عنوان فارسی مقاله:
بررسی سطح افسردگی، اضطراب و استرس در میان دانشجویان
مقطع کارشناسی موسیقی: مورد مطالعه در ترکیه

عنوان انگلیسی مقاله:
Undergraduate Music Student's Depression, Anxiety and Stress Levels: A Study from Turkey

توجه!
این فایل تنها قسمتی از ترجمه میباشد. برای تهیه مقاله ترجمه کامل
با فرمت ورد (قابل ویرایش) همراه با نسخه انگلیسی مقاله، اینجا کلیک کنید.
4. Conclusion and Discussion

The mean depression, anxiety and stress levels of music education students were found as 12.24; 11.67 and 16.86 respectively. According to the classification which has been organized by the developers of the DASS-42 instrument (Lovibond & Lovibond, 1995) music education students had mild depression, moderate anxiety and mild stress levels. In their study Spahn, Strukely & Lehman (2004) found that music students depression and anxiety scores were higher than those of the medical and sports students. A study among Turkish students found no significant difference in terms of depression and anxiety symptoms among music and other students (Karaoglu & Karaoglu, 2009). According to the results of a previous study at the same university, depression and stress levels of the students were found similar to the current study whereas anxiety levels were found lower (Bayram & Bilgel, 2008).

In this study no gender differences were showed in terms of depression, anxiety and stress whereas a previous study among undergraduates from different faculties of the same university revealed that gender was correlated weakly to anxiety and stress female students’ mean anxiety and stress scores were significantly higher compared to male students’ (Bayram & Bilgel, 2008). Studies on samples of Turkish students using different instruments rather than DASS-42 found either higher depression rates among female students or no gender differences (Ozdemir & Rezaki, 2007; Bostanci et al., 2005).