

A SURVEY OF TEENAGE DEPRESSION AMONG FOURTH YEAR STUDENTS
OF
SAPIAN NATIONAL HIGH SCHOOL, SAPIAN, CAPIZ

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ABSTRACT

This study investigated the fourth year high school students of Sapian National High School, and surveyed their demographic features and levels of depression. The sample size consist of students from two out of four randomly selected sections totalling 60. A take-all approach was done and generated 100% retrieval. The study utilized a one shot survey questionnaire of two parts. The first part inquired about demographics. The second part measured levels of depression following The Center for Epidemiologic Studies Depression Scale Revised (CESD-R). Results showed that majority of the respondents at Sapian National High School are females and 15 years old, Roman Catholics, and live in rural areas. Most of the respondents belong to one family unit, their parents' occupations are housewives and farmers. The monthly income of their parents ranges from Php. 3,000-below. Sapi-anon is their language of proficiency. The results further showed that students who live in rural areas are mentally and emotionally healthy and less prone to depression. In addition, the current study found out that most of the students who reside in rural areas are very poor in terms of their financial status. In conclusion life in the rural area, despite its poverty and simplicity promotes mental health among teen agers.