

Further exploration assignment



**ASSIGN
BUSTER**

Further Exploration Assignment: Depression Since males and females deal with the feeling of depression differently, I have collected some data that is to help me analyze how different are men's and women's reactions to depression. The questionnaire that consists of questions regarding depression was given to 5 males and 5 females for them to fill it in. My own answers to the questions are also presented for comparison with those of the other people.

The given table shows what I generally do when I am depressed:

Never or Almost Never

Sometimes

Often

Always or Almost Always

1) I try to figure out why I am depressed.

1

2

3

4

2) I avoid thinking of reasons why I am depressed.

1

2

3

4

3) I think about how sad I feel.

1

2

3

4

4) I do something fun with a friend.

1

2

3

4

5) I wonder why I have problems that others do not.

1

2

3

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6) I think about all my short-comings, faults, and mistakes.

1

2

3

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7) I think of something to make myself feel better.

1

2

3

4

8) I go to a favorite place to distract myself.

1

2

3

4

9) I think about why I can't handle things better.

1

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3

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10) I do something that made me feel better before.

1

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3

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This table summarized the answers of 5 males, 5 females and me:

Males - *

Females - #

My answers - %

Never or Almost Never

Sometimes

Often

Always or Almost Always

1) I try to figure out why I am depressed.

#

##

%

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##

2) I avoid thinking of reasons why I am depressed.

**

##

##

#

%

3) I think about how sad I feel.

**

%

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4) I do something fun with a friend.

**

##

%

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#

5) I wonder why I have problems that others do not.

*

#

%

*

###

#

6) I think about all my short-comings, faults, and mistakes.

#

*

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%

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#

**

7) I think of something to make myself feel better.

#

###

**

#

%

8) I go to a favorite place to distract myself.

###

**

##

%

9) I think about why I can't handle things better.

*

##

%

*

###

10) I do something that made me feel better before.

#

###

%

**

#

As a result, it can be seen that men are the ones who tend to analyze the reasons of their depression more often and deeper. The answers of the males lead to the conclusion that men nearly always try to determine what cause their depression. At the same time, women simply accept the fact in most cases, though both genders have some attempts of defining the reasons of their sadness.

However, men appear to be more likely to compare themselves with other people and analyze own short-comings, faults, and mistakes in an attempt to get more control over the situation. The same trend is expressed in people's tendency to think about why they can't handle things better – men have shown to be more concerned with this issue. At the same time, women are the ones who think more about how sad they feel. This means their feelings of sadness, apathy and worthlessness are stronger than those of men.

It also appears that the representatives of both genders are not trying much to make themselves feel better. Most of the men and women don't try to change the situation by means of doing something fun with a friend or going

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to a favorite place to distract oneself. However, we all at least try to do something that made us feel better before.

To sum up, it appears that the major difference between men's and women's ways of experiencing and dealing with depression is in their perception of oneself in contrast with the others. Men are keener on blaming others in their sadness, while women start looking for the problem within themselves. At the same time, both genders show to be rather equally closed and withdrawn from the outer world while in depression.

Male 1

Never or Almost Never

Sometimes

Often

Always or Almost Always

1) I try to figure out why I am depressed.

1

2

3*

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2) I avoid thinking of reasons why I am depressed.

1

2*

3

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3) I think about how sad I feel.

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4

4) I do something fun with a friend.

1

2*

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4

5) I wonder why I have problems that others do not.

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3*

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6) I think about all my short-comings, faults, and mistakes.

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2*

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7) I think of something to make myself feel better.

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8) I go to a favorite place to distract myself.

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10) I do something that made me feel better before.

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3*

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Male 2

Never or Almost Never

Sometimes

Often

Always or Almost Always

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2

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2) I avoid thinking of reasons why I am depressed.

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Male 3

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Male 4

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Male 5

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