

A Study on Adjustment, Anxiety and Depressed Mood Disorders among Male and Female

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The present study is intended to examine the Adjustment, Anxiety and Depressed Mood Disorder among male and female. The data of 100 male and female, was randomly collected from the general population of Haryana. The Data for Adjustment Disorder is distributed as per responses given by the subjects. Frequency of the Independent variables has been evaluated, significance of variance for dependent and independent have been also evaluated to bring the significance level amongst the independent and dependent variables and finally the level of significance of independent variables by t-test has been brought out in order to t test the level of significance of the study.

Key words: Adjustment Disorder, Anxiety, Depressed Mood Disorder

Introduction

Adjustment disorder is a short-term condition that occurs when a person has great difficulty coping with, or adjusting to, a particular source of stress, such as a major life change, loss, or event. In 2013, the mental health diagnostic system technically changed the name of "adjustment disorder" to "stress response syndrome." Because people with an adjustment disorder/stress response syndrome often have some of the symptoms of clinical depression such as tearfulness, feelings of hopelessness, and loss of interest in work or activities, adjustment disorder is sometimes informally called "situational depression." Unlike major depression, however, an adjustment disorder doesn't involve as many of the

physical and emotional symptoms of clinical depression (such as changes in sleep, appetite and energy) or high levels of severity (such as suicidal thinking or behavior). The type of stress that can trigger an adjustment disorder/stress response syndrome varies depending on the person. A person with an adjustment disorder/stress response syndrome develops emotional. In

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Adjustment disorder, the reaction to the stressor is greater than what is typical or expected for the situation or event. In addition, the symptoms may cause

problems with a person's ability to function; for example, the person may be having trouble with sleep, work, or studying. Adjustment disorder is a short term maladaptive reaction to what a layperson may call a personal misfortune or to what a psychiatrist calls a psychosocial stressor. Adjustment disorder is expected to remit soon after the stressor ceases or, if the stressor persists, a new level of adaptation is achieved. The response is maladaptive because of impairment in social or occupational functioning or because of symptoms or behaviors' that are beyond the normal, usual, or expected response to such a stressor (Saddock and Kaplan) Adjustment disorder is a stress-related phenomenon in which the stressor has resulted in mal-adaptation and symptoms that are time limited until the stressor is removed or a new state of adaptation has occurred (James J Strain MD et all) Wise (1988) has summarized the history of adjustment disorder as Historically, the concept included the notion of a transient situational disturbance, initially codified by developmental epochs and then evolved to embody a disorder of adjustment characterized by mood, behavior, or work (or academic) inhibition. The essential feature of an Adjustment Disorder is a psychological response to an identifiable stressor or stressors that results in the development of clinically significant emotional or behavioral symptoms. The symptoms must develop within 3 months after

the onset of the stressor(s) (DSM-IV Page 679). In the research, their related definitions have been brought under various heads explicitly. Adjustment Disorder with Anxiety the predominant manifestations are symptoms such as nervousness, worry, or jitteriness, or, in children, fears of separation from major attachment figures (DSM IV page 680) Adjustment Disorder with Depressed Mood The predominant manifestations are depressed mood, tearfulness, or feelings of hopelessness (DSM IV page 679). Adjustment Disorder with Anxiety and Depressed Mood The predominant manifestation is a combination of depression and anxiety (DSM IV page 680). Adjustment Disorder with Disturbance of conduct The predominant manifestation is a disturbance in conduct in which there is violation of the rights of others or of major age appropriate societal norms and rules (e.g. truancy, vandalism, reckless driving, fighting, defaulting on legal responsibilities) (DSM IV page 680) Adjustment Disorder with Mixed Disturbance of Emotions and Conduct The predominant manifestations are both emotional symptoms (e.g. depression, anxiety) and a disturbance of conduct. (DSM IV page 680).

Objectives of the study

1. To find out Adjustment problems with Anxiety and

depressed mood disorder will have equal prominence in different age group.

2. To find out gender differences among male and female highly effected on Adjustment problems, anxiety and depressed mood disorders.

Sample

Random sampling method for Adjustment problem is used in the research. Sample was collected amongst the Govt. and private hospitals of Haryana. A total 100 persons (male and female) with the age range 0 to 60 were randomly selected for Adjustment problems for the research. The respondents were asked to fill in the Self-Screening Inventory.

Data Analysis;

In order to analyses the data, the data is distributed according to the

responses given by the respondents. T-test has been brought out in order to test the level of significance and frequency and significance level of the variables tested upon statistically.

Results

The Data for Adjustment Disorder is distributed as per responses given by the subjects. Frequency of the Independent variables has been evaluated, significance of variance for dependent and independent have been also evaluated to bring the significance level amongst the independent and dependent variables and finally the level of significance of independentvariables by t-test has been brought out in order to t test the level of significance of hypnotherapy for the study. The case histories for adjustment disorders have been also brought down in detail.

Distribution of Respondents in Accordance with their response to the screening tool administered for Adjustment Problems where N=100 and n=17

DISORDERS	SCALES				
	Not a Characteristics of Me	Somewhat a Characteristic of me	Moderately Characteristics of Me	Various Characteristics of me	Total
Adjustment Disorder with Anxiety	63	31	2	4	100
Adjustment Disorder with Depressed Mood	52	39	3	6	100
Adjustment Disorder with Anxiety and Depressed Mood	56	40	1	3	100
Adjustment Disorder with Disturbance of conduct	53	45	0	2	100
Adjustment with mixed Disturbance of Emotional and Conduct	37	60	2	2	100

The above result table reveals that only 4 out of 100 respondents have respond the scale of very Characteristics of me for Anxiety Adjustment Disorder with Anxiety , only 6 out of 100 have responded for Adjustment Disorder with Depressed mood, 3 of 100 have responded

Adjustment Disorder with Anxiety and Depressed Mood, 2 of 1 Disorder with Disturbance of conduct and only 2 of 100 respondents have responded for Adjustment Disorder with mixed Disturbance of Emotion and Conduct. Total 17 respondents out of 100 have been found to be affected with Adjustment disorder.

Table- 2 Distribution of Respondents According to Variables of Frequency for Adjustment Problems Where N=100

Sex	Frequency	Percentage
Male	37	18.5
Female	63	31.5
AGE		
0-20	30	30%
21-40	40	40%
41-60	30	30%

Above result table 2 reveals high prevalence amongst the age group of 21 to 40 years with a frequency 40%, the age group of 41 to 60 year were found to be affected with 30% becoming the second largest in the age groups followed by the age group of 0 to 20 years respectively.

In respective to Gender Difference in Adjustment Disorder Female population found to have larger prominence then their counterparts with a frequency 63% for female and 37% for males.

Significance of variance affected by Independent variable “Age” in Adjustment problem where n=17

Independent variables	Adjustment Problems						
	ADA	ADDM	ADADM	ADDC	ADMDEC	TOTAL	%
AGE							
0-20	1	1	1	1	0	4	13.129
21-40	2	2	2	2	2	10	33.161
41-60	1	0	1	0	1	3	11.032

Above result table revealed that Adjustment Disorders with Anxiety, Adjustment Disorders with Depressed mood, Adjustment Disorder with Anxiety and Depressed Mood and Adjustment Disorder with Disturbance of Emotion and Conduct highly and equal prominence in the age group of

21 to 40. It is also noticed in this study Adjustment Disorder with Anxiety, Adjustment Disorder with Anxiety and Depressed Mood and Adjustment Disorder with Disturbance of Emotion and Conduct in the age group of 0 to 20 and 41 to 60 years has equal prominence.

Significance of variance affected by Independent variable “Sex” in Adjustment problem where n=17

Independent variables	Adjustment Problems						
	ADA	ADDM	ADADM	ADDC	ADMDEC	TOTAL	%
Sex							
Male	2	1	1	1	1	6	35.294
Female	2	4	2	1	2	11	64.705

The result given in the above table depicts that female are more affected in Adjustment Disorder with Disturbance of Emotion and Conduct. Result table depicts that Male are highly dominated in Adjustment Disorder and it is also has been noticed that in Adjustment Disorder with Mixed Disturbance of Emotion and Conduct the Male and Female Sex have equal incidence.

Conclusion:

Adjustment Disorder such as Adjustment Disorders with Anxiety,

Adjustment Disorders with Depressed mood, Adjustment Disorder with Disturbance of Conduct and Adjustment Disorder with Mixed Disturbance of Emotion and Conduct were found to be in prevalence amongst the population. The observations Revealed that age group of 21-40 were largely affected with the adjustment problems and mainly affected with adjustment disorder with disturbance of conduct. It is also come to the notice in this research that the prevalence of adjustment disorder with depressed mood and adjustment

disorder with mixed disturbance of emotion and conduct has an equal prevalence amongst the age group of 20-40 and 41-60. Female sex is noticed to be largely affected with depressed mood. Male sex is found to be largely affected in adjustment disorder with anxiety and both sexes have equal prevalence in adjustment disorder with mixed disturbance of emotion and conduct. Amongst both sexes it is observed that females are largely affected with Adjustment disorder.

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