

Depression, Anxiety and Stress of College Students

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Abstract

The study was conducted to examine Depression, Anxiety and Stress of College Students. For this purpose 100 arts' stream boy students and 100 sciences' boy students were selected. Anxiety, Depression and Stress Scale was used to assess the level of Depression, Anxiety and Stress of students. T test was applied to calculate mean difference between Arts student's group and Science students' group. Result indicated that Arts students have mild level of Depression, Anxiety and Stress. Science students have moderate level of Depression, Anxiety and Stress. There is significant difference regarding depression, anxiety and stress between Arts stream students and Science stream students.

Keywords: Depression, Anxiety, Stress, DASS scale.

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