Dealing with Depression
College Students and How They Cope
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Materials & Methods

Materials

For our materials, we researched scholarly articles. The articles we researched to help answer our research question are “Adequacy of Depression treatment among college students in the United States” by Eisenberg and Chung (2012) and “Sources of stress and coping in American college students who have been diagnosed with depression” by Aselton (2012).

Methods

1. We conducted an interview with the leader of the group depression therapy on campus.
2. We interviewed the leader about her methods of dealing with depressed patients.
3. We interviewed two depressed student and how they handle depression.

Findings

To help answer our research question—“What is depression and how is it dealt with among college students?”—we interviewed a John Jay counselor, Elena Beharry, for details and information about the services available here at John Jay for depressed students.

Here are the key points of the interview:

- Depression is a mood disorder.
- Psychologists, social workers, and mental health professionals are available.
- There is individual therapy, group therapy, and workshops available for students with depression.
- 254 students have attended therapy for depression in the past year. I would say therapy is pretty effective. Venting their concerns and learning how to cope really does help.

- When asked about whether they would seek counseling at John Jay, the first interviewee replied: “No, I feel like they won’t be able to help; personally, I can handle it myself.”
- The second replied, “No because I do not like to talk to anybody. I find it embarrassing, as well.”
- When asked what is or was the cause of your depression they answered: “I guess family, financial issues, transitioning from different responsibilities to new ones, stress of realizing you are going into adulthood.”
- “Family problems at home and outside overall. I was cheated on and my mom was sick with certain conditions. My grandparents were having problems and it was breaking up the family.”

Along with an interview with the counselor, we were able to interview two students who are depressed, but prefer to remain anonymous.

- Those who suffer from mental health issues:
  - Seek Help
  - Do Not Seek Help

Conclusions

Depression is not something that can be ignored and it is a terrifying time for those who are depressed. It is an important topic not only to college students, but to all people in general.

Imagine, or maybe you already know of, a friend or a family member who is depressed. You want to do everything in order for him or her to get the help he or she needs so that you may see your friend smile again.

John Jay counselors have the resources and help a depressed student needs in order to get his or her life back on track. Students just need to feel the desire and motivation to get healthy again.

References


Research Question

- What is depression and how is it dealt with among college students?
- What are typical coping mechanisms for depression students?
- How does John Jay provide for depressed students?
- Does John Jay counseling differ from private practice counseling? If so, how?
- How can we use these differences to improve the counseling available at John Jay?

Background

- Psychological disorders primarily disturb an individuals entire emotional state including daily functions.
- Two types of mood disorders are unipolar (depressive) and bipolar (manic depressive).
- 44% of American college students reported feeling symptoms of depression.
- Over two-thirds of young people do not talk about or seek help for mental health problems.