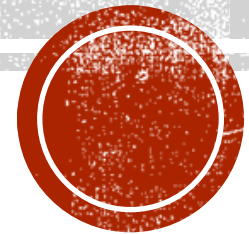
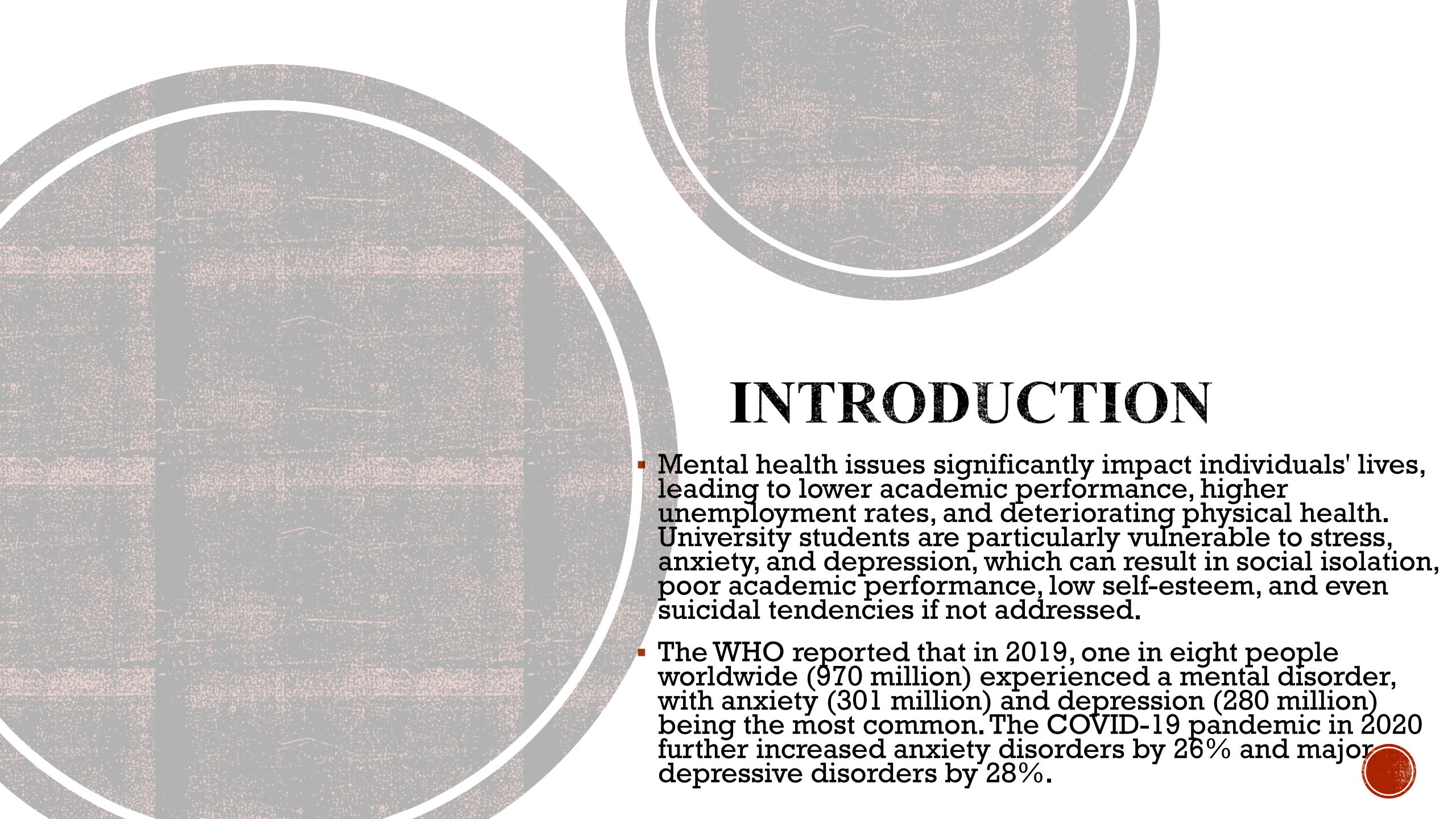


A STUDY ON SELF ESTEEM, PSYCHOLOGICAL WELL BEING AND PERCEIVED SOCIAL SUPPORT AS CORRELATES OF DEPRESSION, ANXIETY AND STRESS



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INTRODUCTION

- Mental health issues significantly impact individuals' lives, leading to lower academic performance, higher unemployment rates, and deteriorating physical health. University students are particularly vulnerable to stress, anxiety, and depression, which can result in social isolation, poor academic performance, low self-esteem, and even suicidal tendencies if not addressed.
 - The WHO reported that in 2019, one in eight people worldwide (970 million) experienced a mental disorder, with anxiety (301 million) and depression (280 million) being the most common. The COVID-19 pandemic in 2020 further increased anxiety disorders by 26% and major depressive disorders by 28%.
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- Self-esteem, a critical aspect of mental health, is strongly linked to susceptibility to depression and anxiety. Enhancing self-esteem can help mitigate these issues (Sowislo & Orth, 2013). Other vital aspects of psychological well-being include self-acceptance, relationships, independence, environmental control, life purpose, and personal development. Higher psychological well-being correlates with lower depression and anxiety levels (Ryff & Keyes, 1995). Perceived social support, which includes emotional and logistical assistance and a sense of belonging, is also crucial. It helps offset stress and reduce depression and anxiety (Self & Ohannessian, 2011; Cohen & Wills, 1985; Lakey & Orehek, 2011). This study aims to explore how self-esteem, psychological well-being, and perceived social support influence depression, anxiety, and stress, guiding the creation of strategies to enhance mental health outcomes.



RESEARCH QUESTION:

What is the relationship between Self Esteem and Depression, Anxiety and Stress?

What is the relationship between Perceived social support and Depression, Anxiety and Stress?

What is the relationship between psychological wellbeing and Depression, Anxiety and Stress?





OBJECTIVES:

- This study aims to understand the following:
 1. A. To study the relationship between Self Esteem and Depression, Anxiety and Stress.
 2. B. To study the relationship between Perceived social support and Depression, Anxiety and Stress.
 3. C. To study the relationship between psychological wellbeing and Depression, Anxiety and Stress.
 4. D. To suggest interventions aimed at reducing depression, anxiety, and stress by enhancing self-esteem, psychological well-being, and perceived social support among individual

HYPOTHESIS

- Based on these objectives, the following hypotheses have been formulated:
- A. Null Hypothesis (H_0): There is no significant negative correlation between depression, anxiety, stress and self-esteem.
- Alternative Hypothesis (H_1): There is a significant negative correlation between depression, anxiety, stress and self-esteem
- B1 Null Hypothesis (H_0): There is no significant negative correlation between depression, anxiety, stress and perceived social support.
- Alternative Hypothesis (H_2): There is a significant negative correlation between depression, anxiety, stress and perceived social support



- B2 Null Hypothesis (H_0): There is no significant negative correlation between depression, anxiety, stress and specific dimensions of perceived social support.
- Alternative Hypothesis (H_3): There is a significant negative correlation between depression, anxiety, stress and specific dimensions of perceived social support.
- C1 Null Hypothesis (H_0): There is no significant negative correlation between depression, anxiety, stress and psychological well-being.
- Alternative Hypothesis (H_4): There is a negative correlation between depression, anxiety, stress and psychological well-being.
- C2 Null Hypothesis (H_0): There is no significant negative correlation between depression, anxiety, stress and specific dimensions of psychological well-being.
- Alternative Hypothesis (H_5): There is a significant negative correlation between depression, anxiety, stress and specific dimensions of psychological well-being.



**Study Design:
correlational
study**

**Setting:
Delhi (south)**

**Study Population:
adults of age group
19-40 years**

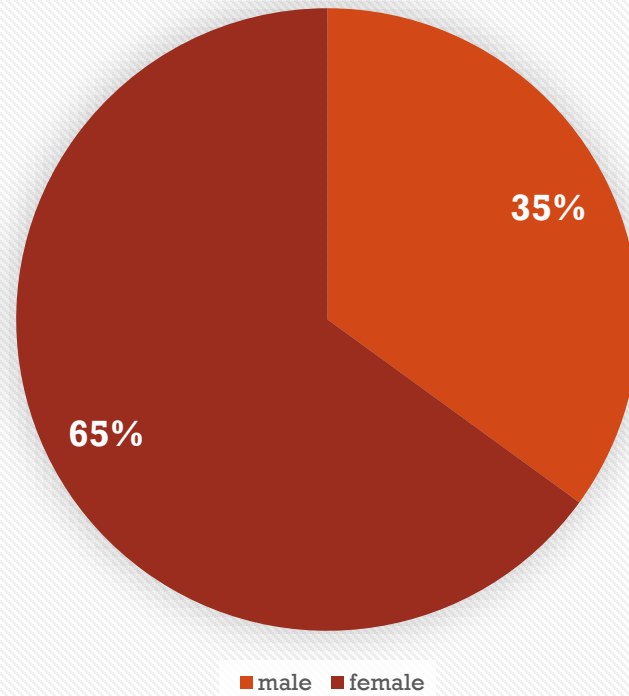
Data Collection Tools:
Standardized self-administered
psychological instruments
DASS 21
Ryff psychological well being
Rosen Berg self esteem
Multidimensional perceived
social support scale

METHODOLOGY:



RESULTS

Fig 1: Percent distribution of the respondents by their sex





















THANK YOU