

## Why Do Girls Experience Depression More than Boys? (Response Style Approach)

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### Abstract:

*The purpose of this study was to examine the etiology of difference between young girls and boys in prevalence of depression in Isfahan university students. Statistical population was all students in Isfahan University. The sample consisted of 100 students (60 girls and 40 boys). They were selected with randomly available sampling. Response style to depressed mood was administered for all subjects. The results of variance analysis showed, there weren't any differences in problem solving and rumination between girls and boys but there*

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*was significant differences between boys and girls in distraction( $P<0.05$ ).*

**Key words:** Rumination, Gender Difference, Depression.

## **Introduction**

Each person may have in their daily life and the stress of everyday events or to spontaneous encounters with depressed mood and grief experience (Nolen-Hoeksema, 1993). Face to face with a durable, low mood, depressed mood and style is influenced heavily (Papageorgiou and Wells, 2003). One of the strongest findings in the literature, depression is twice as many women as men suffer from depression (Nolen-Hoeksema and Harell, 2002; Cochern & Abramowitz, 2000). Nolen-Hoeksema and Jackson (2001) introduced three methods etiology of gender differences which includes; problem solving, Rumination and Distraction that rumination among these methods is an important factor in the persistence and severity of depression and periods of major depression is triggered.

Nolen-Hoeksema and Marrow (1993) believe women than men in the control of negative emotions such as sadness, fear and anger problem. Difficulty controlling negative emotions cause a person is willing to rumination. Intellectual rumination, persistent thoughts, spinning is caused depression. These were passive thoughts on depression, because it is based on results.

Nolen-Hoeksema et al (1995) were attributed cause of these differences in response styles to depressed mood to receive future growth. According to his mother who will not allow interference, Their children are involved in problem solving and those who openly encourage their children to use new ways to fail when they do not and those who are critical of their children, foster children who have poor problem-solving skills. Segiel and Alloy (2000) recognized that depressed men with depression than women with negative issues will be picked

up. But punishment and rewards led to boys and men as active coping styles and problem solving to develop a positive distraction. Due to differences in response to depressed mood caused by differences in response styles and differences in parenting style is the style of response. Parents teach children active response style and the same way they expect. Other factors causing women to passive response style of rumination are more men involved. Such as social discrimination and a history of childhood stress (Nolen-Hoeksema and Jackson,2001).

Gender differences in coping styles and texts in this field for many years attention has indicated which focused more and more women than men are resorting to the techniques of passive and active methods are resorted to in return males(Erdur- Baker,2009). Nolen-Hoeksema(1998) realized that most men respond distraction and problem-solving styles in response to depressed mood and more women are using ruminative coping style.

The present research is report on gender differences in depression etiology according to Nolen-Hoeksema's point of view about styles in response to depressed mood among students of Isfahan University.

## **Method**

### **Population and sampling**

The research population consisted of all students in Isfahan which three college psychology, literature and physical education were selected randomly. Then students of these 100 students were selected randomly. The final subjects were 60 female and 40 male.

### **Measure**

The research instrument was a researcher-made questionnaire response style, which is composed of three subscales; Problem

solving, distraction and rumination. 7 of rumination and distraction problem and each 11 are female. Answer yes or No is for each item. The subjects are asked to say with respect to any matter when faced with depressed mood are things which one do to improve the situation. Every person answered to each item as yes and no.

Nominal validity was confirmed by experts and test for internal consistency coefficient Koder-Richardson were listed 0.85, 0.87, 0.86, respectively. The questionnaire doesn't have total score. Each separate subscale scores gives concurrent validity through simultaneous implementation is obtained with Beck Depression Inventory part rumination with positive and significant correlation coefficients ( $r=0.55$ ) was ( $P <0.05$ ) and the distraction of a negative relationship ( $r=-0.52$ ) part of the problem also showed non-significant positive association with depression ( $P <0.05$ ).

## Results

Table 1 indicates Mean and Standard deviation of participants in subscale.

**Table 1. Mean scores on the subscales of the subjects answered questionnaires styles and gender**

Style Response	gender	Mean	SD	Number
`Problem solving	female	3.96	1.89	60
	male	4.65	1.49	40
Distraction	female	4.67	2.46	60
	male	7.01	2.56	40
Rumination	female	4.39	3.31	60
	male	4.65	3.38	40

**Table 2. ANOVA analysis of response styles based on gender**

Source of variation	Dependent variable	df	Mean square	F	Sig.	Eta.	Power test
gender	Problem solving	1	8.26	2.99	0.088	0.41	0.40
	Distraction	1	39.5	6.17	0.015	0.091	0.73
	Rumination	1	1.31	0.108	0.744	0.063	0.062

Results Table 2 shows male and female subjects in coping style or distraction which has significantly different ( $P < 0.05$ ). Therefore, the mean scores of the two groups, it was concluded that boys routinely deal with depressed mood, coping style significantly more than girls distraction. The difference suggests that ninth percentage of scores distraction response style is because of gender. Statistical power of 0.73% shows good accuracy. The other two significant differences were observed between male and female students.

## **Discussion and Conclusion**

Depression is the most common emotional disorders cost individual, social, and can impose large economic (Siegel & Alloy, 2000). Over the past fifteen years, persistent thoughts, as twister negative rumination, experiential increasing attention as an important factor in the onset of depression has attracted (Papageorgiaou and Wells, 2003).

Nolen-Hoeksema is feathered theorists in domain of rumination who knows that people during rumination process that focuses on the causes of depression are results that contribute to worsening symptoms of depression and durability. The response styles theory Nolen-Hoeksema looking responding due to higher prevalence of depression in women's words, he identifies three styles of responding to depressed mood in face with conclusion reached that coping with depressed mood in women and responses are resorting to rumination. But men resort to active coping strategies such as problem solving and distraction (Borders et al, 2006).

Wilson, Pritchar, Revalee (2005) revealed that Coping circuit causes people to have better health. Matthews, Derrbery and Siegel (2000) have introduced normal rumination versus abnormal rumination. They are all people may sometimes engage in rumination, but what is important for healthy people can usually cycle out these ideas and resort to other coping

strategies that are effective in changing the mood. Perhaps it could be argued that the results presented in this study. Both men and women are involved, namely rumination, but other men coping strategies such as distraction from depressive resort. Women continue to experience rumination and natural and thus longer periods of severe depression.

This study has several limitations that should be considered better researchers. The limited nature of the self-assessment questionnaire will be open to the possibility that the researcher does not allow men and women know what they own, are listed. The second limitation is extended to other groups. Third, lack of access to subjects' demographic characteristics and their effects on the responses to depressed mood and finally, given the nature of the research project according to our data, the causal relationship could not be achieved.

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