

AN INVESTIGATION OF UNIVERSTY STUDENTS' DEPRESSION, ANXIETY AND STRESS LEVELS RELATED TO THE DIFFERENT VARIABLES

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Abstract

Depression, anxiety, and stress is one of the most popular topics which has been working with different sampling group by some researchers not only in Turkey but also in the world. However, when the literature has been examined, there exist just a few studies on this topic in Amasya. That is why; the aim of this current study is to examine university students' depression, anxiety, and stress levels related to different variables. This study is a kind of descriptive research. The sample of this study consists of 241 female and 93 male (in total 334) university students in different classes at College of Education, Amasya University. In order to collect data, "Depression, Anxiety, and Stress Scale" and "Personal Information" have been employed. All collected data has been analyzed by t-test and correlation. Based on the analyzing collected data, the researchers have come to the conclusion that there is a statistically significant relationship between self-confidence and parental attitude with depression, anxiety, and stress levels. On the other hand, the researchers have found that there is no relationship between gender and depression, anxiety, and stress levels.

Key Words: University student, depression, anxiety, stress.