Characteristics of Depression in Outpatient Polyclinic Services at a Private Hospital in Denpasar

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ABSTRACT

Background: Depression is a significant global mental health issue with a rising prevalence. According to the World Health Organization (WHO), depression affects approximately 4.4% of the global population, with the highest rates found in Southeast Asia. Depression is a mood disorder that disrupts cognitive, affective, and somatic functions. *Method:* A descriptive cross-sectional study with a retrospective approach was conducted using medical record data of patients diagnosed with depression at a private hospital in Denpasar from September 2024 to January 2025. Data analysis was carried out using SPSS version 25. *Result:* The results revealed that the majority of depression patients were female (69.7%) and within the productive age group of 21-30 years (51.5%). Most patients were married (72.7%) and employed as private-sector workers (90.9%). Hormonal factors, social role changes, and pressures from household and work life were primary contributors to depression among married women. *Conclusion:* This study concluded that depression was most prevalent among married women in their productive years who were employed. Early detection of depressive symptoms and targeted mental health education, especially for women, are expected to improve awareness and prevention efforts. This information is crucial for supporting more effective depression management and prevention in the future.

Keywords: depression; mental health; Denpasar; gender differences; marital status; productive age; retrospective study.

INTRODUCTION

The World Health Organization (WHO) states that depression is a significant burden on global health problem. A mental health survey conducted in seventeen countries found that, on average, one out of twenty individuals has experienced depression [1]. The global population experiencing depression reached 4.4% (322 million people) in the year 2015, an increase of 18.4% since 2005. The highest prevalence of depression is in Southeast Asia, where about 27% of the global population experiences depression [2].

Depression is a mood disorder characterized by low self-esteem due to negative self-concept and prolonged emotional disturbances affecting mental functions (thinking, feelings, and behavior) [3]. Depression is a common mental disorder found in the community. Unresolved stress causes a person to enter a depressive phase, in which emotional disturbances, motivational changes, functional disruption, behavioral changes, and cognitive impairment appear [4]. Depression is a form of mood imbalance that continuously colors the psychological state. Depression is not an abnormal condition caused by stressful situations or events; however, a person with severe or prolonged mood changes may experience decreased ability to fulfill their responsibilities [5].

Beck specifically describes the symptoms of depression experienced by a person in three domains: cognitive, affective, and somatic. Symptoms in the affective domain pertain to mood changes of the individual. Cognition refers to the individual's ability to think and reason, including orientation, perception, judgment, and memory processes [3].

This study aims to explore the characteristics of depression in Denpasar by focusing on the age, gender, and marital status of depression sufferers. By collecting and analyzing data regarding the characteristics of depression, it is hoped to provide better insights into the mental health condition in this area, as well as support prevention and more effective management efforts in the future.

Through this research, it is expected to provide relevant information for healthcare workers and the community in understanding and addressing depression issues, thereby helping to optimize mental health.

METHOD

This study is a descriptive cross-sectional study with a retrospective approach conducted at a Private Hospital in Denpasar, Bali, from September 2024 to January 2025.

Research subjects were selected based on inclusion criteria, namely, medical record data of patients diagnosed with depression. The exclusive criteria used were incomplete medical record data.

The data in this study were secondary data in the form of medical records of depression patients from September 2024 to January 2025. The obtained data were then processed using SPSS version 25 and presented in the form of distribution tables.

RESULTS AND DISCUSSION
A. Respondent Characteristics

1. Respondents by Gender

TABLE 1: Characteristics of Gender.

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Male	10	30.3	30.3	30.3
Female	23	69.7	69.7	100.0

Source: Data processing results, 2025.

Table 1 shows that the majority of respondents were female (23 people, 69.7%), while males accounted for 10 people (30.3%).

Depression was found more frequently in women, which may be attributed to women's need to adapt to new cultures or changing situations in their environment. Women must adapt when leaving their family home upon marriage and adjusting to a new environment. Besides environmental changes, women tend to be more susceptible to depression due to hormonal changes. These findings align with Maji's (2018) research, highlighting gender role differences as a significant variable affecting depression prevalence rates [6].

A study conducted in over 170 developed and developing countries showed that one in five adults experienced mental and emotional disorders in the past year. According to this study, female respondents tended to be more vulnerable to depression than males [7].

2. Respondents by Age

TABLE 2: Characteristics of Age.

Age	Frequency	Percent	Valid Percent	Cumulative Percent
21-30 Years	17	51.5	51.5	51.5
31-40 Years	13	39.4	39.4	90.9
>41 Years	3	9.1	9.1	100.0

Source: Data processing results, 2025.

Table 2 shows that the majority of respondents were aged 21-30 years (17 people, 51.5%), followed by 31-40 years (13 people, 39.4%), and the fewest were >41 years (3 people, 9.1%).

Christiani et al. (2015) identified that depression occurs more frequently in women with lower-middle socioeconomic status and the adolescent to early adulthood age group, compared to women in middle to late adulthood [8].

3. Respondents by Marital Status

TABLE 3: Characteristics of Marital Status.

Status	Frequency	Percent	Valid Percent	Cumulative Percent
Single	9	27.3	27.3	27.3
Married	24	72.7	72.7	100.0

Source: Data processing results, 2025.

Table 3 shows that the majority of respondents were married (24 people, 72.7%), while single respondents accounted for 9 people (27.3%).

A study in Korea by Jang & Kawachi (2018) found that a wife's education level did not affect her husband's mental health, while women showed depressive symptoms related to their husband's education level. There is a cultural influence of marriage and spousal education levels on mental health outcomes. Married women tend to be more prone to depression, associated with lost work opportunities and marital difficulties related to husband relationships or new married life [9].

4. Respondents by Occupation

TABLE 4: Characteristics of occupation.

Occupation	Frequency	Percent	Valid Percent	Cumulative Percent
Unemployed	2	6.1	6.1	6.1
Student	1	3.0	3.0	9.1
Private Employer	30	90.9	90.9	100.0

Source: Data processing results, 2025.

Table 4 shows that the majority of respondents were private employees (30 people, 90.9%), followed by unemployed (2 people, 6.1%), and the fewest were students (1 person, 3%).

Regarding workers' mental health status, Mental Health America data in 2019 found that nearly nine out of ten global workers reported that workplace stress and pressure affected their mental health. Factors that can disrupt mental well-being at work include heavy workloads, tight deadlines and targets, unclear role division and responsibilities among workers, loose monitoring, long working hours, high emotional-physical-mental demands, lack of appreciation and feedback, and intimidation or discrimination from superiors [10]. Socioeconomic status conditions are also related to depression symptoms. Some studies suggest that people with higher income, job status, and education tend to be happier than those with lower socioeconomic status [11].

CONCLUSION AND SUGGESTIONS

This study aimed to obtain a prevalence picture in the outpatient polyclinic at a Private Hospital in Denpasar. The study found that depressive disorders were most common in women aged 21-30 years who were married and employed. Married women had depression complaints related to their household life, work environment, and difficulties balancing duties as housewives and working women. This can create a considerable burden.

Early detection of complaints indicating depressive symptoms by individuals experiencing them would certainly make early intervention better. Introducing depression symptoms and prevention to the community, especially women, through health education is expected to increase individual awareness of mental health.

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