

STRESSFUL LIFE EVENTS A RISK FACTOR FOR DEPRESSION AMONG ADOLESCENTS: AN ANALYTICAL STUDY WITH INTERVENTIONAL COMPONENT

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ABSTRACT

Objective: To examine the relationship between stressful life events and depression among adolescents.

Methods: A case control study was conducted at higher secondary schools in South India. 1120 adolescents were included in the study.

Results: The odds ratio analysis revealed that adolescents who had stressful life events were found to have 2.9 times (95% CI= 1.2 - 6.9 and p - value 0.01) more risk of developing depression than the adolescents without stressful life events.

Conclusions: Adolescents with stressful life events has to be identified earlier and prompt interventions will prevent future psychiatric illnesses. As an intervention towards the educational component Stress Management Strategies were taught to the adolescents.

KEYWORDS: Depression, Adolescents, Stressful Life Events