

E-PROCEEDING HOTWEC 4.0
RESEARCH TOWARDS IR 5.0

**NURTURING
HOSPITALITY,
TOURISM AND
WELLNESS WORLD**



FHPK, UMK

E-PROCEEDING

RESEARCH TOWARDS IR 4.0

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Factors that Associated with Depression among Children in Malaysia

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ABSTRACT

Introduction: Childhood depression is one of the most common mental health problems.

Methods: This study aimed to determine the factors associated with depression among children in Malaysia. A cross-sectional analysis was conducted among children in Malaysia. A total of 384 children aged 10 to 12 years old in Malaysia were selected as respondents for this study. A convenience sampling method was used as sampling method and a set of online self-administered questionnaires was used for data collection. Descriptive analysis, reliability test and inferential analysis which is Pearson correlation were performed in this study. All analyses were conducted at the level of significance was set at $p < 0.05$.

Result: Finding of this study showed that emotion management skills ($p < 0.05$) and parenting style ($p < 0.05$) were significant associated factors of depression among children.

Conclusion: The emotion management skills and parenting style were the important factors in predicting depression among children in Malaysia.

Keywords: Depression, Children, Emotion, Health, Parenting

INTRODUCTION

Childhood depression is one of public health problems (Allgaier, 2014). According to National Health Morbidity Survey (NHMS, 2019), 2.3% of adults have depression, while 7.9% of children 5 to 15 years of age were found to have mental health problems. Children with depression were at high risk of developing depression during adulthood.

Parenting style is very important in ensuring the mental health of children aged 10 to 12 years. A good parenting style will have a good effect on children. Depression that often involves parenting style is in terms of parental attitudes such as parental divorce, parent is always quarreling, parental interaction with depression and family difficulties cause depression among children (Krista, 2017). Family problems can lead to mental health problems by increased stress and emotions (Leticia, 2019). Emotional management skill is the ability to control the emotional state of children (Carolyn, 2011). Children emotional regulations often hides visible signs of sadness or fear or focuses attention on the reason for feeling happy. This study aims to investigate the factors that influence the depression among children in Malaysia.

There are two objectives of this research:

1. To determine the association between parenting style with depression among children.
2. To determine the association emotion management skill with depression among children.

SIGNIFICANCE OF THE STUDY

The findings from the research are contribute to the body of knowledge on factors associated with depression among children in Malaysia. This research provides the importance of information and knowledge anytime, anyone, everyone, and everywhere. This study can give awareness among the community about the cause of depression among children.

Moreover, the findings of this study are also to provide useful information in developing depression intervention program. Information about early recognition of potential depression is important for both clinical practice and primary prevention. This study is very useful and helpful for parents, caregivers, teachers, mental health professionals, and counsellors.

LITERATURE REVIEW

Depression

Depression is more common in children aged 10 to 12 years compared to adolescents (Whitney, 2018). There is a study has stated that childhood depression has occurred because children are often exposed to cumulative family problems associated with children's mental health difficulties (Lauren, 2013). Childhood depression also occurs due to bullying and poor performance and family conflicts causing children to experience stress in dealing with the problems they experience. According to this study, children with this stress disorder cause children to decide to commit suicide due to uncontrolled depression (Girliani, 2017). Children have a higher chance of experiencing more severe depression (Norhafizah, 2019).

Parenting Style

In this study, researchers found that parenting style has been associated with depression among children. The association of children's depressive symptoms with parenting indicates a high level of anxiety. Depression in children due to parenting style factors shows a great impact on children who experience anxiety, fear and depression causing depression occurs (Sahitya, 2019).

Emotion Management Skills

In this study shows the skills of children in managing emotions and depression among children aged 10 to 12 years. Children who are less able to manage emotions have easily developed depressive problems in children. According to research sources, lack of emotional clarity on stress and depression responses in children (Megan, 2010). The study of depressive problems that have been studied is aimed at fostering an understanding of emotions and stress responses.

RESEARCH HYPOTHESIS

In this study, there were two hypotheses related to identify the relationship between emotion management skills, parenting style, and depression among children in Malaysia.

H1: There is significant correlation between parenting style and depression among the children.

H2: There is a significant correlation between emotion management skills and depression among the children.

RESEARCH FRAMEWORK

A research framework has been conducted to investigate connection between the relationship emotion management skill, parenting style, and depression among children in Malaysia. The independent variables are emotion management skills and parenting style. The dependent variables are the depression among children in Malaysia.

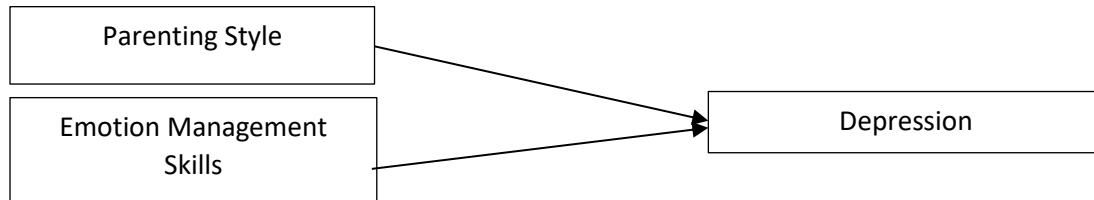


Figure 1: Research framework of Factors Associated With Depression Among Children

METHODOLOGY

Research Design

This study used the quantitative method that questionnaire was distributed to 384 children. Moreover, research design may help researchers to carry out research objectives. Children in Malaysia will be surveyed to answer the research objectives. A cross-sectional study was used as study design. Cross-sectional studies are observational studies that analyze data obtained at certain time points in a specific sample population or subset (Maninder, 2016). It is also known as horizontal or conventional studies. Cross-sectional studies are used to clarify or reject assumptions, cheap to do and not long-term and contain a variety of variables when snapshots of data and data can be used for various types of research (Sedgwick, 2014).

Sampling

The sampling method used in this study was the non-probability sampling techniques. The convenience sampling was used in this study since the convenience sampling is very simple to conduct with few guidelines about how the sample must be collected.

An analytical cross-sectional study was conducted among children in Malaysia. The children in Malaysia are referred to an individual who was born from year 2008 to 2010. The age of the respondents during data collection was ranging from 10 to 12 years. The target population of this study was children in Malaysia which is 7.55 million. Based on the table of Krejcie and Morgan, the minimum sample size needed for this study was 384.

In achieving reliable and valid sample of this study, the researchers used the equation from Krejcie & Morgan (1970) to determine the sample size. The formula will be shown as below:

$$S = \frac{x^2 N p (1 - p)}{e^2 (N - 1) + X^2 p (1 - p)}$$

n = sample size

N = population size

e = the degree of accuracy expressed as proportion (0.05)

χ^2 = chi-square of degree of freedom 1 and confidence 95% (3.841)

p = proportion of population (if unknown, 0.5)

Data Collection

An online self-administered questionnaire was used for data collection in this study. There were four main sections in this questionnaire included section A, B, C, and D. The respondent demographic questions undertaken by a section A while section B of depression data was assessed by the Revised Child Depression and Anxiety Scale (RCADS). Children Sad Management Scale (CSMS) was conducted to evaluate the emotion management skill among children in section C whereas, Measure Parenting Style (MOPS) was conducted to evaluate the parenting style in section D. The Google Form was used by researchers to get responses from child respondents in Malaysia. Social media such as WhatsApp, Telegram, Facebook, and websites have been selected by the researchers to disseminate the questions that Malaysian respondents should answer.

Data Analysis

There were three data types of data analysis used in this study, that were frequency analysis, descriptive analysis, and reliability analysis. The data obtained was analysed by using Statistical Package for the Social Science (SPSS).

FINDINGS

Descriptive Analysis

A sum of 384 respondents that answered the questionnaire from 10 to 12 years old in Malaysia. The results of descriptive analysis of the respondents in term of their demographic profile which is gender, age, race, and state. The analysis had been done showed according to categorization of gender indicates that female respondents were 61.5% (n=236) higher than male respondents with 38.5% (n=148).

The demographic profile of age stated that the total respondents from age 10 years old were 14.3% (n=55) and the total from age group of 11 years old were 32.8 % (n= 126) while respondent from age 12 years old showed that the majority consisting of 52.9 % (n=203) answered the questionnaire.

Furthermore, the analysis according to race indicate that more than 30% of the surveyed respondents were Malay, comprising 47.9 % (n= 184), for Indian indicate the second higher were 28.9 % (n=111), while the other respondents were Chinese and other races, consisting of 11.5 % (n=44) and 11.7 % (n=45) respectively.

Lastly, the result according to the state indicate that the higher number of respondents are from Terengganu which is 20.6% (n=79) from the total respondents. Next is Johor which has 9.9% (n=38) of respondents whereas Kedah has 8.9% (n=34) of respondent who answered this questionnaire. As for Kelantan have recorded 12.5% (n=48) of respondents compare to Malacca which has recorded 6.5% (n=25) of respondents. Respondents from Negeri Sembilan are 7.3% (n=28) and respondents from Pahang is 7.8% (n=30). Meanwhile, Pulau Pinang has 4.2% (n=16) of respondents who have respond to this questionnaire. Perak has 3.9% (n=15) of respondents and Perlis has 2.1 % (n=8) of respondents followed by Sarawak which has 1.6% (n=6) of respondents. Finally, Selangor and Kuala Lumpur have