



## **Construction and Standardization of Jansari Depression Scale (JDS) In Gujarati.**

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### **Abstract**

In JDS so items are contains. This construction and Standardization is based on Beck's depression theory. It is self-administering and does not require special training for administering. Its test-retest and split-half reliability is 0.5403 and 0.6201 respectively its validity with the comparison of the average scores made unit by normal and psychiatric patients. The validity of the scale was psychiatric patients. The validity of the scale was first examined by five experts having major work in clinical psychology and psychiatry. The JDS is a close approximation of depression level. It might be an easy tool to use for counselor, psychologist, psychiatric and researcher.

**Key word: Depression, Reliability, Validity, Norms, Level of Depression and Limitation.**

### **Introduction:**

Depression can become an unwanted companion casting a shadow on every aspect of our life. Depression is characterized by depressed mood in which one feels sad or unhappy without any sense of pleasure in one's activities (Ray, 2015). Today, major depressive disorder (MOD) is one of the most commonly diagnosed mental disorders among adults and is estimated to be found in about 13 million adult. Americans during the preceding 12 months (Kessler and Wang, 2009). Lifetime estimates are approximately 33 million Americans. Depression is a third major

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disorder in the world. Yal University research showed that housewife or working women are suffering from the depression. In India 36% people are depressed. According to World Health Organization in 2020 depression is one of the most economical and social Burdon compare to other disease. Out of 100, 20 women and 10 men may be victim of depression during their life. Due to modern treatment 80 to 85% people get recovery from the depression. The present attempt is made to develop depression scale for counseling, research and guidance purposes. The age range covered by the scale is from adolescent to adulthood. The scaled was constructed under the assumption that depression could be ascertained by a paper pencil test consisting of statement describing several situations. Normally, a highly depressed person is likely to indicate his concern with larger number of statements than the less depressed person.

**Item Pool :**

Mainly, different items indicating symptoms of depression collected from beck depression inventory, Hamilton depression rating scale, MMPI, training booklet and relevant Literature. All five experts, having their major work in Clinical Work in Clinical Psychology and Psychiatry.

**Item Analysis :**

A Preliminary Form of the scale was administered to approximately 360 male and female College. A University student and other for the purpose of item analysis. The Sentences were selected on the basis of discrimination index and internal consistency. The index of item difficulty was not considered as this scale was not designed to measure proficiency. The forty sentences having best indices of discrimination and internal consistency were selected for the final form.

**Administration:**

The scale is self administration and can be given either individually or in group. The ideal size of the group for administration should be between 30 to 40. Generally, it requires approximately 10 minutes of the subject for filling it. Its administration does not require special training in test administration.

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**Reliability and Validity:**

The reliability of the scale was determined through test-retest and split half methods. The reliability coefficients of correlation are presented in table 2.

The validity of the scale was first examined by five experts having major work in clinical psychology and psychiatry. Further, the validation of each sentence was determined in terms of indices of the total scale were sought in the comparison of the average scores made on it by normal and psychiatric patients. The pertinent data are presented in table 3. the data indecently from one another.

**Norm:**

The norms were calculated on the sample of 270 male and female subject drawn from various post-graduate department, some affiliated colleges of the Gujarat University and various organization. The obtained some distribution was positively skewed so it was converted into normalized Z-Score. Norms based on SD units are given in table 5. Any raw score can be converted into Z-Score and can be interpreted help of norms.

The experience has shown that the subjects are likely to give their frank and truthful answer if they are reasonably that the are reasonably assured that the results would be kept confidential. in spite of several limitations of this type of tests, the present scale can be used in tapping party not only among the groups but also among the individuals. Norms may be interpreted successfully alongwith other information the individual or the group of individuals.

**Scoring :-**

The response to each item is decided on four point alternative response very much, much, less and very less proportion. The possible score range is 0 to 145. Higher score indicates that person have more depression, the scoring system was as following table :

**Table-1 : Scoring System**

<b>Very Much</b>	<b>Much</b>	<b>Less</b>	<b>Very less</b>
<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

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But for the item no. 5, 10, 18, 23, 26 and 37 it is scored 1 for very much, 2 for much; 3 for less and 4 for very less.

**Interpretation :-**

Total score interpret according to Table No.4

**Limitation :**

The scale can give only estimate of depression level. If responded answer all the questions honestly, then we can right information about depression level. The counselor also considered others information like case study, observation of behavior, parents, teachers, relatives and other information about the person. Interview also help to know the level of depression. Present scale give estimate of level of depression in less time and without complicated process (Jansari, 2018).

**Table-2 : Reliability Coefficient of Correlation :**

Sr. No.	Method	R	N
1	Test-retest	0.5403*	122
2	Split-half	0.6201*	150

Significant at 0.01 level of confidence

**Table-3 : Comparison of Depression Scores of Normal and Psychiatric Patients :**

Sr. No.	Group	N	X	SD	T
1	Normal's	120	55.23	16.17	6.42*
2	Psychiatric Patients	36	68.72	10.21	

Significant at 0.01 level of confidence

**Table-4 : Norms based on SD Units:**

Sr. No.	Interpretation	Score range	Z-Score
1	Very highly depressed	115-142	+0.53 to 0.140
2	Highly depressed	87-114	+0.09 to 0.51
3	Low depressed	59-86	-0.56 to 0.07

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4	Very low depressed	0-58	-1.24 to -0.59
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