

Depression influencing factors in adolescents

Myoungjin Kwon*

*Dept. of Nursing, Daejeon University

e-mail: mjkwon@dju.kr

청소년의 우울 영향요인

권명진*

*대전대학교 간호학과

Abstract

This study was conducted to identify factors influencing depression in adolescents. This study is a secondary study using the 2020 youth health behavior online survey data. The subjects of this study were 2,668 adolescents who responded to stress and loneliness. As a result of this study, in the group feeling less loneliness, gender, smoking, suicidal ideation, suicide plan, and anxiety were significantly related factors for depression ($p < .05$). In the group that felt a lot of loneliness, economic level, drinking, suicidal ideation, suicide plan, subjective body type, and anxiety were significantly related factors ($p < .05$). Because depressive influencing factors differ according to loneliness, it is necessary to reflect the degree of loneliness in depression reduction interventions.

1. Introduction

Due to the emotional and cognitive changes in adolescence and the resulting psychological problems, the feeling of being depressed or unhappy increases rapidly around puberty [1]. Loneliness is also a common interpersonal problem among adolescents [2]. In adolescence, when the importance of peers increases, if you do not belong to a peer group or form intimacy with friends, you will face severe isolation and loneliness [3]. Loneliness among adolescents is a contributing factor to depression. To reduce depression in adolescents, interventions according to the degree of loneliness are required. Therefore, this study aims to identify the factors affecting depression according to the degree of loneliness among adolescents. The results of this study can be used as basic data for interventions to reduce depression in adolescents.

2. Method

2.1 Study design

This study is a secondary data analysis using the 16th (2020) Korean youth risk behavior web-based survey(KYRBS)

data.

2.2 Study subjects

The subjects of this study were 2,668 adolescents who responded to stress and loneliness.

2.3 Study variables

The psychological variables used in this study were depression, suicidal ideation, suicide plan, suicide attempt, loneliness, subjective body cognition, smartphone dependence, and anxiety.

2.4 Statistical analysis

In this study, data analysis was performed by assigning weights suggested by the Korea Centers for Disease Control and Prevention using the IBM SPSS 25.0 program.

3. Results

As a result of this study, in the group feeling less loneliness, gender, smoking, suicidal ideation, suicide plan, and anxiety were significantly related factors for depression ($p < .05$). In the group that felt a lot of loneliness, economic level, drinking, suicidal ideation, suicide plan, subjective body type, and anxiety were significantly related factors ($p < .05$).

Table 1. Factors related to depression of subjects (N=2,668)

Characteristics	Feel a little lonely			Feeling a lot of loneliness		
	OR	95% CI	p	OR	95% CI	p
Suicidal ideation (yes) No	0.21	0.14-0.34	<.001	0.52	0.34-0.81	.004
Suicidal plan (yes) No	0.34	0.12-0.94	.038	0.19	0.07-0.54	.002
Suicidal attempt (yes) No	0.88	0.32-2.41	.804	1.05	0.40-2.73	.913
Subjective physical appearance (overweight) Underweight Normal	0.97	0.70-1.36	.897	1.53	0.97-2.41	.062
	0.92	0.68-1.25	.627	1.83	1.20-2.81	.005
Smartphone overdependence (yes) No	0.88	0.66-1.17	.408	1.37	0.94-1.99	.094
Anxiety	1.16	1.12-1.20	<.001	1.17	1.11-1.22	<.001

4. Conclusion

As a result of this study, the influencing factors of depression were different according to the degree of loneliness. Therefore, it is necessary to reflect the degree of loneliness in the intervention for depression reduction in adolescents.

References

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