

THE FEELING OF DEPRESSION AND ITS RELATION TO THE TREND TOWARD MODERNIZATION AMONG MIDDLE SCHOOL STUDENTS

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ABSTRACT:

There are multiple social, psychological and biological factors that determine the level of a person's mental health at any point in time. In addition to the stereotyping of stereotypical life among people, scholastic stuttering and social blame by parents and society, students feel psychological distress, anxiety, depression, nervousness, , extreme sadness. Therefore, many students in the preparatory stages lose their ability to live independently, so they have to focus their efforts on academic achievement. Some students also experience cultural shock or lack of acceptance of the culture of others. Some students find it difficult to deal with a culture that differs from their culture, religion, He feels lonely, depressed, and distrustful. Despite the relative novelty of the concept of modernization, it has received attention from psychosocial and social scientists, who deal with modernization from the perspective of the introduction and application of technologies that will achieve greater control over the sources of nature and thus increase the rate of production of each student in society. On the other hand, they focus on the process of differentiation that characterizes modern societies, while at the same time taking care of their studies. The process of modernization sometimes requires bad effects, which are reflected in many forms of tension, mental illness, divorce, and the deviation of events and ethnic, religious and class conflict. On the other hand, through new events and changes in response to change and the confrontation of social conflict. The current study highlights the importance of the current research in the study of depression in developmental stages in general, especially middle school students, because it represents "disturbance" which may have a significant impact if not addressed and develop and develop attitudes among students through their interaction with the family and the school administration. Provides new information from new sources, as well as other social elements that students begin communicating with and interacting with differently. Therefore, the problem of research in the formation of positive attitudes among students who study, academic curricula and advanced programs in the acquisition of positive attitudes and students to change their behavior and their attitudes and attitudes towards their specialization better, and overcome mental illness in a positive way through the interaction of the social student, New and innovative both in lectures and outside through the use of watching television, listening to the radio, reading the newspapers and practicing the conversation, in order to achieve creativity and achievement, which in turn is an important factor for success, integration and adaptation in society without giving up values and To Mpadi.uhedv research to identify the degree of depression and the trend towards modernization of the research sample, and to identify the relationship between depression and the trend towards modernization of the research sample, and to identify the differences between males and females in the degree of depression and the trend towards modernization of the research sample. There is a significant correlation between depression and the tendency towards modernization in the study sample. There are significant differences between the depression and the tendency towards

modernization in the research sample. As for the human field, a sample of middle school students (sixth grade), males and females (200), and the area of Azzani from 27-28 / 3/2019 (Wednesday and Thursday) and the spatial field: Al-Fadila Preparatory School for Girls and Al-Warthin Preparatory School for Boys.

- *Research Methodology and Field Procedures:* The researcher used the descriptive approach in the survey method, comparative and interrelated relations. The sample was randomly selected from students in the preparatory stage for the sixth grade (male and female). The sample number was 200 students. The steps of the research included the distribution of the depression scale and the measure of the trend towards updating and then collecting, tabulating and processing the data statistically.

- *Presentation and interpretation of results:* This section includes the presentation of results and their interpretation in tables.

Conclusions and recommendations:

Conclusions: Significant differences in the degree and level of depression were found for the study sample. There were significant differences in the degree of depression and the level of trend toward updating the sample. And the emergence of statistically significant differences in the trend towards modernization due to Al-Fadilah prep school for girls, and the emergence of statistically significant differences in the trend towards modernization of gender variable. The differences were in favor of females.

-*Recommendations:* The need to work on the early detection of the symptoms of disorders in students, because studies confirm that the neglect of the process of early diagnosis in this age group leads to suicide. And the continuous follow-up of students. And working to understand the feelings and needs of the student and the problems and difficulties experienced, and help him to manage His life may be beset by difficulties and at all levels. And to work on further studies on this age. The reconsideration of the student's knowledge of everything that is new and updated, which will alleviate the grief of the student as well as the symptoms of depression and mental disorders and social. Freedom of diligence in thought, science and religion. In addition to holding activities and interactive dialogues to convey their experiences and abilities.

Keywords: Mathematical psychology.

INTRODUCTION

Many people describe our age as an age of anxiety, tension and depression at both the individual and collective levels, because it is an age characterized by rapid, highly volatile rhythms. Conflicts, tensions and psychological pressures are common. There is an agreement among psychologists and psychiatrists that depression and anxiety are nerve Psychological life is normal and abnormal, and is the main entrance to the study of mental health of man, depression is a disease involving the body and mood and ideas, it affects the way of eating and sleep and the feeling of the individual to himself and think of things, and continue these symptoms for weeks, months or years.4646: 1 □ Systems seek And to create a generation of learners who are able to deal with their needs, present and future needs with awareness and awareness, and strive to make students at the center of the educational process, and to continue these systems to achieve their mission and recognizes that the acquisition of students skills as well as academic knowledge, The most prominent rules are the learner's ability to self-learn,

cooperate with others, solve problems, and cooperate for the development, generation and construction of skills. Therefore, the study of trends in important studies in the field of psychology and mental health in general, and each of us is characterized by trends towards himself, may glorify the same or degrade the individual, or agrees with the appreciation of himself with the appreciation of the people, which contributes to changing attitudes and status of students and develop their skills In the community. The importance of research is that each of us has attitudes that guide his behavior in certain situations, whether these attitudes are related to matters of his religion or his work or ways of dealing with people or his view of an individual or institution or group of people, or the spread of the doctrine of doctrines or an abstract idea such as tolerance, Such as smoking, or exposure to mental illnesses such as depression, and even that each of us has trends towards himself, the individual may glorify himself or despise, or agree with himself and appreciation of people. Therefore, the problem of research in the formation of positive attitudes among

students who study, academic curricula and advanced programs in the acquisition of positive attitudes and students to change their behavior and their attitudes and attitudes towards their specialization better, and overcome mental illness in a positive way through the interaction of the social student, New and innovative both in lectures and outside through the use of watching television, listening to the radio, reading the newspapers and practicing the conversation, in order to achieve creativity and achievement, which in turn is an important factor for success, integration and adaptation in society without giving up values and The principles.

: Objectives, assignments and areas of research

The aim of the research was to identify the degree of depression and the tendency towards modernization in the research sample, to identify the relationship between depression and the trend toward modernization in the research sample, to identify the differences between males and females in the degree of depression and the trend towards modernization in the research sample. There is a significant correlation between depression and the tendency towards modernization in the study sample. There are significant differences between the depression and the tendency towards modernization in the research sample. As for the human field, a sample of students in the preparatory stage sixth grade literary male and female (200) and the field of Azmani: 27-28 / 3/2019 and the spatial area: Al-Fadila Preparatory School for

Girls and Al-Warthin Preparatory School for Boys / Baghdad.

MATERIALS AND METHODS:

Research Methodology:

The descriptive approach is the "accurate perception of the interrelationships between the society and trends, tendencies, desires and development so that the research gives a picture of the reality of life and the development of indicators and the construction of future predictions" .99: 2

Search community and sample:

The research community is determined by the sixth grade students. The sample was randomly selected from the preparatory stage for the sixth grade (males and females). The sample number was (200) students (100 students) and 100 students.

Field research procedures:

Depression Scale for Depression: (2-69) (see Appendix 1)

The scale of the American world and psychologist Aron Beck was translated into Arabic by Abdul Sattar Ibrahim in 1987. The scale consists of (21) questions each question consists of (4-5) paragraphs consisting of the answer scale and be as follows (one score to answer No. 1) For answer 2, three for answer (3), four for answer (4) and five for answer (5). Each question is answered by choosing one of the five choices. Record the levels as in Table (1)

Table (1): Shows levels of depression

The quality of depression	Levels of scale
Very severe depression	More than 37
Severe depression	From 24 - 36
Depression is average	From 23-16
Simple depression	From 10 to 15
There is no depression	From 0-9

scale towards modernization See Annex (2)

The scale was prepared by Saber Hammad Atiq .144: The number of paragraphs of the total scale reached 30 points divided into three main dimensions: Knowledge dimension Number of paragraphs (11) The cognitive dimension refers to the total information and data

possessed by the subjects on the subject of the update (9) Emotional dimension refers to the extent to which the emotional response is compatible with information about modernization in terms of love, hate and behavioral dimension Number of paragraphs (10) The

behavioral dimension refers to how the individual behaves towards the subject of modernization.) OK (4) Frequency (3) Exhibitions (2) Exhibitions strongly (1) (150) degrees, and the lowest score is (30) degrees, and the high degree on the scale corresponds to the level of positive trend towards modernization in terms of low degree on the scale decrease the level of positive trend towards modernization: (negative direction) A group of experts and specialists The results resulted in a 100%.

Exploration Experience:

The pilot experiment was conducted on 21-3-2019, Thursday, on a sample of preparatory students (male and female) number (20). The time of the answer and the clarity of the paragraphs were determined because the experimental experiment is "a similar experiment and a mini-experiment."

The scientific foundations of the test:

Honesty

The result was 100% agreement on the scale and the results of the expert agreement on the scale of the trend towards modernization were 100% of the expert opinion.

Proof:

"The concept of constancy is one of the basic concepts in the scale and must be available on the scale or test to be valid for use." □215: 6 The test is consistent with the consistency of the scores obtained by the individuals themselves in the different wage intervals. Midterm breakdown to determine the stability of the scale for the scale of depression and the trend towards modernization. As shown in Table (2) and (3)

Table (2): Shows the values of the stability coefficient of the measure of depression in the half-way distribution

	The value of stability coefficient after correction in the Spearman-Brown equation	Stability coefficient value	Variables
	0.927	0.864	Feeling depressed

Table (3): Between the values of the stability coefficient of the measure of the trend towards modernization and the half-way

The value of stability coefficient after correction in the Spearman-Brown equation	Stability coefficient value	Variables
0.917	0.847	The cognitive dimension
0.936	0.881	Emotional dimension
0.920	0.853	Behavioral dimension
0.933	0.875	Total score of the scale

Main experience:

The researcher began her experiment, which is meant to apply the standards on the sample (200) for students of the preparatory stage for both sexes, on Wednesday and Thursday, 27-28 / 3/2019 at 10 am, after the completion of the collection and tabulation of the data was statistically analyzed.

Statistical means:

The researcher used statistical pouch (spss)

RESULT AND DISCUSSION:

Table (4): Shows the computational circles, standard deviations and torsion value of the variables examined in the male sample

Torsion coefficient	standard deviation	Mediator	Arithmetic mean	Variables
0.819	0.769	7	7.21	Feeling depressed
0.935	8.175	105	102.45	The trend towards modernization

The data shown in Table (4) indicate that the mean mean of the depression for males (7,21) and the median (7) and the standard deviation (0.769) with the torsion factor (0,819), indicating that males are not depressed, As shown in Table 1, the data indicates that the mean ratio of the male trend index (102,45), the median (105) and the standard deviation (8,175), with the torsion coefficient (0.935), indicates that males have a high level From the trend toward modernization.

Table (5): Shows the computational circles, standard deviations and the value of the torsion coefficient of the variables studied in the female sample

Torsion coefficient	standard deviation	Mediator	Arithmetic mean	Variables
0.696	0.646	7.5	7.65	Feeling depressed
0.809	6.931	110	111.87	The trend towards modernization

The data shown in Table (5) show that the mean mean of the depression for females (7.65), the median (7.5) and the standard deviation (0,646), the torsion coefficient (0.696), indicating that females are not depressed because depression is less (110) and by standard deviation (6,931), with the torsion coefficient (0.809). This indicates that the females are enjoying With a high level of trend towards modernization.

Table (6): The values of the computational environment, the standard deviations, and the value (t) calculated between the computational medium and the mean mean of the trend of modernization in the two research groups

Statistical significance	Sig (error level)	Calculated T value	standard deviation	Arithmetic mean	The mean medium	Aggregates
Moral	0.000	15.238	8.175	102.45	90	Male
Moral	0.000	22.024	9.931	111.87	90	Females

*Morality if sig ≥ 0 0.05

The data shown in Table (6) indicate that the mean mean of the trend towards modernization (90), while the male mean (102,45) and the standard deviation (8,175), while the calculated value (15,238) 05). Thus, the differences are significant in favor of the arithmetic mean of the trend towards modernization for males. While the data shown in the same table for females, where the mean (111,87) and the standard deviation (9,931), and calculated value (22,024), below the level of significance (0.05), indicating that there are significant differences in favor of the mathematical mean of females In the direction of modernization. Since the degree of depression is less than (9), the two groups do not suffer from depression

as shown in the criteria of depression in Table (1). Therefore, the researcher attributed that the two groups do not suffer from depression as a result of the family's interest in them and their social embrace and provide all the means of good living that make them students able to achieve success in their academic life and the process is far from the disease of depression, and the researcher says that the two research groups have the ability to cope with the challenges of the age And the evolution of technology to achieve an update of their behavior, attitudes and attitudes towards the better.

Table (7): Shows the correlation coefficient between the feeling of depression and the trend towards modernization in the two groups of research (male – female)

Statistical significance	sig	Calculated value * between feeling depressed and going towards modernization	Aggregates
Moral reverse	0.000	-0.711	Male
Moral reverse	0.000	-0.698	Females

*Morality if sig ≥ 0.05

The data shown in Table (7) show that the coefficient of correlation between feeling depressed and the trend toward modernization is (-0,711) and the line rate (0.00) is less than the error rate (0,05). This means that there is a significant correlation. The correlation coefficient between the feeling of depression and the tendency towards modernization for females (-0,698) is below the error ratio (0,00), which is less than the error ratio (0,05). This means that there is a significant correlation relationship and the researcher attributes that the difference is significant for both sexes. Depression decreases when the trend towards modernization is better and vice versa.

Table (8): Shows the computational circles, standard deviations and calculated values of the two groups (Male - female) in the measure of feeling depressed and towards modernization

Statistical significance	sig	Calculated T value	Females			Male			Variables Feeling depressed
			P	S	N	P	s	N	
Not significant	0.075	0.674	0.446	7.65	100	0.769	7.71	100	The trend towards modernization
Moral	0.000	8.746	6.931	111.87	100	8.175	102.45	100	Variables

*Morality if sig ≥ 0.05

The data shown in Table (8) show that the depression mean for males (7.71), for females (7.65) and for male deviation (0.769) and females (0.674) and calculated value (0.674) (0,075), (0,446), while the value of T is calculated below the error level (0,075). This indicates that the feeling of depression for males and females is insignificant, while the data indicate that the mathematical mean of the trend towards modernization for males (102.45) (8175) and females (6,931). The calculated value of (8,746) was below the error level (0,000). Therefore, the researcher attributes that the error rate is (0,075) Higher than the error rate (0.05) means there are no significant differences between males and females in the depression and this indicates that the trend towards modernization of males and females significantly, and the trend towards modernization more than males for females.

CONCLUSIONS:

- Students' interest in psychological health and the review of the doctor when feeling any symptoms that demonstrate depression.
- Media and health institutions should take their role in awareness raising so that students will be interested in reviewing these institutions.
- Educating the family based on a balanced education that is far from being coercive and strict in orientation. The health method preserves the growth of a healthy human being.
- Holding seminars, meetings and workshops in schools claimed by specialists and thus the presence of students to the extent of their vulnerability and acceptance of the trend towards modernization.

ENDORSEMENT:

- Take advantage of the current school scale to identify the level of depression among students in other study stages.
- Conduct a similar study to identify the level of depression according to other variables such as depression and its relationship to the body.
- The great interest in studies about depression and the trend towards modernization and develop a plan raises the trend towards modernization and reduce depression.

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Annex (1)

Beek Depression Scale

Name: Date of Birth:

Education Level: Test Date Test Other Data:

Instructions: In this study a set of phrases, please read each group separately, then circle around the number of the phrase (0), (1), (2) or (3) describing your situation during the current week including today, Be sure to read each group before you choose one of them and make sure you answer all the groups.

Sadness:

I do not feel sad -

.I feel sad and depressed -

.Sadness and constriction dominate me all the time, and I can not break them -

.I feel sad or unhappy to a painful degree -

.I feel so sad and miserable that I can not bear it -

:pessimism of the future

.I am not worried or pessimistic about the future -

.I feel pessimistic about the future -

.There is nothing to look forward to in the future -

.I can never get rid of my feelings -

.I feel hopeless about the future, and things will not improve-

:Sense of failure

.I do not feel like I'm a failure -

.I feel that my share of failure is more than ordinary -

.I feel that I did not achieve anything meaningful or important -

.When I look at my life in the past I find it full of failure -

I feel that I am completely a failed person (father or husband) -

:Discontent and dissatisfaction

.I'm not angry -

.I get bored most of the time -

.I do not enjoy things as I did before -

.I no longer find anything that satisfies me (or satisfaction -

.I am not satisfied and bored with anything -

.- A sense of remorse or guilt

.I have no sense of remorse or guilt for something -

I feel bad or mean most of the time. -

.I have a strong sense of remorse and guilt -
.I feel bad and bad almost all the time-
.I feel bad and very trivial -

Expect punishment:
.I do not feel there is a punishment for me -

.I feel that something bad will happen or will happen to me-
.I feel that punishment is already on me-
.I deserve to be punished-
.I feel a desire for punishment-
.Self-hatred-
.I do not feel disappointed in myself-
.my hope in myself -
.I do not like myself-
.I loathe myself-
.I hate myself-
:Self-conviction-
.I do not feel worse than anyone else-
.I criticize myself for my weak points or mistakes-
.I blame myself for the mistakes I made-
.I blame myself for everything that happens-
:The existence of suicidal thoughts
.I have no thoughts to get rid of myself -
.I have ideas to get rid of my life but I do not implement it -
.Better to die -
.It is better for my family to die-
.I have definite plans to commit suicide-
.I will kill myself at any opportunity-

Crying:
.Do not cry more than usual-
I cry more than usual.-
.I cry these days all the time and I can not stop it-
.I was able to cry but now I can not cry even if I want to-

arousal and psychological instability:
.I'm not bothered these days ever-
.These days are easily disturbed -
.I am always disturbed and excited -
- Do not provoke me and do not anger me now even the things that were causing this before.

Social withdrawal:
.I did not lose my interest in people -
.I am now less interested in others than the past-
.I lost most of my interest and sense of existence of others-

.I completely lost my interest in others
Frequency and indiscretion:
my ability to make decisions as efficiently as it was before -
.I postpone decisions more than before-
.I have a clear difficulty in making decisions-
.I completely fail to take any decision at all-
:Change the image of the body and shape
.I do not feel that my form is worse than before -
.I am concerned that I am older and less attractive-
.- I feel that there are permanent changes in my form that make me appear disaffected and less attractive. -
I feel that my form is ugly (ugly) and alien (repulsive) -
:Low level of efficiency and work
.I do the same efficiency as before -
- I need a special effort to start something.
.I do not work the same efficiency that I was working before -
.I push myself hard to do anything -
.- I am unable to perform any work at all
:Sleep disorders
.I sleep well as I used to -
.I wake up tired in the morning more than before-
.I wake up 2-3 hours earlier than before, unable to resume my sleep-
.I wake up very early and do not sleep after it even if you want-
fatigue and fatigue:
.I do not tire faster than usual-
I feel tired and tired faster than before.-
.I feel tired even if I do not do anything-
.I am so tired that I can not do anything-

Anorexia:
.My appetite for food is not worse than before -
.My appetite is not as good as before -
.My appetite is much worse than before-
.I do not feel like eating at all-
:Weight loss
.My weight is almost constant -
I lost more than 3 kg of weight.-
I lost more than 6 kg of weight.-
.I lost more than 10 kg of weight-

Influence of sexual energy:
I have not noticed any recent changes in my sexual desire. -
.I became less interested in sex before -
.I have significantly decreased my sexual desire -
.I completely lost my sexual desire -

Concern about health:

.I'm not busy on my health anymore than before
 - I became busy on my health because of aches and diseases, or stomach disorders and constipation.

- preoccupied with the health changes that happen to me so that I can not think of anything else.
 .I became very busy with my health -

Annex (2)

Scale of direction towards modernization
 First: the cognitive dimension:

Strongly opposed	opposed	hesitant	OK	Strongly Agree	Phrases	
					Have sufficient information on the subject of modernization or development in general.	1
					I see modernization as an urgent need for life.	2
					It is difficult to exclude modernization from different aspects of life	
					I believe that technological development is an urgent necessity	4
					I believe that modernization helps individuals change their lifestyles in line with the scientific and technological developments.	5
					I see that modernization contributes to knowledge acquisition and problem solving.	6
					I believe in the importance of modern and developed institutions in the prosperity and development of our society.	7
					I believe in the inevitability of change for the better	8
					I think it is essential that modernization includes all aspects of life	9
					I believe it is necessary to take advantage of the existing cultural and technological development.	10
					I think modern man is the one who follows everything that is new and modern.	11

Second: the emotional dimension

Strongly opposed	opposed	hesitant	OK	Strongly Agree	Phrases	
					I'm worried about everything new or modern.	1
					I feel bad if I have to change my daily life	2
					I feel the technological development of anxiety and distress.	
					I feel comfortable about everything new and new.	4
					I feel happy when I keep up with the update.	5
					It bothers me everything old and attracts me everything modern.	6
					I feel upset when I can not keep up with the modernization of my life.	7
					I hate new things that may weaken habits in my community.	8
					I feel uncomfortable about the progress of science.	9

Third: the behavioral dimension

Strongly opposed	opposed	hesitant	OK	Strongly Agree	Phrases	
					I'm trying to get to know what's new.	1
					I always seek to develop my abilities in light of what gets updated.	2
					I am trying to develop different aspects of my life.	
					I am trying to take advantage of modernization in different aspects of my life.	4
					I am trying to be distinguished in the light of modernization and development.	5
					Take care of issues related to modernization and development.	6
					I always try to integrate myself with modern life.	7
					Take advantage of my free time to learn what is new and new.	8
					I am always looking for everything new and new.	9
					Always consider updating when planning for the future.	10