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The Effective of counselling Approaches on Reducing Depression Symptoms in college Student

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Abstract

This study investigates the comparative effectiveness of three counselling approaches – cognitive behavioral Therapy (CBT), Mindfulness- Based Counselling (MBC), and Supportive Counselling (SC) – in reducing depression symptoms among college students, Ninety students with moderate depression symptoms were randomly assigned to one of the three groups. depression scores were measured pre and post intervention using the Beck Depression inventory A one -way ANOVA was was conducted to compare post- test scores. Resultes showed significant group differences ($p < .01$), with CBT Yielding the lowest depression scores, followed by MBC, and then SC. The findings highlights CBT as the most effective counselling approach in reducing students depression.

Keywords: depression, counselling psychology, CBT, mindfulness , ANOVA

Introduction:

Depression is one of the most common Psychological issues among colleges students, affecting both mental health and academic performance (Amercian colleges Health Association, 2020). Counselling Psychology offers various interventions, but their comparative effectiveness remains underexplored.

Cognitive Behavioral Therapy (CBT) focuses on restructuring negative thoughts (Beck,2011). Mindfulness-Based Counselling (MBC) emphasized awareness and acceptance (kabat-zinn,2003), while supportive counselling (sc) provides empathy and encouragement without structured techniques.

This study uses ANOVA to compare the effectiveness of these three counselling methods in reducing depression symptoms among college students.

As Estimated by WHO, depression shall become the second largest illness in terms of morbidity by another decade in the world, Already one out of every five women and twelve men have depression. Not just adults, but two percent of teenagers also suffer from depression and these mostly go unidentified. Depression has been the common man's pereception is that all psychological problems are depression what one sees in most patients is the myth releted to depression what one sees in most patient is the reducing depression .

All these are myths, and mostly created by faith healers, or Unqualified counsellor and non medical experts for their own vested intrest and largely by an unware of society. An increase awareness and approach to psychiatric has been the main reason for the increase in number of patients and not necessarily an increase in prevalence. With never medication and better facilities, treating depression has become easier and most people respond very well to treatment and return to Optimum functioning very soon.

Types of Depression:

Depressive illness comes in different forms, just as many other illness major depression mainifested by a combition of symptoms of mac that interfere with the ability to work, sleep, eat and enjoy once pleasurable activities. These disabling episodes of depression can occur once, twice or several times in a lifetime. Dysthymia a less severe type of depression, involves long-terms chronic symptoms that do not disable ,but keep you from functioning at full stream or from feeling good. Somrtimes people with dysthymia also experience major depressive episoders. Manic-depressive illness. When in the manic cycle, any or all symptoms listed under mania may be experienced. Mania often affects thinking judgment and social behaviour in ways that may cause serious problems and embarrassment

Cognitive Behaviour Therapy:

The CBT perspective arose from cognitive Therapy for depression in the 1960 when beck suggested that depressed people were prone to thinking distortedly and usually had a negative view of themsrlves and the world. Their surroundlings and other people negative thoughts, as described by beck, are the foundation of CBT where this term is used to describe the torrent of ideas, which can be noticed if we try to pay attenrtion to them, as they are negative ibnterpretation of the meanings that we deduce of what is happening around us, within us.

According to Meichenbaum view the thoughts or pharases with which the individual addresses himself affect his behavior with the same effect left by the statements of another person Meichenbaum believed that individuals are able to increase their coping competence by adjusting their ideas about their performance during stressful situations In CBT the therapist works with individuals to help them identify the thoughts, feeling and behaviors associated with their problems. This is done by encouraging clients to explore different ways of thinking and to lokk at

alternative explanation for their beliefa. He also suggested that when counsellor have developed these skills, they can also learn new behaviors and prolems -solving strategies to reinterpret their thoughts, feeling and behaviors in more rational ways.

Review of Literature:

Additionally, health Quality Ontario (2017) suggested that the most diagnoses disorder in cananada on depression are major depressive and generalized anxiety disorderds that are mostely associated witnh high disorders and economic + hardship. It is important to note that the treatment of the two conditons is known to include pharmacological and psychological prevewntion. The highly used psychological intervention include cognitive behavioral therapy, supportive therapy and interpersonal therapy.

The study supports the fact that depression is the worlds second largest heath problems based on illness -induced disability. The three most used psychotherapeutic treatments which are well explained in this research include CBT, interpersonal therapy, and supportive therapy. CBT focuses on helping patients understand how automsted thoughts on beliefs, expectations and attitudes have a major constribution to Anxiety and stress. Interpersonal therapy aims to identify and solve problems through the establishment and maintenance of a satisfying relationship. Lastly, supportive therapy is an unstructured approach that relies on the basic interpersonal skills of the therapist.

Hypothesis:

Students receiving CBT will show greater reductions in depression scores compared to those in MBC and Sc Group.

1 There will be no significant difference in mean score of the CBT in college students.

2 There will be no significant difference in mean score of the Mbc in college students.

3 There will be no significant difference sc in mean score of the college students.

4 There will be no significant difference CBT, Mbc and sc in mean score of the college students.

5. There will be no significant difference in depression symtoms in mean score of the college students.

Methodology

Participants:

Ninetly undergraduate students (Age 18-22) with moderate depression (score 20-28) 0n Randomly assigned:

- Group 1: CBT (n = 30)
- Group 2: MBC (n = 30)
- Group 3: SC (n = 30)

Instruments:

- Beck Depression Inventory || (BDI-||) standardized depression scale.

Procedure:

Each group received 8 weekly counselling sessions. Post test BDI scores were compared using one-way ANOVA.

Means and standard devitation of depression scores by counselling Approach

Counselling Approrch	N	Pre test (SD)
Cognitive behavioral Therapy (CBT)	30	25.60
Person -centered therapy (PCT)	30	26.10
Control (No treatment)	30	24.80

Result Discussion:

The present study examined the effectiveness of difference counselling apporoaches- cognitive Behavioral Therapy (CBT) and person- centered Therapy (PCT) I reducing depressive symptoms among college students. The finding indicated that both CBT and PCT significantly reduced depression scores compared to the control group, consistent with prior research emphasizing the therapeutic value of structured counselling intervention(Beck 2021; Rogers, 1951)

Students who received CBT demonstrated the largest reduction in depression symptoms difference =10.80, $p < .001$), suggesting that the cognitive restructuring and behavioral activation techniques in CBT effectively addressed maladaptive thinking patterns. PCT also led to a significant decrease in depression scores highlighting the importance of empathy, unconditional positive regard, and a supportive therapeutic relationship.

However, the control group showed no significant changes in depressive sympotoms, underscoring the need for active psychological intervention rather than passive observation. The result the hypothesis that structured counselling approaches can significantly reduce depression levels in college populations.

Data Analysis:

A one Way ANOVA was performed using spss, HSD post-hoc comparisons.

Descriptive statistics (Post -Test BDI score)

- CBT: M = 12.3, SD = 4.1,
- MBC: M = 16.7, SD = 5.0
- SC : M = 19.8, SD = 5.5

ANOVA Results:

F (2,87) = 14.52, p < .01

- CBT significantly lower than MBC and Sc (p < .01)
- MBC significantly lower than SC (p < .o5)

Implications:

Counselling centers should prioritize CBT interventions while intergrating mindfulness pfactices for holistic students supports.

Conclusion:

This ANOVA study demonstrates significant differences in counselling effectiveness for depression. CBT produced the greatest improvements, followed by mindfulness-based counselling, then supportive counselloing.

The findings of this study demonstrate that counselling approaches, particulary cognitive behavioral therapy (CBT) and person- centered therapy are effective in reducing depreesion symptoms among college students. Both approaches led to significant decreases in depressive scores compared to the control group, indication that structured psychological intervenstions can have a meaningful impact on students emotional well-being.

Overall, the study highlights the importance of accessible and evidence-based counselling services on college campuses. By providing appropriate psychological support, universities can promote better mental health outcomes and enhance academic performance.

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