

Comparison of Depression Rates Between Students Living with Parents and Living Alone in UNPRI Medical Students Class of 2022

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KEYWORDS

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ABSTRACT

Depression is one of the most common mental health disorders among university students, especially medical students who face high academic demands and psychological pressure throughout their education. According to the World Health Organization (WHO, 2021), more than 264 million people worldwide experience depression, with a rising trend among young adults, including students. Living arrangements are believed to influence depression levels, as students living independently tend to have lower emotional and social support compared to those living with their parents. This difference in social environment may affect the mental well-being of medical students. This study aimed to compare the depression levels between medical students living with their parents and those living independently at the Faculty of Medicine, Universitas Prima Indonesia (UNPRI), class of 2022. This research used a descriptive comparative design with a quantitative approach. The sample consisted of 67 respondents selected using purposive sampling. Data were collected using the Beck Depression Inventory-II (BDI-II) questionnaire and analyzed with the Independent Sample T-Test at a 0.05 significance level. The findings showed a significant difference in depression levels between students living with their parents and those living independently ($p = 0.003$). Students living with their parents had lower depression scores compared to those living independently. There is a significant difference in depression levels between medical students living with their parents and those living independently. Family social support plays an important protective role in reducing the risk of depression among medical students.

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INTRODUCTION

Depression is one of the most common mental disorders and is a public health problem worldwide (Limenih et al., 2024; Manafe et al., 2024). This disorder is characterized by a steady decline in mood, loss of interest in activities that are usually enjoyable, feelings of guilt or worthlessness, sleep and appetite disorders, and difficulty concentrating. According to the World Health Organization (2023), more than 300 million people in the world suffer from depression, and this figure has increased by about 18% compared to a decade earlier. Depression not only decreases individual productivity but also impacts families, communities, and the health system (Magomedova & Fatima, 2025; Manurung, 2024).

In Indonesia, data from the Basic Health Research (Riskesdas) in 2023 shows that mental emotional disorders with symptoms of depression and anxiety are still quite high in the productive age group. This condition shows that depression has become a serious issue in the field of mental health in the country. Symptoms of depression often arise because of an individual's inability to cope with psychological stress, such as loss, failure, academic demands, and changes in the environment (Otieno, 2025; Şam et al., 2025). If not treated properly, depression can develop into a major disorder that lowers quality of life and even increases the risk of suicide (McIntyre & Jain, 2024; Ngcobo, 2025).

Students are one of the groups that are prone to depression (Aragon-Guevara et al., 2025). The lecture period, especially at the higher education level, is a transition period characterized by changes in responsibilities, academic demands, and adjustments to the new social environment (Machovcova et al., 2025; Zatkova et al., 2025). This transition is often psychological, especially for students who live far from their parents (Lee et al., 2025; Ren et al., 2025). They are required to be able to manage their lives independently, manage finances, study time, and adjust to an environment that may be different from where they came from (Smith, 2025).

Previous research has shown that students who live alone or in boarding houses have higher levels of stress and depression compared to students who live with their parents. This is suspected to be due to differences in the level of social and emotional support received. Students who live with their parents tend to get more stable emotional support and have a place to tell stories when they are under stress, while those who live alone often face loneliness and psychological burden independently. Other factors such as academic demands, adaptation to a new environment, and limited break time can also worsen students' mental condition (Rožman et al., 2025; Samaratunga & Kamardeen, 2025).

Studies by Hassan et al. (2023) and Ajeng et al. (2021) have demonstrated significant relationships between living arrangements and depression rates among university students. This is suspected to be due to differences in the level of social and emotional support received. Students who live with their parents tend to get more stable emotional support and have a place to tell stories when they are under stress, while those who live alone often face loneliness and psychological burden independently. Other factors such as academic demands, adaptation to a new environment, and limited break time can also worsen students' mental condition.

Medical students are a group that has a high risk of depression (Chang et al., 2025; Sedgi et al., 2025). Heavy academic loads, achievement demands, and busy activity schedules make medical students vulnerable to stress and psychological disorders. Global studies show that the prevalence of depression in medical students reaches more than 25%, a higher figure than the general population. In addition, the stigma of mental disorders in the medical education environment often causes students to be reluctant to seek professional help, thus worsening their condition (Brower, 2021).

Several international and national studies have proven the link between residence and depression rates in college students (Rani, 2025; Zou et al., 2025). However, research that specifically compares the rates of depression between students living with their parents and those

living alone in medical students is still limited, especially in the Indonesian context. Therefore, this study is important to find out the difference in the level of depression between the two groups. The results of this research are expected to be the basis for medical education institutions in developing strategies for preventing and handling mental health problems for students.

The purpose of this study is to compare depression rates between medical students living with parents and those living alone at UNPRI Medical Faculty class of 2022. The benefits of this research include providing empirical evidence for campus mental health policies and developing targeted intervention strategies. The findings are expected to serve as a basis for medical education institutions in formulating implications for policy and mental-health interventions, particularly in designing support systems for students living independently and strengthening family involvement in student mental health maintenance.

RESEARCH METHODS

This study was an observational analytical research with a comparative quantitative design and a cross-sectional approach. The research was carried out at the Faculty of Medicine, Universitas Prima Indonesia (UNPRI) from June to July 2025. The research population included all UNPRI medical students, and the sample was determined using purposive sampling techniques based on the inclusion and exclusion criteria that had been set. The inclusion criteria included active students who were willing to become respondents and complete the questionnaire fully. The independent variable in this study was the students' residence status (living with parents and living alone), while the dependent variable was the level of depression. The instrument used to measure the level of depression was the Beck Depression Inventory II (BDI-II), which consisted of 21 question items with a scoring scale of 0–3. Data collection was carried out through the distribution of questionnaires to respondents who met the research criteria. Data were analyzed univariately and bivariately using the Independent Sample t-test, with a significance level of $p < 0.05$.

RESULTS AND DISCUSSION

Result

This study aims to describe the characteristics of respondents based on age, as well as analyze the difference in depression levels between medical students who live with their parents and students who live alone at the Faculty of Medicine, Universitas Prima Indonesia (UNPRI) class of 2022.

Description of Respondent Demographic Characteristics

This research involved a number of students of the Faculty of Medicine, Universitas Prima Indonesia (UNPRI) class of 2022 who met the inclusion criteria. Respondents' characteristics were differentiated based on gender, age, and residence status.

Table 1. Distribution of Student Characteristics

Characteristics	Frequency (n)	Percentage (%)
Gender		
Man	11	16.4
Woman	56	83.6
Total	67	100
Age		
<20 years old	2	3
20-22 Years	65	97
Total	67	100

Source: Primary Data processed, 2025

Based on Table 1, it is known that the majority of the research respondents were female, namely 56 people (83.6%), while the male respondents only amounted to 11 people (16.4%). This shows that the number of female students in the class of 2022 of the Faculty of Medicine, Universitas Prima Indonesia (UNPRI) is much more than men.

Table 2. Distribution of Student Depression Rates

	Frequency (n)	Percentage (%)
Living with Parents		
Not depressed	10	40.0
Mild depression	7	28.0
Moderate depression	5	20.0
Severe depression	3	12.0
Total	25	100
Stay Alone		
Not depressed	5	11.9
Mild depression	11	26.2
Moderate depression	16	38.1
Severe depression	10	23.8
Total	42	100

Source: Primary Data processed, 2025

Based on Table 2, it can be seen that in the group of students who live with their parents, most of them are in the non-depressed category, which is as many as 10 people (40.0%). Meanwhile, respondents with mild depression were 7 people (28.0%), moderate depression was 5 people (20.0%), and severe depression was only 3 people (12.0%). These findings suggest that family and home environment support may play a role in suppressing the risk of depression in college students.

On the other hand, in the group of students who lived alone, the majority of respondents actually experienced depression, with the largest proportion in the moderate depression category, which was 16 people (38.1%). Furthermore, there were 11 people (26.2%) with mild depression, 10 people (23.8%) with major depression, and only 5 people (11.9%) who did not experience depression. This shows that students who live alone are more prone to depression compared to those who live with their parents.

Table 3. Normality Test Results

Variabel	Group	P-Value	Conclusion
Depression	Living with Parents	0.757	Normally Distributed
	Stay Alone	0.061	Normally Distributed

Source: Primary Data processed, 2025

The test results showed that both perception and knowledge data in the smoking and non-smoking groups had a $p > \text{value of } 0.05$, so that the data was distributed normally. Because the data is not normally distributed, the hypothesis test is carried out using *the Independent Sample T-Test* to compare two independent groups.

Table 4. Independent Sample T-Test Results

Variable	Group	Average	P-Value	Conclusion
Depression	Living with Parents	15.9	0.003	Significant Differences
	Stay Alone	22.3		

Source: Primary Data processed, 2025

Based on Table 4, the results of the Independent Sample T-Test showed that there was a significant difference in the level of depression between students living with their parents and students living alone ($p = 0.003$; $p < 0.05$). The average depression score for students living with parents was 15.9, while for students who lived alone the average was higher, at 22.3. This shows that students who live alone tend to have higher rates of depression than students who live with their parents. Thus, the research hypothesis (H1) was accepted, namely that there was a significant difference in the level of depression between students who lived with their parents and students who lived alone at the Faculty of Medicine UNPRI class of 2022.

This study showed a significant difference in depression rates between medical students who lived with their parents and students who lived alone. The average depression score of students living with their parents was 15.9, while students who lived alone had a higher depression score of 22.3. The Independent Sample T-Test yielded a value of $p = 0.003$ ($p < 0.05$), which confirmed that residence status was closely related to depression rates. Students who live alone are more prone to depression than those who live with their parents.

These findings can be explained through stress and social support theory, which emphasizes that emotional and social support from family can lower stress perceptions and serve as protective factors against depression. Living with parents allows students to receive direct

attention, supervision, and psychological support, thus helping them cope with academic pressure. On the other hand, students who live alone are more prone to experiencing loneliness, isolation, and the burden of personal responsibility, making it easier to experience stress that leads to depression (Acoba et al., 2024; Vicar, 2024; Zhao et al., 2024).

The results of this study are consistent with a number of international studies. Wu et al. (2022) through a longitudinal meta-analysis reported that living alone increased the risk of depression by up to 42% compared to those who lived with other people. Eggert et al. (2025) also assert that living alone is a significant risk factor for depression, even after taking into account social support. Furthermore, Groarke et al. (2024) found that college students who lived alone reported worse mental health, with higher levels of anxiety and depression. Accordingly, Akinkuowo et al. (2024) report that loneliness is strongly correlated with depression, while emotional support, particularly from family, has been shown to significantly lower the risk of depression.

This study is also supported by the findings of Ajeng et al. (2021) reporting a significant relationship between residence status and depression rates in new students of Universitas Airlangga Banyuwangi ($p = 0.008$), where students who live alone experience more mild and moderate depression than those who live with their parents. This shows that the phenomenon of students who live alone is vulnerable to depression also occurs in new students and health students.

The results of this study confirm the need for more attention from the university to students who live alone. Preventive efforts can be made through the provision of psychological counseling services, peer support groups, and stress management skills training. In addition, students who live alone are advised to maintain intensive communication with family and expand social networks in the campus environment, so as to reduce the risk of depression.

Overall, this study emphasizes that residence status is one of the important factors that affect the depression rate of medical students. Living with parents plays a significant protective factor, while living alone tends to increase susceptibility to depression. However, this effect is still influenced by other factors such as the quality of social support, adaptability, and individual coping strategies. Therefore, interventions that emphasize strengthening social support, both from the family and the campus environment, are an important strategy in an effort to maintain the mental health of medical students.

CONCLUSION

Based on the research findings, there was a significant difference in depression levels between medical students living with their parents and those living alone at the Faculty of Medicine UNPRI class of 2022. Students living with their parents had lower average depression scores, suggesting that living with parents acts as a protective factor, while students living alone had higher depression scores, indicating increased vulnerability to depression ($p = 0.003$). This underlines the importance of housing status in students' mental health. Future research should incorporate additional variables such as social support, coping strategies, and academic stress to provide a more comprehensive understanding of factors influencing depression among students.

Longitudinal studies are also recommended to observe changes in depression levels over time, particularly from the first year through the end of medical education. Expanding the study population to include students from various faculties and universities would enhance the representativeness and generalizability of the findings across Indonesian students. Additionally, since social support and coping styles strongly influence mental health in medical students, future studies could focus on interventions that strengthen social support networks and promote positive coping mechanisms to mitigate depression risk effectively.

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