Comparison of depression level and identity styles between students in Allameh University and Islamic Seminary

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Abstract

This research was conducted to compare the depression level and the identity styles between students in Allameh University and Islamic Seminary in Tehran city. The research method was the ex post facto or causal-comparative kind. In this research, all the students of Allameh University and Islamic Seminary were chosen as the research population. Among the statistical population, by using the convenience sampling method, a sample consisting of 100 male students was chosen (50-50 from both universities). Afterwards, the Identity Styles Inventory (ISI-6G) and the Beck Depression Inventory (21 questions) were employed in order to collect the data. By using ANOVA and systematic regression, the collected data were analyzed. The findings of the research indicated that the average values of the normative component (p-value = 0.03) and the depression level (p-value = 0.000) of seminary's students were higher compared to the ones specific for the Allameh's students. Among the various identity styles, commitment style could totally predict 16% of depression variable changes of Allameh's students. Moreover, information and normative styles could totally predict 19% of the depression variable changes of the seminary's students.

Keywords: depression, identity styles, students in Allameh University, students in Islamic Seminary

Introduction

Depression is one of the most common psychiatric disorders that it is also referred to as psychological cold and chronically and in a relapsing manner, it decreases the educational, personal, and occupational function. The incidence during the lifetime is of 15%, and, in women, it reaches up to 25% [1]. According to Somsza E, Steer R, Beck AT, Clark DA (1994) [2], the depression symptoms are the following: general distress or negative emotion which is accompanied by general heartache, feeling guilty, fear, disturbance and hatred symptoms and also some special symptoms like depression due to the lack of positive emotion, i.e. disability in enjoying, sadness, anguish and disappointment. The data and self-related issues processing methodology could be based on variables affecting the mental health of individuals. In other words, frequency variables are correlated with disability to face mental pressure and among them identity could be mentioned [3]. Identity is defined as a coherent and stable feeling of who am I and who am I supposed to be [4]. Although the concept of identity was presented by Erickson, it was specified and presented in an original format by Marcia [5]. Marcia JE (1966) [6] introduced the identity as being a combination of beliefs, values, roles and behaviors and various cognitive, moral and practical skills which can be converted to its combined and coherent form, making the individual feel continuous about his/ her past and also projecting his/ her tendency related to the future. Marcia JE (1966) [6] specified multiple patterns based on Erickson's identity concept i.e. "identity versus part confusion" by using a semi-organized interview, in which the subject between the ages of 18 and 25 is identified by the effort of youth. These four identity styles are identity gain, interval, identity record and identity dispersion [6]. The individuals who have a dispersed identity present no specified direction, do not adhere to goals and values, and do not bother to reach them. The individuals who have a recorded identity present no specified direction, do not adhere to goals and values, and do not bother to reach them. The individuals who have a recorded identity present no specified direction, do not adhere to goals and values, and do not bother to reach them. The individuals who have a recorded identity present no specified direction, do not adhere to goals and values, and do not bother to reach them. The individuals who have a recorded identity present no specified direction, do not adhere to goals and values, and do not bother to reach them. The individuals who have a recorded identity present no specified direction, do not adhere to goals and values, and do not bother to reach them.
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