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DEPRESSION AMONG INTERNATIONAL STUDENTS

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ABSTRACT

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<p>Depression is the second leading cause of disability. It is understood to be an internalization problem which causes excessive sadness, loss of interest in activities, loneliness, language problem, cultural shock and this is common among international students.</p> <p>The reasons for depression and ways of preventing depression among international students are explained in this study. This study tends to assist international students in adjusting to their new environment and to gain knowledge about studying abroad. Literature review was used in conducting this study and searches were acquired from reliable sources which include: SAGE, SCIENCE DIRECT, OVID and some other internet sources like W.H.O. NIMH. The researcher chose twelve articles for this study on the exclusion and the inclusion section.</p> <p>The findings of this study, shows that international students were depressed while studying abroad due to cultural shock, language problem, weather and loneliness. The study explained caring approaches and how to prevent depression among international students.</p>		

Keywords: International students, Helping methods Depression,

ABBREVIATIONS

NIMH National Institute of Mental Health

WHO World Health Organization

ABSTRACT
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1 INTRODUCTION

Depression is a major social phenomenon and known to be a mental health problem. It has been portrayed as the leading global cause of disability. Depression can affect people as many as possible such as students, female, male, adolescents. (Pilgrim, Rogers & Pescosolido 2011, 128.) Depression is understood and known as an internalizing problem in people which is classified by its symptoms for example, depressed mood or excessive sadness, lost of interest in activities, so as sleeping problems, difficulty in thinking, loss of concentration which as well associated with depression. (Merrell 2008, 4.) Depression normally change mood to the length of severity, 10% or less than 10% of the population at a certain point in time, suffers from psychiatric or psychosocial problem that needs intervention. (WHO 2007.)

Finland universities promote learning and have the most inclusive university network in Europe which a lot of international students benefit from (CIMO 2011). According to Vatsk (2011), the numbers of international students increases steadily and these international students come from different home countries and they come to study courses for example international business, information technology, nursing, chemistry and engineering. (Vatsk 2011.)

International students come from every part of the world to study in Finland. For example, polytechnics and universities all over Finland. International students normally face a lot of difficulties and this kind of problems are common among international student studying abroad includes: language problem, financial problem, cultural shock, adapting to a new weather, being lonely and accommodation problem. High proportions of students are being depressed while they study abroad. (Carroll & Ryan 2005.)

This study gave examples of how depression can be prevented among international students. The importance of this research is to assist students in adjusting to their study environment abroad and prevent them from getting depressed. The purpose of this study was to investigate reasons for depression among international students and ways to prevent it. This study is a literature review and it's concentrating on international university and polytechnic students. The goal of the study is to assist international students in adjusting to their new environment and to gain knowledge about studying abroad. It will also enable

the students to be aware of the challenges that they are exposed to and the means of preventing the risks of being depressed.

2 STUDYING ABROAD

According to Javier (2008), international studies has increased globally and developed studying generally. The numbers of students studying abroad increases every year. In 2009 over 14,000 international students are studying in universities in Finland.(Cimo 2011) Studying abroad, students will have opportunity to gain new experiences and learn new culture, study and learn more foreign languages and meet new people. (Javier 2008.) International students are known as learners and as an individual's that live or reside temporarily in another foreign country rather than their countries that enable them to participate in international education. Upon arriving into the foreign country of study it is important for the students to understand and adjust to new culture. (Carroll & Ryan 2005). Depression is understood and known as an internalizing problem in people which is classified by its symptoms for example, depressed mood or excessive sadness, lost of interest in activities, sleeping problems (it is either sleeping too much or sleeping inadequately), difficulty in thinking, loss of concentration, loss of weight is also associated with depression. (Merrell 2008, 4.)

According to Sawir, Marginson, Deumert Nyland & Ramia (2008), it was stated that international students encounter loneliness due to loss of contact with their love ones and families that were left in home country and social loneliness due to loss of network. Loneliness might occur due to cultural loneliness and this can be due to unfamiliarity of the new environment and culture that affect adequate and social support of the students. (Sawir, Marginson, Deumert Nyland & Ramia 2008.)

2.1 Depression

The term depression has been define in various ways as disorder which affects the psychology and physical reaction towards people, studies and it also affect negatively. Depression can be of several meanings to several people it can be a look on someone's face (physical) however when it is diagnose it is then known as a disorder, it makes one to lose interest in taking care of one responsibility. According to National Institute of Mental Health (2011), Depression is the second leading cause of disability by 2020 and also it is the fourth leading cause of disability in America. Some studies find out that major depressive disorder is twice as common in female (12.0%) as in male (6.6%) (NIMH

2011). The prevalence literature of international students' depression in Dubai. The study was conducted among first and second year students and the study shows that the second year students have the highest percentage of depression and anxiety. (NIMH 2011).

According to the study of Swir, Marginson, Deumert, Nyland and Ramia (2007), some samples were carried out on depression. Crying was the highest while anxiety was less, fear of worst happening to them was the highest prevalence. After the study, 28.6% of the students showed depression and also 28.7% showed anxiety, other study which was carried out in that same university also shows almost the same prevalence. The research shows that students experience anxiety and depression while the highest number of depression was found from the second year. (Sawir, Marginson, Deumert, Nyland & Ramia 2007.)

2.2 Culture

As international students adjust to their new educational and social environment, they experience unique stress. The cultural values of many international students also may affect some dimensions of their career development. Culture is a complex tool that every individual has to learn to survive in a society. This is practice in the surrounding one live and it also start with the family background. Culture is an integral part of every society and every society has different culture, where people behave differently; speak different languages, beliefs, tradition and also perception. (Cameron & Kirkman 2010)

Culture enables one to be unique and also give identity which make own culture different from others. It is not only a means of communication among people but create togetherness among people. Culture is knowledge but also as a cognitive model used to perceive and interpret the world around us. Experiencing a new culture could cause cultural shock while students are studying abroad, it could be stressful and complex as well. Cultural shock can make one loss his sense of well-being and this can result to anxiety, misunderstanding new things, diverse experiences and all these can lead to depression. New international students seems to experience new culture, new people and probably new language all these joined together can be cultural shock when students study aboard. (diversityabroad 2009). Depression and anxiety are experienced by people who travel or move from their own country to a new country; this is common among international students. Previous study stated that studying in a foreign country often produce a considerable level of stress,

anxiety and depression. These are problem faced by students and it varies according to the length of their stay, personality and also the demographic status (age & sex). (Pyvis & Chapman 2005.)

2.3 Language

Language is an element which is highly significant in one's interaction and closeness with other people we come in contact with. It is a way in which people can easily express themselves and it construct ones identity easily. The use of language can affect the way others are being observed and lack of language can proficiency could cause lack of understanding. (Montgomery 2010). Language is a tool used to communicate with people in a society. International students encounter language-related problems in Finland. The difficulties and problems facing international students must be addressed while international students are welcomed for their contribution to the economy and to the internationalization of the curriculum in the host institutions. Many international students experience difficulties on arrival in a foreign country and they must adjust quickly to the environment in order for them to function with the society. Some of the problems encounter by the international students face when studying abroad is homesickness, language shock, culture shock, lack of study skills and language proficiency; and so on, language difficulties in listening, speaking, reading, writing and understanding are mostly common and the most urgent in the academic and social life of international students. (Zhang & Mi 2010.)

2.4 Weather

In the western world, there are four different weathers which are spring, autumn, summer and winter. In Spring, when the days become longer and by middle of March it lengths of days become longer than some other European countries. Summer start form ending of May till September and this when the weather gets warm and pleasant and the days become longer with sunshine while in Autumn the weather is getting cold gradually and the temperature is below 10 degree, Winter in Finland starts from October this is when the weather is getting cold and darker than normal and International students complains about the cold weather other than culture, international students has to endure adjusting to a new weather anywhere in the world international student needs information pertaining their new study place for them to be ready.(Mahmud, Amat, Rahman & Ishak 2010; Swallow 2008.)

2.5 Loneliness

Loneliness is experienced by everybody being at some point in time and it is more likely to happen under normal circumstances due to been away from home for a long period of time or loss of some very close to you. Dietary restriction, sudden exposure to an unfamiliar environment can lead to complaining. Some students, could have difficulties adjusting to a new environment or sudden change, this could cause mood change for students or leads to loneliness. The literature about loneliness is usually sociology and psychology, in which psychology studies highlight personality as a predisposing factors while sociological studies often suggest that loneliness stem from deficits in social network. According to Sawir, Marginson, Deumert, Nyland & Ramia (2008), previous literature, major reasons for international students being lonely were due to lose of contacts from their friends and family. (Sawir, Marginson, Deumert, Nyland & Ramia 2008.)

Oie's and Notowidjojo's study (2010) was conducted among first year nursing students in Australia and this was to recognize the reason for them being depressed. The study was conducted through questionnaire and it was confidential which was sent through email to 53 students. Among the 53 students, 5.9% thought they were depressed due to the school work increases, which means they do not have enough time to themselves, 11% stated that they were homesick and haven't being meeting a lot of people as they thought. In addition some respondents mention being stressed but more than 50% of the students gave related reasons for depression due to them long distance away from home. Some of the students stated that the school work was getting much for them to handle and the environment where they study is not familiar to them these were part of their cause depression.(Oei & Notowidjojo 2010.)

Students anxiety and depression, this research article was published in the year 2006 and the writers names are as follows Andrew, Hejdenberg and Wilding research that was done on the topic which was anxiety and symptom of depression in medical students at a university in London, which the aim of the study was to evaluate the symptoms and depression in medical students, random selection was use for the research at the end of the research the result shows that students were negatively, related to emotional stability and positively related to stress, which means stress was the cause of depression.(Andrew, Hejdenberg & Wilding 2006.)

There were some articles which the researcher got from some previous articles, First year students account of reasons for students depression, this article was published in the year 2007 and the writers names are as follows Cox Dzurec; Allchin, and J. Engler, (DNSc, APRN) this article explain about study which was carried out in America among international students university on first year students depression, 53 student were examine through content analysis and hermeneutics some of the participant respond reasons why they were depressed because of been stuck in campus and freedom is limited because of school work(assignment) some of the respondents also respond by saying they were feeling lonely and also home sick, these were the major reason for the first year student being depressed because they were not use to these kind of life it seems difficult to them. After the study hermeneutics revealed seven students were been depressed.

Previous study on cultural stress among international students at an Australian university was carried out on cultural stress with sample and survey questionnaire. It was carried out by assessing eight items to measure their perceptions of difficulties associated with living far away from home, the experience of cultural stress was been rated on a 4 scale points, which was from 0 (not at all) to 3 (very much). The study indicated that the international students experienced the cultural stress due to most of these students were missing the familiarity way of their home country and were also home sick, missing family and friends. This cultural stress was experienced by 50% of -the international students in that university. (Thomson, Rosenthal & Russell 2006.)

A study by Serin, Serin and Özbas (2010) was carried out on International students in Cyrus on predicting university students on life satisfaction by their anxiety and depression level. The aim of their study was to determine the extent of the students' level of life satisfaction can be predicted by anxiety and depression level, social-economic. After the study was concluded, the study results revealed which was carried out in Cyrus shows that both anxiety and depression can affect life satisfaction at the same time. Furthermore, it was stated that the level of depression in students increases with anxiety level. It proved that anxiety and depression are related. (Serin, Serin & Özbas 2010.)

Previous research was carried out among some international students from seven different universities in Thailand. The study was performed to identify students with stress and ways students could cope with stress; the study was carried out among 216 international students

from different countries. Results showed that international students were stressed due to cultural shock, discriminations and also home sickness led students to experience an acculturative stress. (Vergara, Smith & Keele 2010.)

A lot of theories attempted to explain the cause of depression and it is unlikely that there is a single cause for depression. “Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration”. Students who experience depression may feel an oppressive sense of sadness, fatigue, guilt, and hopelessness.(Isra, Haseena, Reem & Reem 2009). Depression could be, caused through different ways and this cause might be language barrier, cultural shock, loneliness, discrimination and many more. Language is the most challenging situation all international students face here in Finland. (Robert, Kaplan, Richard & Baldauf 2005) Adjusting to a new culture and at the same time coping with the new weather could cause international student being in a depressed mood. According to pervious article depression is estimated to affect approximately 16.9% of individual worldwide. (Andrade et al, 2003.)

3 CARING APPROACHES TO PREVENT DEPRESSION AMONG INTERNATIONAL STUDENTS

According to Smith and Khawaja (2011), different types of ways in which international students could cope with stress were being identified but humour was identified to be strategies international student use in coping and it has reduced their depressive mood. (Smith & Khawaja 2011.) Students that experience depression might need the help of their school nurse and this could provide support and enhance coping strategies. Coping with stress or depression depends on individuals reactions towards the situation.

Helping methods differ to according to students' needs. Nurses' intervention will be more effective for individuals because nurses are more sensitive to clients' reactions and their needs. Students moving abroad face a lot of challenges that includes academic expectation. Some students from a neighboring country can easily manage with the changes successfully. Students that might have problem with this kind of changes might need social support from their friends, teachers and school nurse. Early intervention by the school nurse would enhance the students to cope easily. (Khawaja & Dempsey 2007.)

3.1 Communicational Approach

Communication is an important part of life; it is a way of passing information from one person to another and this can be perform by counseling students which are depressed. Communicating with one another especially from the same country enable international students avoid depression and they could share ideals together and do things in common for example, explaining school work to confirm that other students understand and they could communicate freely among each other. The role of nurse is important when international students subside to this type of situation therefore, the school nurse could communicate through counseling by helping the student to cope and develop interpersonal relationship to promote personal growth.

An effective intercultural communication or interaction foundation could be provided. This may facilitate adaptation and psychologically to a new social cultural environments. Good route to this skills and knowledge is to receive acquisition through prior experience for example, foreign students that had previously live and studied abroad adjust easily during

subsequent cross- culture. Learning about new culture could be accomplished through educational programmes in schools of study or it could be achieved through training. (Ward, Bochner & Furnham 2003.)

Alexander, Fawcett & Rundiman (1994) stated that depression as difficulty that could occur or happen at any point time and it may occur from different event and it makes one feel down and most people with depression react to it in different ways. Communication and social problems result to loneliness that could easily lead to depressive mood or depression. Adjusting to different environment is common among international students while they are trying to adjust to this new environment. It affects their practical adaptation problem for example, financial problem, language, weather and culture shock. International students' office services could be of help while students are having some academic problem or school counselor. Adjustment of international students could be easy and successful when lectures are taken together with the local students, having get-together with the older international students. International students could make presentation about their culture and language. This could help to understand the difference between each culture and similarities. (Gonzalez 2004.)

International students could be encouraged by school by having internet connection in the student's apartments. This could help the student to have easy access to communicate with their family and friends back home. The school nurses' role is important while depression occurs in students. Participating in physical activities such as, cycling and some other activities helps to reduce stress. Therefore the school nurse encourage should students in such activities. International student could also be thought different types of relaxation exercise which they could involve in and it would assist in relaxing their muscles, relaxing tapes could be suggest as part of the school program that will help students in relaxing processes. Depressed international students usually don't get involved in any social activities or they might be rejected by their group because they are not reliable. Motivating and counseling students are necessary and it depends on the way the students handle the situation. Depression affects students by making the lose focus; the use of "self-talk" enables them to overcome negatives thoughts. (Lin & Betz 2009.)

3.2 Environmental approach

International students that are depressed might avoid attending class due to exposure to environment that is not familiar. This could cause confusion and anxiety, which could make them feel threatened and it will easily lead to depression. The tone of a studying environment is strong mostly for depressed students'. It's important for the teachers to make the environment conducive for the students' to feel safe and secure. Studying environment can be difficult for international students, since teaching style are not similar with their previous place of study or when learning are not been explained in a simple way which is understandable for the students. However a friendly environment and open teaching methods would encourage conversation between the teachers and students. One method use in teaching students could be boring but using different types of methods in teaching students would help students define their role in learning. (Authur 2004).

Students which are depressed could get support from the school nurse, their friends and with teachers understanding. Giving lectures in an understandable way, teaching students how to solve and cope with problems like depression, counseling and also build a work which might be helpful to the students. The role of teachers is important in carrying out conducive environment, international students should be provided with necessary information's needed in learning environment: For example, the learning policy, activities, and methods of teaching. Necessary information giving to the international students would assist teachers to stay out of been biased and knowing about the students' language and culture. (Authur 2004.)

4.6 Prevention of depression among international students

Depression could be prevent among international students, despite that good and quality information's which are valuable to the students are announced on time, by the teachers or from the international office, to prepare them for the nearest further and this is perform to avoid shock. Literature reveals ways students use when coping with emotional, social and educational problems. Programs to increase emotional supports should be developed such as stress management programs to strengthen self-esteem, to assist the improvement of mental health and wellbeing of international students. Students should be able to strengthen their support networks of families, friends and peers. These programs could be beneficial to help them improve their mental health and psychological wellbeing. Mental

health awareness campaigns could be introduced to help students cope with the depressors. (Kang, Choi & Ryu 2008.)

A study was carried out in Korea on ways the nursing students can cope with stress. It was on mindfulness meditations which consist of a body scan, breathing meditation, walking and also self-reflection. At the beginning of the program, stretching was performed and moderate physical motion was performed to improve body awareness, thinking and feelings (Kang, Choi & Ryu 2008)., the result showed that the development program significantly help to reduce the students anxiety and depression level After the study was carried out and it has being confirmed that none of the participant were smokers or alcohols user. (Kang, Choi & Ryu 2008.)

It was stated in a previous research by Mahmud, Amat, Rahman & Ishak. 2010. That challenges for international students in Malaysia includes: culture, climate and care were some factors discovered to help international students to adjust better. This includes familiarity and similarity of culture, language ability and efficient services at the institution. Efficient international offices, multicultural trained student's personnel and supportive programs which are meant mainly for the international students will help to improve services and also prevent international students from being depressed. The university language centre should confirm that international students secure good language skill. (Mahmud, Amat, Rahman & Ishak 2010.)

Language is one of the main basic aspects for adjustment process if there is language ability. This can help international students to interact with people around and it will make it easier for international students to understand the culture and value. Most international students from neighboring countries can easily adjust to a new culture, because of the familiarity with the language and values however, the students home countries is far often lead cultural shock over different values. Cultural stress can cause limitation in the public and also contribute direct expressions towards foreigners. This can be misinterpreted easily as a form of aloofness and this misinterpretation of certain behavior can lead to social isolation. (Mahmud, Amat, Rahman & Ishak 2010.)

According to Vatsk (2011), it was stated that culture learning is a situation where foreigners learn new things, culture and skill, to cope and grow in a new environment. Arriving in a new atmosphere, a lots of students lack knowledge about the new environment which includes expressing their feelings, attitudes and also their emotion,

students should learn and understand the body language of people they come in contact with, learn how to make an offer and when not, these are important when settling in a new environment and it is also important to make new friends from different countries most especially in the new environment and also have good relationship with them. Learning new culture is a way of adjusting to a new environment and finding information about the new environment for example, weather, food, custom and so on. These information can be gotten from someone who has experience and knowledge about the environment and these information can help international students to adjust (Vatsk 2011).

5 RESEARCH PROBLEMS

The purpose of this research was to acquire more information about the reasons for depression among international students while studying abroad and The goal of the study is to utilize that knowledge to assist international students in adjusting to new environment and to gain knowledge about studying abroad to provide adequate knowledge. The research task is:

1. How to prevent depression among international students?

6 RESEARCH METHODOLOGY

6.1 Literature review

Literature review is needed for an evidence based practice in both social and health care. (Polit & Beck 2008). Literature review helps to lay down foundation and provide context for a new study. It paramount also helps to determine where by best contribution to an existing base of evidence. Literature allows researcher to appraise, retrieve and summarize all evidence which is available on a specific question and it then attempt to reconcile and interpret data. Literature review is an independent review, which is being utilized by the researcher and reviewers to understand the contents that provide evidence Knowledge to support the research and to achieve a written product which is well arranged and clearly written. The articles used in this study were accessed from liable source, well studied and are not longer than five years, the journals were well constructed. (Polit & Beck 2008.)

6.2 Collection of data

The key words that were used in the data collection were depression, anxiety, students and international students. Choosing material was slightly stressful and it was easier when the right keywords were used and the source which the researcher got the materials from are reliable and most of the article were gotten through SAGE and Science Directs and materials chosen by the research suits what the researcher needed for the research. The computerized databases were chosen from different sources and the articles were limited from the year 2005 to 2011. The articles were used from the internet includes SCIENCE DIRECT, SAGE, OVID.

In the literature review, the key words used were depression, students international, stress, wellbeing, loneliness. Science direct produce the following results during the search, the key words used were depression and students provide a total number of 1997, then depression and international students provided total number of 770 as well. The publication year was then limited from the year 2005 to the year 2011 as a result, a total result of 38 articles were found.

Sage search produce the following results during the search for articles, the keywords used were depression and students the result gave a total number of 22608, then depression and

international students also, gave the total number of 12146, the search was then limited to for year 2005 to 2011 and it gave the total results of 86 articles.

6.3 Inclusion and Exclusion

The principles selections used for the acceptance of these articles in this literature review were chosen through inclusion and exclusion. Articles were search limited from the year 2005 till present. The publications were carried out in English for it to meet the requirement and articles that did not meet the requirements were excluded. Table below shows the inclusion and exclusion used in the study.

Table 1. Inclusion and Exclusion

INCLUSION	EXCLUSION
The articles were related to the topic of study.	If articles weren't related to topic of study.
The study was been limited from 2005 to 2011.	If studies were conducted before the year 2005.
The studies found were available in English.	If studies were not found in English language.
They studies were in full text.	Studies were not in full text.
The studies were relevance to depression and international students.	Studies were not relevance to depression and international students.
The studies were evidence based.	If studies were not base evidence based.

6.4 Extraction of Data

Articles used in this study were related to the topic depression and international students. Criteria's that did not meet the inclusion were excluded and it limited the study to twelve and the articles, extractions of the data were by results, journals, aims. The articles used in this study can be observed in the appendices.

6.5 Content analysis

According to Elo & Kyngas (2007), Content analysis was defined as an objective and systematic process in which a research method could be described and help viewer to have more knowledge (Elo & Kyngas 2007). Contents analysis provides researcher with new knowledge and increases the researcher understanding in case of any practical action which might eventually occurs and it also involves a procedures that are specialized in technique. (Krippendorff 2004, 18-19). Articles used in this research provide information about depression and international students. The articles were selected provided reliable information pertaining international depressed students, cultural shock, weather and coping methods. Content analysis could be used as objective, qualitative and systematic to be able to describe fact and obtaining familiar data is the main objective in analyzing data. (Lobiondo-wond & Habor 2006)

It is important to study data or information that is obtained properly and more carefully so in order to group them in good position; information which was used in this study was mostly acquired from the discussion, results and abstract. Analyzing the data started by reading the collected information carefully and then, relating them to the research questions. Information obtained was carefully read through and analyzed after selecting the one which were related. Depression among international students were carried out to; to know reason why international students are depressed, to know what causes depression to fight against depression, to reduce depression, to reduce cultural stress, to support and guide, for adjustment all were been categorized together as prevention and adjustment of depression among international students.

6.6 Ethical consideration

The literature review consist of selected articles and the ethical considerations was undertaken during presumption for selecting the articles which would be used in analyzing, ethical rules to ensure that, the process of the method was followed accordingly. The references used were listed in the reference page accordingly and also acknowledged with the writer's name. Findings of the studies were based on articles selected from reliable sources and also journals.

7 RESULTS

7.1 Ways to prevent depression among international students

For instance, the phrases of the figure below were gotten from articles and this was done to know reason why international students feel depressed, support new learning, reduce cultural stress, and adjustment, support relevant information were grouped together. Interventions for international students were also grouped together and all these were described as prevention and adjustment of depression among international students.

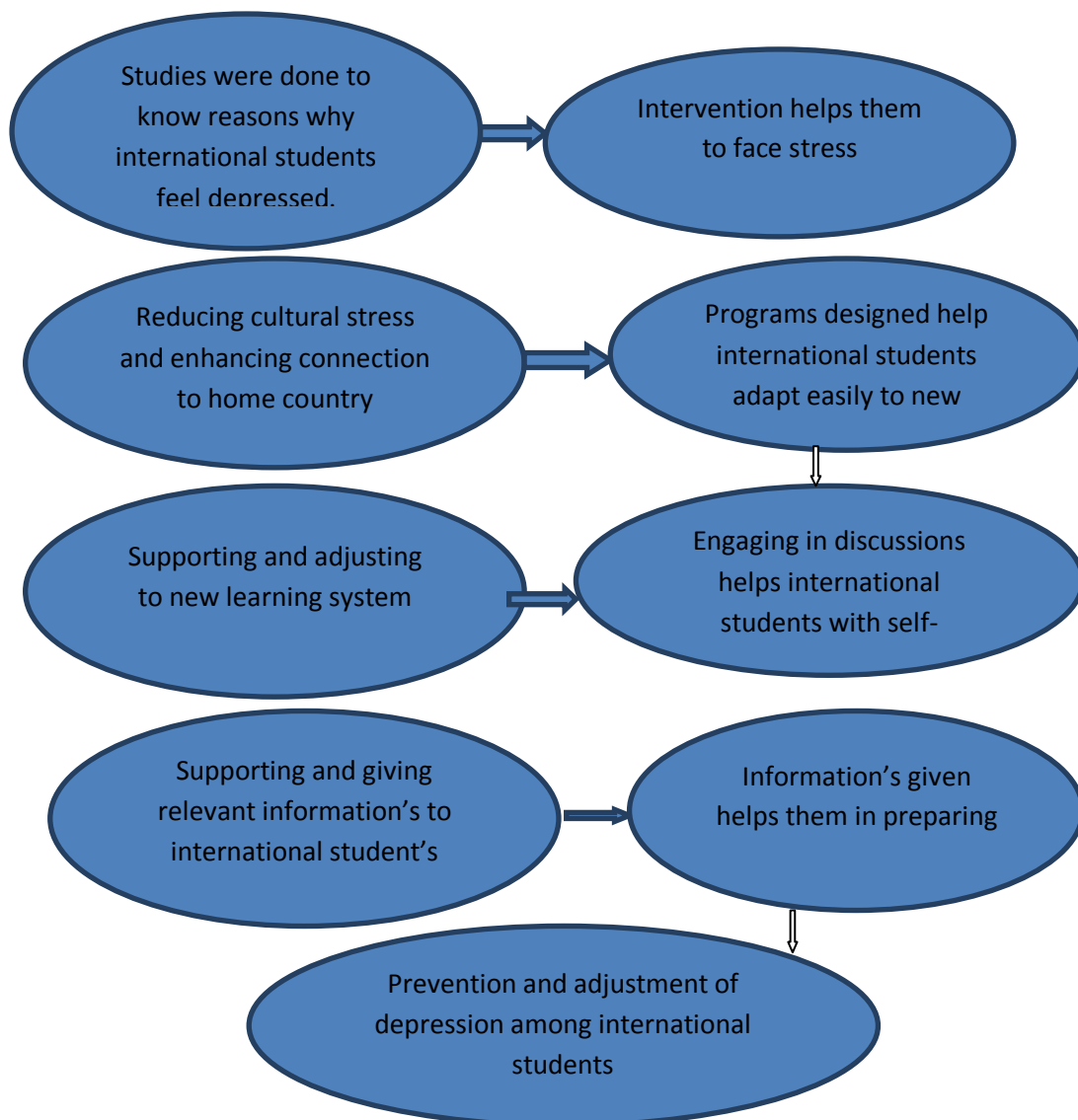


Figure 1.

The main reasons international students were depressed in this literature review were loneliness, cultural shock, weather and language. These kinds of problem can lead to depression and it can cause one lose concentration while studying abroad. Preventing these problems can be accomplished by the students themselves and it can start by seeking

information about the place of study from someone who have experienced or studied for a while, being friendly with people. Learning Finnish language can also be helpful and thus, can be accomplish by the school offering extra classes; this would help the new students to be able to communicate freely with people.

Depression could be prevented among international students in several ways for example providing international students with efficient service, language ability is being developed, familiarity and similarity of culture, while all these being done at appropriate time this would help international student to adjust easily to new environment and with new learning style.

7.2 Environmental approach to prevent depression

7.2.1 Loneliness among international students

Loneliness is common among international students which is associated with depression. This problem is common among the first year students and it might occur due to leaving far away from their friends and family in order to study abroad. International students normally experience more psychology distress and more of loneliness, when they study abroad and loneliness makes their level of function low. The psychology problem can easily lead to home sick which can be stable throughout the end of study and this could be due to social isolation or being away from home. These usually happen where the culture is totally different from familiar culture.

it was discovered that the most experienced problem by international students was loneliness or isolation this happen in their first three months in school environment, international students experience personal loneliness and social loneliness due to their family being far away from them and total loss of social network might be due to lack of engaging with their groups. The level of academic concentration or achievement decreases among international students while the level of loneliness increases as well. It is recognized that friends are the best tool to help international students and their parents; this can be achieved by a good social networking.

”Social networks provide a base for social activities, for outings and parties and get together with people with whom one has much in common; they provide a pool of others among whom one can find companions for an evening’s

conversation or for some portion of the daily round. Social isolation removes these gratifications; it very directly impoverishes life". (Swawir, Marginson, Deumert, Nyland & Ramia 2008)

7.2.2 Cultural shock among international students

Cultural shock is state of disorientation that everyone can come across in an unknown environment. Depression is experienced by international students and it can be caused by cultural shock. Interest might be lost in study or participating in any activities while studying abroad, due to friends and family are quite far away from the study place. Adjusting to New environment might be stressful and can cause complex in cultural differences. International students studying aboard experience new culture, new people and probably new language and could lead to cultural shock. Cultural shock is caused by new things, knowledge about new culture in an unpleasant situation. This happen when two different cultures are being compared and it could be stressful to such student and can easily lead to depression.

7.2.3 Language

Language is known as equipment used in communicating with people every part of the world. Most common problem international students face is language barrier, not having the language skills make international students feel down and rejected from the new environment. international students were depressed and home sick due to lack of language and it cause them to feel isolated in their new environment. It was revealed that international students were able to communicate when they became familiar with the language and it has helped in getting them out of isolation.

7.3 Communicational Approach to prevent depression

7.3.1 Efficient service

International student needs proper service especially from their place of study and proper information to be given to the students this would make them to know their way round, this could be done by getting all the necessary information's ready and letting them know it beforehand this would protect them from shock for example known their arrival date and picking the new students from the train station, orientation program, the school rules and regulation. Multicultural trained students could give a supportive program for example taking international students around as earlier said, by so doing it will make the student relax and secured and making new friends would be quite good and easier. Information could be given by international students that have experience these would help the new international students to adapt.

7.3.2 Language ability

Language is very important communication globally and this would be easier for international students to communicate with local students and gradually understand the culture in their new environment. Adjusting to new environment would be easy when international students can interact properly with new language and this could be accomplished when the university, confirmed that their students secure good language skills through extra class which is organized for the international students.

7.3.3 Familiarity and similarity

Efficient services and language ability which are obtain by international students from their new university or place of study would help them gradually familiar with other students through some programs or even at the language class. Through sharing of ideals and gaining experiences, the similarity which might be in their cultures would be known gradually.

8 DISCUSSION OF FINDINGS

Findings that were obtained from the previous studies were useful information. Information was gathered from those studies. Information obtained from previous studies was related to depression and international students and it was carefully studied. It has also shown that international students face a lot of problems while they study abroad. Depression is defined as a disorder that cause one to lose interest or not able to take care of one responsibility. It use in an everyday speech to describe individual experiences, one may feel down to manage or resolve their problem themselves. (Brewin 1997). Depression is triggered through environment, culture shock, language barrier, discrimination, and loneliness. Study indicates that international students experience cultural stress due to lack of familiarity. It was further explained that 50% of the international students experience this type of problem.

Depression program was also carried out among international first year students the study was conducted to know their depression reasons, most students were not having the same reason for being depressed, some complained of having lots of school work while some were feeling lonely and home sick. Some students were depressed because they were having difficulties in language and they were being manipulated or lonely and could not relate with the local students thus, cultural shock could trigger depression as previously explained due to the new culture and it really different from culture which students are familiar with.

Preventing international students from being depressed and some coping skills were applied for students to be able to cope and adjust easily. Depression was prevented among international students in different ways. Korean international students used different coping method to manage their stress and one of the programmes used for the coping methods include cognitive behavioral problem solving and relaxation induction were also included and induced, the relaxation including meditation and muscle relaxation. The meditation used for the coping method resulted positively, physically and psychologically. It helped to reduce stress and it also help to promote the coping skills among every other people than students.

According to previous research, it showed that international students were depressed due to language barrier, cultural shock, lots of school work, homesick, and environment affects

international students physically or psychologically and cause depression. Some coping methods were used for international students that showed effective results. Intervention of people in an environment is important and interacting with others matters.

8.1 Discussion of Method

Literature review assist researcher to appraise, retrieve and summarize evidence which are available for questions that are specific, it is also a review which could be done independently and utilize by the researcher and it give the reviewer more understanding about the content which provide evidence knowledge. Literature review was used in carrying out this study because it makes the researcher to think critically and gives clear understanding about the context of the study.

In order to analyze this research the method used, was literature review. Information for this study were gathered from electronic data base which were from reliable sources such as SCIENCE DIRECT, SAGE and OVID, before these information could be used it went under some principle selections, it was carefully read through. The researcher made sure articles were written in English language, then it was limited from the year 2005 till year 2011, they were also relevant to the study and were available for free, articles which did not meet criteria's were excluded. Articles from the used data were compared with each other to form different sections, issues which the information were common was categorized together during analysis.

8.2 Ethics Validity/ Reliability

In order to provide clarification concept, a described method has been utilized. Numbers of articles were selected to gain more knowledge and useful information about the research. The articles selected during this literature review were from previous articles and used in analyzing the process of the method. References for the data used are acknowledged and listed accordingly in the reference page.

Information's which were gathered were from previous articles and some websites. During this research there was not much problem getting information about the study. This research was about depression among international students, it is important to know what causes them to be depressed and also way which this depression can be prevent among international students. Different studies were carried out to know reasons why international students were depressed and most studies came out with same result but with different perspectives.

The review study was conducted from sources that were reliable. The electronic data bases were from SCIENCE DIRECT, SAGE and OVID the information used was free and they were valid. The articles that were used in this study was compared against each other to form different themes, issues of common themes were grouped together during analysis, this means that different articles were based on the same theme and came up with an almost similar conclusion.

8.3 Recommendations

According to this research result ways to prevent depression among international students was analyzed. International students can avoid depression while studying abroad by seeking proper information about their place of study and have little knowledge about their new study place. Providing international students with efficient services, for instance having get together parties with other students, also having some special events like camping and this could help to introduce the culture of their new study environment this kind of event can be done by the multicultural trained students this can help international students to feel at home.

Studying environment is impressive and students feel relax when the atmosphere is friendly. Using different ways or styles while teaching international students is important, it makes the class interesting and students are willing to learn more. Providing international students with extra class or adding more hours of Finnish language is very important and necessary for them, this would assist them to improve more on their language skills and make them adapt slowly to the new environment.

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APPENDICES

Authors, Year, Title,	Purpose	Method	Findings
Garry Thomson, Doreen Rosenthal, Jean Russell. 2006. Cultural stress among international students at an Australian University.	To reduce cultural stress and enhance connection to home country	Sample and survey questionnaire.	This study, suggested that there are several entry points for programs designed to assist international students adapt to their new cultural setting.
Helen Cameron and Catherine Kirkman. 2010. Managing culture shock for First Year International students entering Australian universities.	To support and guide first year international students	Meta-analysis	It was recognized that students should engage themselves in discussion about self regulation and self-efficacy; these are well-recognized principles in western academic.

<p>Isra Ahmed, Haseena Banu, Reem Al-Fageer, Reem Al-Suwaidi. 2009. Cognitive emotions: Depression and anxiety in medical Students and staff.</p>	<p>To Know what causes depression and anxiety.</p>	<p>Cross-sectional study</p>	
<p>John L. Oliffe, Steve Robertson, Mary T. Kelly, Philippe Roy, and John S. Ogrodniczuk. 2010. Connecting Masculinity and Depression Among International Male University Students.</p>	<p>Fight depression and regain control</p>	<p>Interview</p>	<p>Study findings highlight how masculine ideals and cultural constructs can influence depression experiences and expressions.</p>
<p>Laura Cox Dzurec, PhD, RN, CS; Lynn Allchin, PhD, RN, CHPN; and Arthur J. Engler, DNSc, APRN. 2007 .First-Year Nursing Students' Accounts of Reasons for Student Depression</p>	<p>The purpose for this study was to know the reasons why the first year students feels down or depressed.</p>	<p>Sample, Measures, and Procedure</p>	<p>Investigators examine a cognitive intervention to address students, by helping them to face stressors with optimism.</p>

<p>Mahmud Zuria, Amat salleh, Rahman Saemah and Ishak Mohd Noriah. 2010. Challenges for international students in Malaysia: Culture, Climate and Care.</p>	<p>To support and gather useful information for management of better understanding</p>	<p>Focus group interviews</p>	<p>The study provides guidance to university management in Malaysia to improve preparations in receiving international student</p>
<p>Pyvis David and Chapman Anne. 2005. Culture shock and the international student 'off shore'.</p>	<p>To provide better opportunities for role adjustment and new identities to new lecturing style.</p>	<p>Quantitative</p>	<p>It was reported that students were having difficulties in understanding, making sense of their learning and this makes them feel their perspectives were not valued.</p>
<p>Sawir Erlenwati, Marginson Simon, Deumert Ana, Nyland Chris and Ramia Gaby. 2008. Loneliness and International Students: An Australian study.</p>	<p>To enhance self-esteem and help in coping with the pain of loneliness.</p>	<p>Interviews</p>	<p>The study focused on a discrete area of inquiry, loneliness and isolation.</p>

<p>Student anxiety and depression: questionnaire and interview assessments. 2006.</p> <p>Bernice Andrews, Jennie Hejdenberg, John Wilding</p> <p>epression: Comparison of</p>	<p>To identify and reduce depression and anxiety in students</p>	<p>Structured Interview</p>	<p>An accurate indicator of depressive condition in university students, by using a score below and recommended cut off for depressive cases and the scales showed good sensitivity in detecting</p>
<p>Tian P.S. oei and Farida Notowindjojo. 2010.</p> <p>Depression and loneliness in overseas students.</p>	<p>To know the cause of depression among international students</p>	<p>Questionnaires</p>	<p>The study focus on how to help students not to be depressed.</p>
<p>Vergara Maria Belen, Smith Norris and Keele Bruce. 2010. Emotional intelligence, coping responses and length of stay as correlate of acculturative stress among international students in Thailand</p>	<p>To identify the predictors of accularative stress and coping responses.</p>	<p>Acculturative stress scale</p>	<p>International students experience acculturative stress due to culture shock, perceived discrimination and home sick</p>

<p>Yune sik kang So Young Choi and Eunjung Ryu. 2008. The effectiveness of stress coping program based on mindfulness meditation on the stress, anxiety depression experienced by nursing students in Korea.</p>	<p>To develop mindfulness meditation as central axis</p>	<p>Literature</p>	<p>The study focused on coping program which was based on mindfulness.</p>
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