

THE EFFECT OF DEPRESSION ON ACADEMIC ACHIEVEMENT AMONG MALE AND FEMALE STUDENTS AT YARMOUK UNIVERSITY'

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ABSTRACT : *The study aims to reveal the association between depression among male and female students of Yarmouk University, the obstacles that lead to its occurrence and the most important suggestions for its treatment. The study population consists of male and female students of Yarmouk University, which numbered (125). They were selected by random stratified method. To achieve the goals of the study, a questionnaire and interviews were developed. The questionnaire consists of 9 questions distributed in general and in particular. In addition to the interview tool which consists of 4 selected samples. The results of the study show a significant negative correlation between depression and academic achievement. Also, the study does not reveal any significant differences between male and female students in the depression variable. The results show that there were no statistically significant differences due to the effect of the gender variable, and the presence of factors that had a significant impact on depression and its negative relationship to academic achievement. Finally, the research reaches a number of recommendations.*

KEYWORDS: depression, academic achievement.

INTRODUCTION

Depression influenced various aspects of life, as it has many negative effects on male and female students, especially among university students. Depression is considered a mood disorder that causes a persistent feeling of sadness, It may be accompanied by feelings of guilt and low self-esteem. It is usually accompanied by a set of symptoms. Depression is the most common psychological disorder after anxiety, and it is considered one of the most common mental disorders in the modern era and is more prevalent and common, affecting both adults and children in general. Many studies have confirmed this, and symptoms of depression appear in adolescence, ranging from mild to severe, It is considered a disturbance of mood and thoughts and affects the way the individual thinks or his feelings towards himself and others (Janet, 2003). He considered an emotional state that could be time-limited or become permanent in individuals and lead to feelings of

sadness, constriction and distress, as it could be accompanied by moods and some behavioral, physical and pathological symptoms (Al-Saboon, 2011, 762).

Depression has become a fact of life that accompanies us everywhere, and it is spreading in our current era, which is full of stressful changes and accelerated events. Depression occurs in a large percentage of adolescents, as it affects (3%) of them, However, a person is exposed to it between (15-24) years. The seriousness of this disorder lies in the fact that it is one of the main causes of human destruction, as research indicates its association with suicide, and that (50% to 70%) of suicide cases are caused by depression (Barakat, 2000, 4). This was emphasized by Burns (2000, Burns), where he sees depression as the number one health problem in the world, which eventually leads to suicide. A person with depression may need to see a doctor as soon as possible. Because there are some cases accompanied by symptoms similar to those of depression, such as: thyroid problems, brain tumor, or vitamin deficiency such as: vitamin D; Therefore, health status should be checked before diagnosing depression.

Where he defined (Boughri, 2009, 129) depression as saying" It is a disease that has a biological basis and is often affected by several factors such as psychological, intellectual and social exhaustion, and other factors such as heredity, stress, changes in the function of the body and brain ... etc., which is difficult to define or identify as its symptoms may overlap with the symptoms of other diseases, or may be attributed to sadness or Excessive tiredness, sleep problems, aging, or overwork."

Williams (2006) has confirmed that positive support for the individual helps him to increase the level of adaptation in the individual, and it depends on three sources, namely:

- 1 . Psychological support and related to personal or physical characteristics and characteristics of the individual.
- 2 . Environmental support is linked to a secure, democratic family, not authoritarian.
3. Social support is related to the individual's level of mastery of social skills.

Hence, Busari (2012) conducted a study entitled "Assessment of the Relationship between Gender, Age, Depression, and Academic Performance in Adolescents", and the study aimed to know the relationship between age, depression and academic performance among a sample of adolescent students, And the descriptive analytical method was used, and the study sample consisted of (1200) male and female students, of whom (600) were males, and (600) were females. The Beck Depression Scale was used as a tool for the study. The results of the study showed that 5.26% of males and 7.30% of females suffer from depression, and that there is an inverse relationship between academic achievement and depression, and an inverse relationship between academic achievement and age, and a significant difference in the degree of academic achievement among males and females.

Also, Bhagat and Nayak (2014) conducted a study entitled "Neurotic Depression and Academic Performance for Medical Students", It aimed to know the effect of neuroticism on performance and academic achievement and the relationship between them among a sample of medical students in India. The Eysenck scale of personal perceptions was used, which includes a series of personality traits (extraversion, introversion, neuroticism, stability, lying) as a tool for the study, and the study sample consisted of (70) students, of whom (49) were female, and (21) males of different ages, and the results of the study concluded that there is a neurotic trait among medical students and the effect of this trait on their achievement and academic performance negatively, and that a large number of medical students fall into the Eysenck scale under the high and medium neuroticism.

A study was conducted (Al-Ansari and Kazem, 2007) entitled: "Differences in anxiety and depression between male and female students at the universities of Kuwait and Sultan Qaboos University." The study was conducted in Kuwait and Oman." The study aimed to find out the prevalence of anxiety and depression among male and female students at Kuwait University and Sultan Qaboos University, in addition to revealing gender differences in both anxiety and depression. The study sample consisted of (1870) male and female students, including (952) from Kuwait University and (918) from Sultan Qaboos University. The ages of the Kuwaiti sample ranged (20.10) years, and the Omani sample was (23.63) years. The study used the following tools: The Kuwait Anxiety Scale prepared by Ahmad Muhammad Abdul-Khaliq (2000), and Beck's Second Depression List (1996.) The results of the study showed that there were statistically significant differences between male and female students in anxiety and depression, in favor of females.

And a study (Al Jumaili, 2013) entitled: "The Effectiveness of a Counseling Program in Reducing the Level of Depression among Depressed Students." The study aimed to find out the effectiveness of a counseling program in reducing the level of depression among depressed students. The research sample consisted of (16) male and female students from the College of Education (eighth grade), who suffer from depression based on their scores on the depression scale. Their scores were counted by a pre-test, and then they were randomly distributed into two groups: an experimental group, whose members received a counseling program according to the method of cognitive-behavioral therapy, and a control group whose members did not receive any training. After using the Wilcoxon test for correlated groups and Mann-Whitney test for independent groups in the statistical analysis, the results of the study showed that there were statistically significant differences between the experimental and control groups at the level of alpha (0.05) and in favor of the experimental group after its members received the counseling program.

A study (Mosher et al., 2006) entitled: "Adaptation and social support as mediating factors of the relationship of optimism with depressive symptoms among black university students". The study aimed to know adaptation and social support as mediating factors of

the relationship of optimism with depressive symptoms among black university students. The study sample consisted of (133) students and it used tools such as the life appeal scale, social adjustment scale, depression scale, The results showed that students need to study cultural sensitivity, which includes the influence of personality characteristics, coping strategies, and social reinforcement on psychological adaptation to stressful situations.

Anderson (2003) conducted a study that aimed to "identify the depressive experience of expatriate students during the first academic year." Where the study sample consisted of 3 males and 4 females who study in Colombia, the sample participated in interviews filmed in video tapes, and these tapes were analyzed. he results showed that 2 of the sample members requested the help of colleagues, while the others depended on themselves. The results of the study also showed that the services provided to these students do not meet their needs to overcome the period of depression. The results also showed that the counselors need to be trained to provide assistance and adequate care to the students when necessary. Lack of health services provided to expatriate students.

Commenting on previous studies:

Previous studies dealt with the subject of depression in several forms and on different samples, including in universities and schools, and previous studies used the descriptive approach, such as Busari 2012 study, and the interview, such as Anderson, 2003 study Other studies used scales such as the Eysenck and Beck scale to find out the degree of depression and anxiety among individuals, and most of the studies agreed that there are statistically significant differences between male and female students attributable to female students. The researcher benefited from previous studies in organizing the theoretical framework and defining the study method, which is the descriptive approach, building a questionnaire, and comparing the results of previous studies with the results of the current study. This study is distinguished by shedding light on the impact of depression and its relationship to academic achievement among male and female university students, and it is for Yarmouk University male and female students only; As the previous studies were not any of them have been specialized in this topic.

The study Problem:

Based on what was seen in the student street, it was found that male and female students face a problem that is considered one of the most important psychological problems that affect their age group significantly and more than other age groups. This study came to investigate the effect of depression on the psychological structure and academic performance of university students, as one of the mental disorders and the most dangerous of them all. And the study (Al-Duwailah, 2019) indicated that 97% of depressed people complain of a lack of effort, 80% complain of sleep disorders, and 90% of the depressed suffer from psychological anxiety, this confirms that depressive symptoms threaten psychological and social health and academic performance, especially among young people, and this requires knowledge of the factors associated with it.

Hence, this study came to identify the impact of depression and its relationship to academic achievement among students, especially Yarmouk University students., as depression and its many types affect a negative impact on the psychological factor, especially on the educational side, after interruption of face-to-face education for a period that lasted for nearly two full academic years; The impact was negative on the students as they faced different circumstances that resulted in the problem of depression, which had a negative impact on the students in terms of academic achievement.

The Study questions:

The study questions revolve around the impact of depression on the academic achievement of Yarmouk University students, and therefore this study sought to answer the following questions:

1. What is the level of depression among male and female students at Yarmouk University?
2. What is the effect of depression on the academic achievement of male and female students at Yarmouk University?
3. Are there statistically significant differences in the level of depression among male and female students at Yarmouk University due to the variables (gender, college, practical qualification)?

Objectives of the study:

The study sought to achieve the following objectives:

- 1- To identify the level of depression among male and female students at Yarmouk University
- 2- To identify the effect of depression on the academic achievement of the male and female students of Yarmouk University.
- 3- To identify the differences of some variables in the level of depression among male and female students of Yarmouk University.

Importance of the study:

The importance of the study is demonstrated by the following:

- 1) This study sheds light on one of the most important diseases that affect male and female students and negatively affect their academic life.
- 2) This study can be useful in clarifying the relationship between depression and academic achievement.
- 3) The study shows that there is no relationship to depression that affects one of the sexes differently.

It is hoped that this study will constitute a gateway to other studies in this field or close to it.

The limits of the study:

The limits of the study are as follows:

- The Human Limit: This study was applied to a sample of students from Yarmouk University.
- Time limit: This study was applied in the first semester of the year 2021-2022
- Spatial boundary: Yarmouk University.
- Objective limit: The researcher in this study touched on the relationship between depression and the academic achievement of male and female students at Yarmouk University, and the study was objectively determined by the tools used in it, namely, the questionnaire and the interview.

Idiomatic and procedural definitions:

Depression idiomatically: a state of disorder characterized by a permanent depressive mood, in which the individual suffers from a loss or increase in appetite, general weakness and weakness, and has feelings of lack of self-esteem, lack of focus and inability to make decisions. (Al-Najma, 2008, 18)

The researcher defines it procedurally as the degree that the respondent obtains by answering the depression scale prepared for this purpose and the symptoms he suffers from.

METHODOLOGY AND PROCEDURE

The study used the descriptive analytical method, which is based on studying the phenomenon in reality, describing it, analyzing it and conducting an interview to answer the study questions through the development of the study tool that was used for this purpose, which was directed to the students of Yarmouk University.

The study community:

The study population consisted of students from Yarmouk University who are from different majors. They are male and female who studied in the first semester of the year 2021-2022.

The study sample:

The study sample consisted of (125) students, and table (1) shows the distribution of sample members according to personal and occupational variables.

Table (1): Distribution of the sample members according to personal and occupational variables

percentage	Repetition	Category	Variables
39.2	49	Male	sex
60.8	76	Female	
100.0	125	Total	
68.0	85	humanity	The college
32.0	40	Scientific	
100.0	125	Total	
66.4	83	Bachelor's	The scientific qualification
8.8	11	Higher Diploma	
20.0	25	Master's	
4.8	6	Ph.D	
100.0	125	Total	

It appears from Table No. (1) the following:

- Regarding the gender variable, we note that (female) is the most frequent, which amounted to (76) with a percentage of (60.8%), while (male) are the least frequent, which amounted to (49) with a percentage (39.2%).

With regard to the college variable, we note that (humanity) is the most frequent, which amounted to (85) with a percentage (68.0%), while (scientific) are the least frequent, which reached (40) with a percentage (32.0%).

As for the educational qualification variable, we note that the largest percentage of the study sample members are bachelor's degree students, where their number was (83) and a percentage (66.4%), followed by master's students with a frequency of (25) and a percentage (20%), while the students came The least frequent PhD degree was (6), and with a percentage of (4.8%).

Scale correction:

The questionnaire in its final form consisted of (7) paragraphs, where the researcher used the Likert scale of the triple gradation in order to measure the opinions of the study sample members, and it was always given (3), sometimes (2), never (1), by placing a sign (√) in front of the answer given The degree of their agreement reflects the degree of their agreement, and the following classification has been relied upon to judge the arithmetic averages as follows:

- Below 1.66 low.
- From 1.66 - 2.33 average.

- From 2.34 to 3.00 high.

Statistical processing:

To answer the study questions, the following statistical treatments were used through the Statistical Packages Program (SPSS):

Frequencies and percentages of personal and functional variables for the study sample members.

- Arithmetic averages and standard deviations of the answers of the study sample members for all areas of the study tool. - Analysis of variance ((ANOVA)) to detect differences on personal and demographic variables.

DISCUSSION OF THE RESULTS

This part includes the results of the study that aimed to identify the impact of depression on the academic achievement of Yarmouk University students, and the results will be presented and discussed based on the study questions.

Study Question:

The first question of the study: What is the level of depression among male and female students at Yarmouk University?

To answer this question, the arithmetic means and standard deviations of the respondents' responses were extracted, and the table (2) shows that.

Table (2): Arithmetic averages and standard deviations of the items "The effect of depression on the academic achievement of male and female students at Yarmouk University" and the total (n = 125)

Degree	Rank	standard deviation	Arithmetic	Paragraph	NO
Medium	2	0.52	2.15	Do you suffer from a loss of energy?	1
Medium	3	0.60	2.09	Do you feel constant sadness?	2
Medium	3	0.60	2.09	Do you feel guilt or hopelessness?	3
Medium	1	0.60	2.26	Do you suffer from anxiety?	4
Medium	5	0.65	1.93	Can you organize your time?	5
Low	7	0.58	1.42	Do you feel bullied by your colleagues when you are at the university?	6
Low	6	0.64	1.57	Do you feel lonely and not mingling with your colleagues?	7
Medium	-	0.53	1.93	Depression as a whole	

It appears from Table (2) that the arithmetic averages ranged between (1.42-2.26,(Where came Paragraph No. (4), which states: "Do you suffer from anxiety?" It ranked first with a mean of (2.26) and a low score. And in the last place, paragraph No. (6), which states: "Do you feel bullied by your colleagues when you are at the university?" with a mean of (1.42) and a low score .,The arithmetic mean of "depression" as a whole was (1.93) with a medium degree. This result is attributed to the psychological, economic and social conditions experienced by students in this era Which imposed many changes that require

adaptation, However, this adaptation may cause a psychological burden on students as a result of their limited abilities, which may constitute a great challenge for them .This result is due to the changes we are witnessing in lifestyles and the increase in their requirements. Therefore, we see students living in a state of loss and not knowing what they need and how to obtain it. This constitutes a psychological burden that may worsen into depression that many suffer from.

The second question of the study: What is the effect of depression on the academic achievement of male and female students at Yarmouk University?

To answer this question, the frequencies and percentages of the responses of the study sample to the interview questions for male and female students were extracted separately, and the following two tables illustrate this.

Table (3): First: The responses of the study sample members (students) to the interview questions.

The effect of depression on the academic achievement of male and female students at Yarmouk University			
Percentages	repetitions	responses	the question
100%	2	YES	Is the cause of fatigue that you suffer from is studying?
0%	0	NO	
100%	2	YES	Can you organize your time, and if the answer is no, what is the reason?
0%	0	NO	
100%	2	YES	Feeling of failure in your academic major, is considered to you a factor of fear?
0%	0	NO	
50%	1	five hours	how many hours do you sleep a day?
50%	1	I don't have a fixed time	
100%	2	YES	Have you become more nervous or moody lately?
0%	0	NO	
100%	2	YES	Do you feel unable to perform daily activities and maybe these activities may last longer than two weeks?
0%	0	NO	
50%	1	YES	Do you have a lot of psychological thoughts about yourself?
50%	1	NO	
100%	2	YES	As a student suffering from depression, do you find it difficult to make decisions?
0%	0	NO	
50%	1	YES	Do you feel that your future seems hopeless?
50%	1	NO	
50%	1	I feel very sleepy and tired	What is your current feeling?
50%	1	There is nothing specific, just scattered feelings.	

Table (3) shows that two students (100%) suffer from exhaustion and cannot organize their time as a result of their work to meet the needs, lack of time and the accumulation of

studies, In addition, there are study materials that make them feel exhausted and anxious, just studying and thinking about them may lead them to the point of stress and anxiety, and most of their duties, even with a certain time allocated to them, never end on time, which always fails to plan and organize. The table also shows that both students (100%) feel a failure in their academic specialization, which constitutes a factor of fear for them, and one of them reported that he sleeps an average of (5) hours a day, While there is no fixed rate of sleep for the other student. The results of the interview showed that both students have become more nervous or moody recently due to lack of sleep, study pressure, assigned duties and work pressure. The results also showed that both students feel incapable of performing daily activities and find it difficult to make decisions. The above table also indicates that one of them has many psychological ideas about himself, but the most influential are doubts about his abilities, doubts about success and fear of life requirements, while the other does not have any psychological ideas. One sees his future as hopeless, while the other sees that there is a glimmer of hope. One of the students feels very sleepy and tired, while the other sees that there is nothing specific but rather scattered feelings. This result is also due to the fact that the pressure on students is not the result of several factors, including: daily work that results in fatigue and inability to organize time, pressure in assignments, lack of cooperation by some teachers with students and assigning them beyond their ability, personal circumstances, number of study hours And all these different pressures had a negative impact on the sample of male and female students and led to a decrease in their academic achievement.

Table (4): Second: The responses of the study sample members (the female students) to the interview questions.

The effect of depression on the academic achievement of male and female students at Yarmouk University			
Percentages	repetitions	responses	the question
50%	1	YES	Is the cause of fatigue that you suffer from is studying?
50%	1	NO	
100%	2	YES	Can you organize your time, and if the answer is no, what is the reason?
0%	0	NO	
0%	0	YES	Feeling of failure in your academic major, considered to you as a factor of fear?
100%	2	NO	
50%	1	five hours	how many hours do you sleep daily?
50%	1	13 hours	
100%	2	YES	Have you become more nervous or moody lately?
0%	0	NO	
100%	2	YES	Do you feel unable to perform daily activities and maybe these activities may last longer than two weeks?
0%	0	NO	
100%	2	YES	Do you have a lot of psychological thoughts about yourself?
0%	0	NO	

50%	1	Yes, there is a difficulty in a subject.	As a student suffering from depression, do you find it difficult to make decisions?
50%	1	No, there is no difficulty.	
0%	0	YES	Do you feel that your future seems hopeless?
100%	2	NO	
50%	1	A heavy accumulation of thoughts.	What is your current feeling?
50%	1	Boredom, fatigue and tiredness	

It is evident from the table (4) that one of the two students (50%) suffers from exhaustion due to studying, while the other believes that there are other reasons that cause her to become exhausted. The two students (100%) believe that it is possible to organize and invest their time. The table also shows that both students (100%) do not feel a failure in their academic major, One of them reported that she sleeps an average of (5) hours a day, while the other student sleeps an average of (13) hours. The results of the interview showed that both students had become more nervous or moody recently. The results also showed that both students feel incapable of performing daily activities and have many psychological ideas about themselves. The above table also indicates that one of the two students finds it difficult to make decisions, while the other does not find any difficulty in that. As both students see that their future is not hopeless and that there is a glimmer of hope, one of the students feels the accumulation of abundant thoughts, while the other sees exhaustion, boredom and fatigue.

It is clear from the previous two tables that there are differences in the impact of depression on the academic achievement of male and female students at Yarmouk University in the areas that affect their educational attainment. This result is due to the different life requirements and necessities between males and females, in addition to the fact that the majority of male students work and study at the same time, which constitutes an additional burden on them and prevents them from organizing their time. Not to mention unemployment and the lack of job opportunities in various disciplines, which causes them a lot of psychological pressure, especially when they think about the future and what life requires of it, which causes them more stress, anxiety and excessive and negative thinking, which negatively affects their focus and thus their educational attainment.

The third question of the study: Are there statistically significant differences in the level of depression among male and female students of Yarmouk University due to the variables (gender, college)?

To answer this question, a two-way analysis of variance (ANOVA-way 2) was used according to the variables (sex, college), and Table (5) illustrates this.

Table (5): The results of the analysis of variance (ANOVA) to detect the differences in the level of depression among male and female students of Yarmouk University due to the variables (gender, college)

Statistical significance of "F"	"F" value	average squares	Degrees of Freedom	sum of squares	Variable
0.000	89.397	11.040	1	11.040	Sex
0.070	3.344	0.413	1	0.413	College
		0.123	122	15.066	Error
			124	34.883	corrected total

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- It appears from Table (5) that:
- There are statistically significant differences at the significance level ($\alpha \leq 0.05$) in the level of depression among male and female students of Yarmouk University according to the gender variable and in favor of the students, where the value of "F" was (89.397) and with a statistical significance (0.000). This result is attributed to the fact that males, by their nature, face many challenges related to the requirements of life and its requirements, as students work in addition to their studies, which prevents them from organizing their time and following up on their lessons .Not to mention the nature of males and their tendency to leave the house and meet the needs of the house, which causes them psychological pressure and the feeling that they are falling short in their studies, which negatively affects their focus and thus their academic achievement.
- There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the level of depression among male and female students of Yarmouk University according to the college variable, where the value of "F" did not reach the level of statistical significance. This result is attributed to the fact that depression and the negative repercussions it causes, including psychological pressure, feeling lost, and inability to focus and organize time, are directly related to the psychological and social characteristics of students, and specialization does not affect the level of depression.

Recommendations

1. Based on the results that have been reached, the study presents a set of recommendations that will reduce depression among university students and improve their educational attainment, as follows: Giving priority to the practical side over the theoretical side in teaching the subjects, to attract the students' attention and increase their interaction with the subject and the teacher.

2. The Deanship of Student Affairs holds several training courses and programs to develop students' skills, provide them with various knowledge and skills, and reduce leisure time
3. The students should change the daily routine and not think negative or unhelpful thoughts because they increase the rate of depression in the individual.
4. Educating students about the impact of depression on their academic achievement and alerting them to the importance of seeing a doctor when their condition worsens.
5. The university should undertake scientific recreational trips for students and educate the teaching staff on how to deal with male and female students who suffer from depression.
6. Providing scholarships for students with limited income and providing them with study requirements.
7. Making the community service requirement for each semester to melt students in the community, identify its problems and develop their sense of being active members of society.

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