
STRESS, DEPRESSION AND THEIR RELATIONSHIP WITH SOCIO-DEMOGRAPHIC FACTORS IN POST-WAR KOSOVO

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Background: Adolescence is recognized as a period of emotional turbulence. In a post-war country like Kosovo it may be more evident in the experience of stress and depression.

Aims:The investigation of levels of stress and depression in adolescence. **Objectives:**The examination of relationships between stress, depression and several socio-demographic factors such as age, place of residence, gender and academic success in adolescents.

Method: It is a quantitative correlational study which measures the level of stress and depression among adolescents. The measures included the Scale of stressful life events for children (stress-D) and the CDI Scale (Children's Depression Inventory). The purposeful sample was selected of 246 students of secondary schools of Malisheva (Kosovo). 49.2% males / 50.8% females, aged 15-20 years. Data processing with SPSS 17.0 and MicrosoftExcel2007.

Results: 18% of adolescents did not have depression, 79% low-level , 2% average and 1% high level of depression. 62% had high levels of stress, 25% medium and 10% low levels; 3% reported no stress. The level of stress is significantly positively correlated with gender (girls +; $r=.14, p<.05$), and success in school (better success +; $r=.24, p<.01$), and significantly negative correlated with residence (village +; $r=-.15, p<.05$ and age (the youngest +; $r=-.18, p<.01$). Level of depression was significantly negatively correlated with residence (village +; $r=-.13, p=.05$). There is no significant correlation between levels of stress and depression.

Conclusions: Adolescents are experiencing high levels of stress. Young females living in rural regions, who are also more academically successful are also more vulnerable to stress and require more attention from psychological services.