals*, 42(7): 1179-1197.

- Bureau of Central Statistic, 2011. Jumlah penduduk 2011 {data population in Riau islands on 2011}. Available from <http://kepri.bps.go.id/> [Accessed October 17, 2013].
- Charoensuk, S., 2007. Negative thinking: A key factor in depressive symptoms in thai adolescents. *Issues in Mental Health Nursing*, 28(1): 55-74.
- Clark, C., 2010. Relations between social support and physical health. *Journal of Psychological*. Available from www.google.com.
- Darmayanti, N., 2007. Meta-analysis: Gender and depression in adolescence. *Journal Psychology*, 35(2): 164-180. Available from www.google.com.
- Department of Health of Republic of Indonesia, 2008. Riset kesehatan dasar (Riskesdas). Laporan Nasional. Available from www.depkes.go.id.
- Ginting, 2013. Validating the beck depression inventory-II in Indonesia's general population and coronary heart disease patients. *International Journal of Clinical and Health Psychology*, 13(2013): 235-242.
- Hudson, 2000. Depression, self-esteem, loneliness, and social support among adolescents mother participating in the new parents projects. *Adolescence*, 35(139): 445-457.
- Lillemor, 2013. Culture influences upon health, affect, self-esteem and implusiveness: An Indonesian-Swedish comparison. *Internasional Journal of Research Studies in Psychology*, 2(3): 25-44.
- Locker, J. and C. Mark, 2004. Anxiety, depression and self-esteem in junior high school adolescents. Available from www.sciencedirect.com.
- Madge, N., 2011. Psychological characteristics, stressful life events and deliberate self-harm: Findings from the child & adolescent self-harm in Europe (CASE) study. *Eur Child Adolesc Psychiatry*, 20(2011): 499-508.
- Miller, D., L. Hammen Constance and A. Patricia, 2007. Health outcomes related to early adolescent depression. *Journal of Adolescent Health*, 41(3): 256-262.
- Ministry of Public Health of Indonesia, 2013. Riset kesehatan dasar (Riskesdas). Laporan Nasional. Available from www.depkes.go.id.
- National Institute of Mental Health (NIMH), 2008. Depressio. Available from <http://www.nimh.nih.gov/> [Accessed January 10, 2014].
- Orth, U., R.W. Robins and L.L. Meier, 2009. Disentangling the effects of low self-esteem and stressful events on depression: Findings from three longitudinal studies. *Journal of Personality and Social Psychology*, 97(2): 307-321.
- Peacock, J., 2000. Depression. 4th Edn., Life Mottes. United Sates of America.
- Pilot, D. and C.H. Beck, 2012. *Research in nursing: Generating and assessing evidence for nursing practice*. Philadelphia: Lippincott Williams & Wilkins.
- Robin, R. and K.H. Trzesniewski, 2005. Self-esteem development across the lifespan. *American Psychological Society*, 14(3): 158-162.
- Rosenberg, M., 1989. *Society and the adolescent self-image*. Revised Edn., Middletown, CT: Wesleyan University Press. Available from <http://www.socy.umd.edu> [Access 20 February 2014].
- Treybick, M., 2010. The association of social support with depression in early adolescence. Available Source: ProQuest Dissertations and Theses Database. (UMI No. 3529197).
- World Federation for Mental Health. WFMH, 2012. Mental health and older adults. Available from <http://www.wfmh.org/>.
- World Health Organization WHO, 2012. Depression; a global public health concern. [Accessed <http://www.who.com>].