International Journal of Homoeopathic Sciences

Dr. Sreevidhya JS
HOD and Associate Professor,
Department of Obstetrics and
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Dr. Saria Samreen
MNR Homoeopathic Medical
College, Sangareddy,
Telangana, India

Estimating the prevalence of depression among software professionals of Manikonda, Hyderabad of age group 24-40 years by PHQ 9 questionnaire

Dr. Sreevidhya JS and Dr. Saria Samreen

Abstract
Depression has been described as a silent disease that can affect anyone, regardless of age, gender, or financial situation. Depression has an impact on a person's mental, physical, and social abilities. The software sector in India is the fastest growing in the world. Because of the nature of their work, stress to meet deadlines, night shifts, and overwork, depression has become a widespread condition among software professionals. The goal of this study is to find out how common depression is among software professionals in Manikonda, Hyderabad, Telangana state.
This study is done by non randomised sampling method through an online survey form using PHQ 9 questionnaire, the feedback is collected from software professionals of Manikonda, Hyderabad who are willing to participate in this study. And the grades of depression is analysed.
In this study a total 100 software employees from Manikonda, Hyderabad participated, of them 68% of the study population are depressed among them 31% are having mild depression, 13% are having moderate depression, 18% are having moderately severe depression and 6% are having severe depression.

Keywords: Estimating, prevalence, Manikonda, questionnaire

Introduction

Depression is a mood disorder [1]. It may be described as feeling of sadness, loss of interest that would interfere with a person's everyday activities [2]. The term depression is derived from the Latin word deprimere, which literally means to press down. This phrase appears to describe a heavy sensation, which is also referred to as sorrowful or blue [3].

A pilot research on 1000 IT personnel was undertaken by V. Padma, N. N. Anand, and S. Arun *et al*. Health concerns and stress in IT and business process outsourcing employees, according to their paper published in Journal of pharmacy and Bio allied sciences. This survey includes all employees who have worked in the IT and BPO industries for more than two years. The purpose of this study was to screen potential employees. By completing a questionnaire that includes information about health illnesses, a family history of sickness, diet, lifestyle, exercise and yoga activities, and health checkup reports. To determine the degree of stress, the Holmes and Rahe Stress Scoring Scale was used, which quantified stress with the number of life change units, and the final score provided a routine assessment of how stress impacts the health of IT professionals. They discovered that 56% of the people experienced musculoskeletal problems. 22% of employees had newly diagnosed hypertension, 10% had diabetes, 36% had dyslipidemia, 54% had depression, anxiety, and sleeplessness, and 40% were obese. 67% of IT employees with health concerns were men, while 33% were women [4].

Geetakumari Dr. Gaurav joshi and Dr. K. M. Pandey released an article titled job stress in software companies: a case study of HCL Bangalore, India. They did a qualitative study with a sample size of 100 in the journal of computer science and technology- C software and data engineering, including 69 males and 31 females. The primary goal of this paper is to bring to light the level of stress that software workers face. Out of a total of 100 employees, 16% work for 4-6 hours, 32% work for 6-8 hours, 30% work for 8-10 hours, and 22% work for 10-12 hours. They discovered that 93% of individuals aged 35-39 and 91% of employees aged 30-34 experienced a significant level of stress impact on their minds. Only 26% of those polled were satisfied or enthusiastic about their jobs, while 74% felt depressed or unable to concentrate [6].

Corresponding Author:
Dr. Sreevidhya JS
HOD and Associate Professor,
Department of Obstetrics and
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

A study on professional stress, depression, and alcohol use among Indian IT professionals was published in the Indian Journal of Psychiatry by M.S Darshan, Rajesh Raman, and Bindu Annigeri *et al.*, (2013 Jan-march). The primary purpose of this study is to look at the link between professional stress, depression risk, and harmful alcohol usage. This study had 129 people in total. The work life stress scale, the depression scale from the Centre for Epidemiological Studies, and the alcohol use disorders identification test were utilised in this cross-sectional online study. They discovered that 43.4% of the 14 individuals in the trial were at risk of developing depression. Only 17.5% of those who were not professionally stressed were at risk of depression, but 68.2% of those who were [7].

Software professionals is an era that has transformed human life in every way. The Software profession is distinct from others. On the one hand, it provides a high salary, good status, and the opportunity to work abroad; on the other hand, with basic, computerised reporting systems mostly in place, Software Professionals are expected to produce innovative computer applications that improve the company's competitive position within often tight deadlines. These various aspects of the Software Profession may cause considerable stress, and these experts may suffer from depression and anxiety [7].

Materials and Methods

This cross-sectional prevalence survey included Hyderabadi software professionals. An online survey using Google forms and a PHQ questionnaire was distributed to software professionals in Manikonda, Hyderabad, and Telangana state as part of this study's non-randomized sample technique.

PHQ questionnaires were sent to Manikonda, Hyderabad, software employees as part of this study, which was done online. Each employee who took part in the survey gave their consent. To determine the severity of the depression, the feedback is examined.

Table 1: Prelimnary Data

Name	
Age	
Gender	
Company Name	
Designation	
Number of years working in software sector	

Table 2: PHQ 9 Questionnaire

| S.no	PHQ 9 questionnaire	No	Sometimes	Alternate days	Almost everyday
1.	Do you have trouble In falling or staying asleep?				
2.	Do you feel tired or having little energy?				
3.	Do you have trouble concentrating on things like reading newspaper or watching television?				
4.	Do you have poor appetite or over eating?				
5.	Do you have little interest or pleasure in doing things?				
6.	Do you feel down or depressed or hopeless?				
7.	Do you feel bad about yourselves or that you have failure or let yourself or family down?				
8.	Do you move or speak slowly that other people have noticed? or the opposite being so restless that you have been moving around a lot more than the usual?				
9.	Do you have thoughts that you would be better off dead or of hurting yourself in some way?				

Observation and Results

A Total of 100 software employees from different companies in Manikonda, Hyderabad participated in this study. Of them 52 are male and 48 are female. PHQ 9 Questionnaire is used to evaluate the levels of depression. It was concluded that 32% of the study participants are under the category of nonminimal depression (score;0- 4)of them 12 are male and 20 are female,31% of the study participants have mild depression (score;5-9) of them18 are male and 13 are female, 13% of the study participants have moderate depression(score;10-14) of them 4 are males and 9 are females, 18% of the study participants have moderately severe depression (score;15- 19) of them 7 are males and 11 are females, and 6% of the study participants are having severe depression (20-27) of them 3are males and 3 are females.

Table 3: Levels of depression

S.no	Levels of depression	Count	Percentage
1.	Nonminimal	32	32%
2.	Mild	31	31%
3.	Moderate	13	13%
4.	Moderately Severe	18	18%
5.	Severe	6	6%
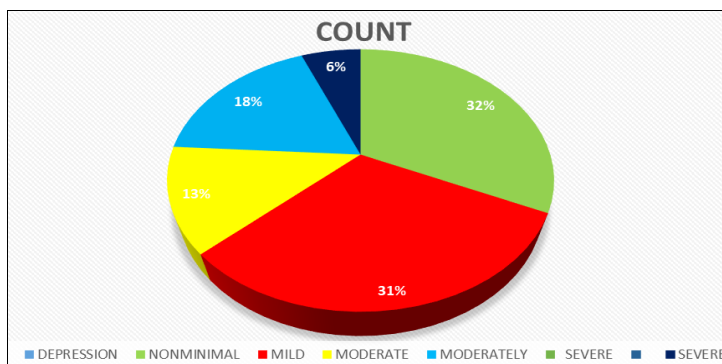
Fig 1: Levels of depression

Discussion

A Total of 100 software employees from different IT sectors in Manikonda, Hyderabad participated in this study. Of them 52 are male and 48 are female. PHQ 9 Questionnaire is used to evaluate the levels of depression. It was concluded that 32% of the study participants are under the category of nonminimal depression (score;0- 4)of them 12 are male and 20 are female, 31% of the study participants have mild depression (score;5-9) of them18 are male and 13 are female, 13% of the study participants have moderate depression(score;10-14) of them 4 are males and 9 are females, 18% of the study participants have moderately severe depression (score;15- 19) of them 7 are males and 11 are females, and 6% of the study participants are having severe depression (20-27) of them 3are males and 3are females.

Conclusion

In this study a total 100 software employees from Manikonda, Hyderabad participated, of them 68% of the study population are depressed among them 31% are having mild depression, 13% are having moderate depression, 18% are having moderately severe depression and 6% are having severe depression.

Employees who work long hours are prone to disease and health problems such as sadness and stress. Employees and employers can resolve this if the proper actions are followed. Stress and depression can be reduced by taking breaks from lengthy working hours. So that employees can relax away from their workplace. 7. Regular exercise and mind relaxation help to keep the body and mind active. This is thought to be a remedy to their tension. In addition to avoiding bad behaviours such as smoking, drinking can help individuals working in software firms alleviate stress. Spending meaningful time with family, friends, and coworkers can also aid in depression recovery. Employees can be encouraged to share their interests and talents, and their efforts can be recognised. Food kiosks are used by some software businesses to promote healthy eating habits. Furthermore, software companies organise team outings or get-togethers to help individuals relax and overcome stress and despair in order to motivate staff. To make employees feel more at ease and to encourage a decent work-life balance, software companies have introduced family-friendly policies.

References

1. Everything you need to know about depression (major depressive disorder) medically reviewed by Vara Saripalli, Psy. D written by Valencia Higuera-updated on November 1, 2021. Cited on March 15 at 11 am. Healthline.com/health/depression.
2. The Nature of Clinical Depression: Symptoms, Syndrome, and Behavior Analysis by Jhonathan W Kanter, Andrew M Busch, and Sara J Landes. Published in Journal the Behavior Analyst in 2008 cited on March 15 11:30am. Ncib.nim.nih.gov.
3. Depression-World Health Organization published on 13 September 2021 cited on 16 march, 2022. https//www.who.int.com
4. Kalpan and sadock's synopsis of psychiatry 11th edition published by wolter's Kluwer India pvt. ltd. New Delhi. 2015, 347. Cited on 21 Feb 2022.
5. Article; Health problems and stress in information technology and business process outsourcing employees by V. Padma, N. N Anand, S.M. G Swaminatha gurukul, S.M.A. Syed Mohammed Javid, Arun prasad, and S. Arun published in Journal of pharmacy and bioallied science (apr;7 2015) cited on March 2nd, 2022.
6. Article; Job stress in software companies: A case study of Hcl Bangalore, India BY Geeta Kumari, DR. Gaurav Joshi and DR. K.M. Pandey published in Global journal of computer science and technology: c software and data engineering (2014) cited on march 2nd 2022
7. Vyas JN, Shree Ram Ghimire (editor's). Textbook of Postgraduate psychiatry volume 1 3rd edition jaypee Brothers medical publishers (P) Ltd Topic: Major Depressive Disorder, 366, 361.