

Comparative study of depressed and non-depressed young adults regarding Cognitive style and Ego-function

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Abstract

Depression emerge from cognitive style and it is very much associated with ego function where reality testing, judgment, drive control, defense function, thought process, synthetic integrative functioning, morality, object relation has been linked. The purpose of this present study was to explore how the relative standing of the depressive in the two domains, mainly Cognitive Style and Ego-Function, collectively operate to contribute to their Pathology among young adults. For this study, a sample of 200 depressed young adults and 200 non-depressed young adults (matched normal control) were taken [100 male and 100 female in both case]. Standardized psychological test(questionnaire)were administered-Beck Depression Inventory, Cognitive Style test, Ego Function style, Kuppuswami SES Scale, General Health Questionnaire Scale. Data were collected using the technique of purposive sampling. Result showed that clinically depressed group, compared to the normal control group lagged behind in Cognitive aspect and poorer Ego-Function. Significant relation were found between depression and cognitive style and between depression and ego function in comparison to non-depressed young adults with the help of t-test and ANOVA(analysis of variance).

Keywords: Depression, Cognitive style, Ego Function, Young Adults.

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