

Predictive Factors that Influence Depression amongst Secondary School Students, Regional Education Office, Chiang Rai Province

Abstract

This is a descriptive predictive research study whose purpose is to examine incidents and factors that influence depression amongst students in secondary schools under Regional Education Office, Chiang Rai Province. This study employed multi-stage sampling to obtain a total of 414 subjects, who were secondary school students in Mathayom 1 to 6 (equivalent to grades 7 to 12). Research tools included (a) personal information questionnaires; (b) upbringing questionnaires; (c) family function questionnaires; (d) peer relationship questionnaires; (e) self-esteem questionnaires; and (f) depression state questionnaires. All of the tools were approved by experts and were subjected to a reliability test based on the Coefficient Alpha, which yielded the reliability values of 0.79, 0.80, 0.85, 0.76 and 0.81, respectively. Data gathering, which took place between 26 February and 10 April 2010, required the respondents to complete the questionnaires by themselves. Data analysis was conducted based on descriptive statistics, in which intervariate relations and relevant factors were identified by a Chi-Square Test, Pearson's Product Moment Correlation Coefficient, and Multiple Linear Regression Analysis.

The research revealed that 69.3% of the subjects suffered from varying degrees of depression (17.9% from mild depression, 21.9% from moderate depression and 29.5% from severe depression). In addition, according to the study, depression was related to upbringing with a statistically significant value of $p < 0.05$, to family function with $r = 0.235$ ($p < 0.001$), to self-esteem with $r = 0.350$ ($p < 0.001$), and to GPAX with $r = 0.770$ ($p < 0.001$). More significantly, the combined factors of self-esteem, upbringing and GPAX were capable of predicting 23.3% of depression cases amongst students in secondary schools under Regional Education Office, Chiang Rai Province.

Recommendations based on this study concerned many parties involved. To prevent depression amongst secondary school students, teachers and parents ought to realise the importance of promoting self-esteem, democratic upbringing and academic efficiency. Besides, teachers and parents should work out an on-going, systematic method

of assessing and filtering depression victims, so that appropriate and timely assistance could be given to prevent suicidal and/or self-infliction attempts.