

# To Analyze Adolescent Students' Interpersonal Stress Experience and its Relationship with Depression

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**Abstract:** There is a deep correlation between the experience of interpersonal stress and the occurrence of depression in adolescent age groups, so it is necessary to take appropriate methods to carry out investigation and research, and choose appropriate strategies to carry out treatment and intervention. The article will focus on adolescent students' interpersonal stress experience and its relationship with depression, and launch a brief explanation and analysis.

**Keywords:** Adolescent students; Interpersonal stress experience; Depression; Relationship; Study and discuss

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Relevant studies carried out by scholars at home and abroad confirmed that the calculated incidence of depressive symptoms in the general population is between 25.00-40.00%, and that in the adolescent population is about 22.81%. From the perspective of the actual influence, it is explained that under the condition that adolescents have depressive symptoms, it will usually exert a negative influence on the basic quality of life at the present stage and in the future, and at the same time, it will significantly enhance the risk of adolescents committing suicide and exert a serious adverse impact on the overall promotion of social construction and development. A large number of research documents have confirmed that interpersonal stress factors have a profound influence on the occurrence and development of depression.

## 1. Survey object

1010 adolescent students from Henan Province, Shandong Province, Hubei Province, Jiangsu Province and Anhui Province were randomly selected as the survey objects. Among them, 40 students did not fill in the questionnaire completely, and 970 questionnaires were effectively filled out. The students in this survey are between 9 and 18 years old, with an average of (12.84 1.38) years old.

In this survey, 1010 students of adolescent age were selected, including 524 boys and 486 girls. 524 left-behind children, 428 non-left-behind children, 58 did not fill in this information; There are 174 fifth-grade students, 320 sixth-grade students, 110 first-grade students, 240 second-grade students and 120 third-grade students, and 46 students have not filled in this information.

## 2. Survey results

The average values of the parents' pressure score index, the teacher's pressure score index and the peer's pressure score index actually felt by adolescent students are 1.64 (standard deviation value is 0.51), 1.74 (standard deviation value is 0.48) and 1.89 (standard deviation value is 0.59). From the average level, the stress intensity they feel is only at an occasional level.

At the same time, according to the guidelines for depression evaluation formulated by scholar Xiong Ge, 15.00 points is regarded as the guidelines for dividing the boundaries in the process of depression screening. It can be found that about 15.50% of the 1,010 adolescent school students selected in this survey have developed clinical conditions that meet the diagnostic criteria for depression, among which the detection rate of depression in selected girls is 22.00% and that in selected boys is 11.50%.

Table 1: The average score (M/SD) of interpersonal stress intensity and depression and the contrast.

	Peer pressure factors	Teacher stress factors	Parental stress factors	depression
schoolboy	1.83 ( 0.54 )	1.76 ( 0.49 )	1.56 ( 0.47 )	9.15 ( 4.89 )
girl student	1.97 ( 0.64 )	1.71 ( 0.47 )	1.69 ( 0.51 )	10.34 ( 5.86 )
T value	-2.40	0.91	-2.60	-2.25
left-behind children	1.89 ( 0.57 )	1.76 ( 0.49 )	1.70 ( 0.49 )	9.68 ( 5.23 )
Non-left behind children	1.90 ( 0.62 )	1.73 ( 0.47 )	1.57 ( 0.52 )	9.99 ( 5.43 )
T value	-0.19	0.64	2.62	-0.61
Fifth grade in primary school	2.01 ( 0.67 )	1.73 ( 0.49 )	1.51 ( 0.37 )	8.23 ( 5.59 )
Sixth grade of primary school	1.84 ( 0.60 )	1.71 ( 0.48 )	1.60 ( 0.53 )	9.67 ( 5.73 )
Junior high school grade one	1.75 ( 0.32 )	1.85 ( 0.52 )	1.84 ( 0.60 )	7.26 ( 5.57 )
Junior high school grade two	1.99 ( 0.55 )	1.79 ( 0.49 )	1.80 ( 0.49 )	11.67 ( 3.49 )
Junior high school grade three	1.54 ( 0.32 )	1.92 ( 0.25 )	1.53 ( 0.51 )	8.14 ( 4.78 )
F-value	3.83	1.29	5.38	6.85

From the relevant data presented in Table 1, we can know that there are significant and distinct gender differences and grade differences based on peer pressure intensity and parental pressure intensity. The peer pressure intensity felt by girls is significantly higher than that of boys, and the peer pressure intensity felt by fifth-grade students and junior high school students is the highest, and the parental pressure felt by junior high school students and junior high school students is the highest.

### 3. Conclusion

Based on the results of this study, it can be seen that the interpersonal stress intensity actually felt by the students in school at the age of teenagers is closely related to their depression.

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