

CORRELATION OF THE POSITIVE FUNCTIONING AND NEGATIVE FUNCTIONING IN THE PATIENTS WITH DEPRESSION

Megha Arya

First author & Correspondence author*, Senior Assistant Professor and Head,
Department of Psychology, School of behavioural Sciences,
the IIS Deemed to be University, Jaipur

Satyam

Ph. D scholar
Department of Psychology, School of behavioural sciences, the IIS Deemd
To be University, Jaipur

ABSTRACT-

Introduction –

Depression has taken a large number of population in the grip and its affecting sufferers complete day to functioning in all the sphere of life. In recent year depression has increased the burden of disease and also the high relapse rate 39% to 72% (Robberegt et al.2023) and as per American Psychological association (2023) 80% patients may can relapse. considering these its has been utmost crucial to have better understanding of role of positive functioning and negative functioning in the depression which will not only help to understand the underlying casual factors but instead help to have more effective psychotherapeutic treatment of the depression.

Methodology-

In this study, which employed a correlational design and 150 participants who met the inclusion and exclusion criteria, the Hamilton Depression Rating Scale, mindfulness, emotional intelligence, brooding, and worry scales were used to measure depression in participants after informed consent was obtained.

Results- results showed that depression had significant correlation with positive and negative functioning.

Discussion-

The current study has demonstrated a robust relationship between depression and both positive and negative functioning. The goal is to comprehend these connections in order to improve the management of depressed patients and the effectiveness of psychotherapies and psychological treatments for depression.

Conclusion- positive functioning and negative functioning has crucial role in depression.

Key words- Correlation, Positive functioning, Negative functioning, Depression

INTRODUCTION-

Depression has taken a large number of population in the grip and its affecting sufferers complete day to functioning in all the sphere of life. In recent year depression has increased the burden of disease and also the high relapse rate 39% to 72% (Robberegt et al.2023) and as per American Psychological association (2023) 80% patients may can relapse. considering these its has been utmost crucial to have better understanding of role of positive functioning and negative functioning in the depression which will not only help to understand the

underlying casual factors but instead help to have more effective psychotherapeutic treatment of the depression.

Understanding these functioning can help significantly to improve psychological illness comprehension and prediction. When anticipating, comprehending, and managing depression, both positive and negative functioning are taken into account equally. Mindfulness and emotional intelligence are known as Positive functioning and brooding and worry are as negative functioning construct. These construct has been inspired from the positive psychology. The strategies of positive psychology, such as increasing positive emotions, develop personal strengths: seeking direction, meaning and engagement for the day-to-day life of the patients, appear as potentially tools for the prophylaxis and treatment of depression, helping to reduce signs and symptoms as well as for prevention of relapses (Santos et al. 2013)

Mindfulness leads to an increase in self-compassion and a decrease in experiential avoidance (Segal et al. 2012, APA 2023) and much use full in depression, similarly Emotional intelligence

Aim-

The aim of this study was to examine the relationship between positive functioning and negative functioning with depressive patients.

Hypotheses-

H₁ – There will be significant positive correlation between negative functioning and depression

H₂- There will be significant negative correlation between positive functioning and depression

Methodology-

This study was a correlational study, conducted on 150 male and female depressive patients visiting the hospitals in Delhi-NCR aged between 25 years to 50 years who were diagnosed with mild to moderate depression and fulfilled inclusion and exclusion criteria to see the relationship of positive and negative functioning in depressive patients. Sample was collected using purposive sampling technique. For positive functioning Mindfulness, emotional intelligence was assessed, and for negative functioning Brooding and worry was assessed.

Material -

Hamilton depression rating scale. A later 21-item version (HDRS21)

To assess mindfulness, The Five Facet Mindfulness Questionnaire (FFMQ), a multifactorial scale developed by Baer et al. (2006)

To assess emotional intelligence, Emotional Intelligence Scale (EIS) Developed by Hyde, Pethe, and Dhar (2001).

Brooding was assessed using Ruminative Responses Scale It was given by Nolen-Hoeksema and Morrow (1991). 22 items, 04 point Likert scale.

Worry was assessed by using the Penn State Worry Questionnaire (PSWQ-Meyer et al.1990).

Procedure –

This study was conducted on individuals with a diagnosis of depression after receiving approval from the relevant committees. In this study, patients with mild to moderate

depression were included. For this investigation, depression patients of both sexes were included. They were given advance notice of the study and, upon meeting the study's inclusion and exclusion criteria, were enrolled with written informed permission. After that, the psychological wellbeing, brooding, and concern scales were used to gather data for the study. After the exam was over, they received thank-you emails for the proper responses to their questions. It was promised to every study participant that their privacy would be protected. After that, the Statistical Package for Social Sciences (SPSS) version 21 was used for scoring, data entry, and analysis.

Results-

The correlation matrix showed that there was a positive correlation brooding and depression. The Pearson correlation coefficient was .17* that was significant at 0.05.

And also had a positive correlation between worry and depression. The Pearson correlation coefficient was .30** that was significant at 0.01.

There was a negative correlation between mindfulness and depression. The Pearson correlation coefficient was -.44 ** that was significant at 0.01. Emotional intelligence also had a negative correlation with Depression, The Pearson correlation coefficient was -.83 ** that was significant at 0.01

Table- 1

Correlation analysis showing relationship between the variables

	VARIABLES	<i>Depression</i>	<i>Mindfulness</i>	<i>Emotional intelligence</i>	<i>Brooding</i>	<i>Worry</i>
1	<i>Depression</i>	1				
2	<i>Mindfulness</i>	-.44 **	1			
3	<i>Emotional intelligence</i>	-.83 **	.46**	1		
4	<i>Brooding</i>	.17*	-.16*	-.14	1	
5	<i>Worry</i>	.30 **	-.20*	-.23**	.47**	1

**Correlation is significant at the 0.01 level

*Correlation is significant at the 0.05 level

The above table shows that Positive functioning variable have significant and Negative correlation with Depression, and negative functioning variable have significant positive correlation. with Depression. Mindfulness was significantly and negatively correlated with Depression (r = -.443, p<0.01) and similarly Emotional intelligence was found to be significantly and negatively with Depression. The matrix also shows that Mindfulness was significantly positively correlated with Emotional intelligence (r= .469, p<0.01) and significantly negatively correlated with Worry r= -.201, p<0.05) and Brooding (r= -.162, p<0.05). Emotional intelligence significantly negatively correlated with Worry (r= -.23, p<0.01). Brooding was positively correlated with Worry (r=.474, p<0.01).

The effect sizes (correlation coefficients) range from small to large, with the strongest correlation found between depression and emotional intelligence ($r = -.83, p < 0.01$), medium negative correlation with, mindfulness ($r = -.44, p < 0.01$), medium positive correlation with worry ($r = .30, p < 0.01$), and small positive correlation with brooding ($r = .17, p < 0.05$). Overall, most of the correlations are significant at the 0.01 level, indicating that the relationships are unlikely to be due to chance.

correlated with the Depression. ($r = -.830, p < 0.01$). Brooding ($r = .173, p < 0.01$) and Worry ($r = .304, p < 0.01$) were also came out to be significantly and positively correlated

DISCUSSION-

The findings of this study has established that negative functioning and depression are positively related with each other, it has also been reported and supported by several previous research that negative functioning plays a vital part of depression and also a maintaining factor. Negative functioning can be considering as an agent which helps to deteriorate the patient's condition and increased symptoms like impaired problem solving, increased negative automatic symptoms and low mood.

Henceforth it became an utmost priority to treat with the help of psychotherapies and plan treatment accordingly considering in mind the role of brooding (Pedersen,2022; Schneider,2016; Watkins,2009).

The present study has shown a significant positive correlation between worry and depression, (Gustavson ,2018; Berenbaum,2012). Worry is a well-known factor that is associated with anxiety-related disorders, though this study has found that worry is also related to depression, and the result of this study has shown a positive relationship between worry and depression. It indicates that negative thinking, which is a core feature of depressive disorder, and subdues rumination and brooding. This thinking pattern gets imbricate by worry also, (Gustavson ,2018; Parmentier,2019). Understanding this, which is a kind of novel fact in relation to thinking patterns and depressive disorders, will provide new dimensions to our understanding of the nature and treatment of depressive disorders and allow us to plan psychotherapies in a more fruitful way.

The finding of this study has established that mindfulness and emotional intelligence has a strong negative correlation with the depression. Mindfulness and emotional intelligence helps individual to help to deal with depression and also to prevent from the depression however this finding is contradictory to the research which shows high emotional intelligent individual suffer with more depression in comparison to the low emotional intelligence.

These findings are helpful to understand the positive and negative functioning related to casual factors and treating the depression and can be much helpful in to regaining the adequate and optimal functioning of the individuals.

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