

PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG TEACHER'S TRAINEES IN SIKKIM

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ABSTRACT

Anxiety, Stress, and Depression are commonly faced by everyone at times. Teacher trainees are no exception, the most common reasons for the increase of stress, anxiety, and depression related to education in this professional education are; encounter with personal problems, interpersonal problems with teachers, gap between theory and practice, lack of readiness to act in practice and fear of making mistake which will negatively affect their academic, professional and personal life. The objectives of the present study are; to find the prevalence of DAS among teacher trainees of Sikkim, to find the prevalence of DAS between male and female teacher trainees of Sikkim, find the prevalence of DAS among teacher trainees with regard to; socio-demographic variable, satisfaction with their academic performance, place of stay and to their habits and problems. The study used a descriptive survey method to fulfill the objectives of the study, where 449 teacher trainees were the sample of the study. DASS-42 was used for fulfilling the objective of the study. It is found that among the respondents, 56.8 percent was found to have at least one of the studied disorders and only 43.2 percent of the respondents were falling under normal category, the female teacher trainees were found to be high in the prevalence of DAS in comparison to the male counterpart, the teacher trainees who were satisfied with their academic performance found to have high prevalence of symptom of DAS than that of the non-satisfied teacher trainees, the data on the prevalence of DAS with regard to the place of stay of the teacher trainees, it was found that the highest level of prevalence was found with the teacher trainees staying as a domestic helper.