

Usaping Depresyon: Palawan State University Male Criminology Students' Concept and Claimed Experiences of Depression



**Gila Marie Jardinico, Sophia Queenie Marie Inodio
Roi Herald Integro and Janrick Cabalonga
Adviser: Alvie Bergado - Timbancaya**

Abstract

There are several studies about depression but rarely explored in males and few literatures about male depression in the Philippines. This research seeks to study the male Criminology students in Palawan State University's concept of depression. This study has a quantitative and qualitative approach and by thematically analyzing the data gathered, the researchers were able to arrive at the following themes: [1] Cause of Depression [2] Comparing Depression in Males and Females [3] Identifying Manifestations of Depression in Males [4] Overcoming Depression. Results show that males are more likely to be depressed. For the respondents, encountering problems can lead to depression but on the contrary only one problem for the participants. For the manifestations, what the most know attunes more with cognitive and behavioral, however the participants added affective and physical. In overcoming depression, participants opened in limited a circumstance and none went to seek professional advice. It was also revealed that their concept of depression is not based upon its clinical definition but rather just a perceived state.

Keywords

Depression, males

A biomedical approach (employed by psychiatrists or psychologists) assumes that regardless of the cultural context, depression exists when individuals report having symptoms associated with depression and several studies have found that rates of depression are generally lower in Asian cultures than in Western cultures, which may be due to the different perception of depression (Bland, 2005). Depression is a major global health problem that occurs in every part of the world. According to Asilo (2014), the highest incidence of depression in Southeast Asia is said to be in the Philippines, World Health Organization data shows that there are 4.5 million depressed Filipinos and only one-third of them seek professional help; men have greater tendencies of committing suicide. As stated by Hunter (2012), depression is a serious mental health condition that can happen to or affect anyone, the suffering endured by people with depression attest to the great burden of this disorder on individuals, families, and society; depression could lead into certain impairments and ideations

which could lead to suicide. As the 21st century continuously progresses, there are a lot of researches done to prove certain causes and roots of depression (Beattie, 2006). Some types of depression tend to be contained in the family genetic code. However, depression can also occur in people without family histories of depression too. Trauma, the loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode while others may occur without an obvious trigger (Insel, 2010). Depression can be manifested by an individual who has a low resilience with regards to responding to life's stressor, regardless of any biological trigger he or she might have. Depression is inevitable (Beattie, 2006) and no one is ever exempted in this line of concern.

Despite the certain changes in our society nowadays, there is still a stereotype regarding depression. Depression is one such disorder commonly categorized as feminine (Magovcevic & Addis, 2008). Men tend to assume full responsibility for their grief and suppress emotions that they think



can be taken as a sign of weakness. Studies show that this suppression can increase the time and lead to complications such as escalating anger, aggressiveness and substance abuse. Self-medication in men masks the signs of depression, making it harder to detect and being treated effectively (American Psychological Association, 2005). Men most particularly in the Philippines are more likely to bottle up their feelings compared to women and are less likely to feel positive towards the potential benefits of counseling or therapy (Manzano, 2014). This could cause men to ignore, conceal, or deny the presence of depression in order to protect his sense of self. (Connell et al., 2005), which is why male depression is more often difficult to be seen in males since most of them keep their condition under wraps and thus rendering this unrecognized and left untreated, which may lead to suicide. Stereotypes about Filipino men being strong and independent may keep them from recognizing the signs of depression in themselves and their friends (Abayan, 2013), which may hinder males' way of conveying to other people that they are depressed and that they need help. Differences in help seeking between men and women are additional contributing factors. Help seeking behaviors are often contributed through channeling the experienced pain to other people to whom which one feels confident about confiding in. Men are less inclined to communicate feelings of despair or hopelessness (Howerton et al., 2007; Witte et al., 2012) and have fewer social connections (Denney et al., 2009). With a lower tendency to communicate feelings of despair and hopelessness, and the classification of depression as a feminine disorder, a male might find himself pitiful which may lead him to think about suicide. According to Beaton (2012), sexual differences in suicide are the result of differences in acquired capability for suicide, which is said to comprise two components: fearlessness towards death and insensitivity to physical pain. Higher acquired capability for suicide among men than women makes it more

likely that men will kill themselves when suicide is being considered.

The Centers for Disease Control (CDC) reports that men in the United States, are about four times more likely to commit suicide than women. Men are also more likely to use methods that are more lethal such as the use of guns, act faster on suicidal thoughts and show fewer warning signs such as talk of suicide. In 2012 the National Statistics Office noted that in the Philippines, the suicide rate from 1984 - 2005 went up to 0.46 to seven out of every 200,000 men. Despite the increasing amount of male suicide cases, there has been relatively little focus on education and studies about depression in men (Weller 2013), as well as in the Philippines.

However, though there are medically and clinically acclaimed scaffolds that underpin depression, still the public misrepresents the delineate definition of depression. According to the Diagnostic Statistical Manual of Mental Disorders – V in order for someone to be diagnosed as depressed he/she must have met five (or more) of the following symptoms present during the same 2-week period and represent a change from previous functioning: at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure.

1. Depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad, empty, and hopeless) or observation made by others (e.g., appears tearful). (Note: In children and adolescents, can be irritable mood.)

2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation).

3. Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day. (Note: In children, consider failure to make expected weight gain.)

4. Insomnia or hypersomnia nearly every day.

5. Psychomotor agitation or retardation nearly every day (observable by others, not

merely subjective feelings of restlessness or being slowed down).

6. Fatigue or loss of energy nearly every day.

7. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick).

8. Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others).

9. Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.

Most are not denounced about what depression really is all about, some people use the term depression as an excuse or as an expression that they state when going through a rough time or when romantically brokenhearted. They tend to exaggerate their emotions even though it is not distressing at all. Depression in this study is specified as a perceived state of those interviewed male Criminology participants who claimed that they experienced depression. As for the paper's result, this will benefit the society and the community, not only the male population, to have a deeper understanding and awareness of depression; also as an additional body of knowledge not only in Palawan but in South East Asia.

Method

This study has a quantitative and qualitative approach and the data was analyzed through thematic analysis. In gathering the data, the researchers conducted first a pilot survey last December 13, 2014 to random male respondents from Palawan State University. The said questions on the pilot survey were as follows: their usual problem/problems, physiological changes that they experience, if they ever opened to any support groups like family and close friends, their coping strategies and if ever they turned to vices, and finally the duration. A preliminary survey questionnaire was also distributed to 40 respondents using convenience sampling

last February 17, 2015 in Palawan State University. The said instrument questionnaire contained the following questions: Ano ang konsepto mo ng depresyon, Ikaw ba ay nakaranas na ng depresyon, and Ano ang mga manipestasyon ng lalakeng nakaranas ng depresyon. After that, data gathered was added to the studies and literature acquired in creating the semi-structured set of survey questions for the data gathering proper.

The researchers conducted a pre-test of the semi-structured survey questionnaire on randomly selected students in Palawan State University using convenience sampling last March 2, 2015 to ascertain the reliability and understandability of the instrument.

Using convenience sampling, out of the 360 (three hundred sixty) total population of the officially enrolled male criminology students for school year 2014-2015 second semester, the researchers were able to get 120 (one hundred twenty) respondents (more than the 104 target number) who answered the semi-structured questionnaire for the quantitative approach of this study. Using Slovin's formula ($n = \frac{N}{1+Ne^2}$) the sample size was determined and stratified sampling in getting the number of participants for each year levels; 55 (fifty-five) participants from the first year, 25 (twenty-five) participants from the second year, 28 (twenty-eight) participants from the third year and 12 (twelve) participants from the fourth year. The participants were given a chance to check as much as they could and were encouraged to freely write on the "karagdagan" if they wished to add more to the choices in the questions.

89 (eighty-nine) respondents who answered "Yes / Oo" in the question "Nakaranas ka na ba ng depresyon?" were contacted. Using purposive sampling technique, the researchers were able to interview 8 (eight) participants who willingly agreed for the interview. A "Liham na Paanyaya" and "Liham n a Pahintulot" were first presented to the 8 (eight) participants before the interview process. The open-ended semi-structured interview

questionnaire served as a guideline in the interview process. And with the participants' consent during the interview, the researchers used a voice recorder to have an on track record of the participant's response.

Data Analysis

In answering the objectives of this study that have a quantitative and qualitative approach, thematic analysis was used. In combining the data gathered using the semi-structured survey questionnaires presented using frequency tables and the gathered data through in-depth interviews, the researchers came up with results that compared the majority of male Criminology students' concept of depression and the actual experiences of the interviewed male Criminology students who claimed that they underwent depression.

Results and Discussion

This study contains data that were gathered using a mixed-method technique which was able to arrive at four major themes using thematic analysis; [1] Cause of Depression with six subthemes: a. Overwhelmed by Different Problems, b. Financial Issues, c.

Problems in Intimate Relationships, d. Self-esteem Issues, e. Parental Separation, and f. Reaction to Loss. [2] Comparing Depression in Males and Females. [3] Identifying Manifestations of Depression in Males with four subthemes: a. Cognitive, b. Behavioral, c. Affective, and d. Physical. [4] Overcoming Depression with six subthemes: a. Selective Disclosure, b. Openness to Family and Other People, c. Alcohol and Socialization Process, d. Distracting Self from Depression, e. Encouragement from Friends, and f. Acceptance and Moving On. The results and discussions are presented in terms of what depression is for the male Criminology respondents and at the same time the reported experiences and coping strategies of the male Criminology participants who claimed that they went through depression.

CAUSE OF DEPRESSION

Table 1 shows the frequency of selection among the given possible origin or cause of depression chosen from by the male Criminology students.

Table 1. Frequency Distribution of the Causes of Depression.

<i>Possible Origin/Cause</i>	<i>F</i>
Sama-samang problema	93
Kawalan ng pag-asa	35
Stressful days	29
Pagka-lugmok	19
Sinasarili	27
Halo-halong emosyon	56

For the most of the male Criminology students, depression happens when a particular person encounters a lot of problems. Hall (2014) explained that depression is one of the most common mental illnesses that people experience. However most of the public is misinformed about it, they think that being depressed is always caused by a variety of problematic events that strike a person all at once.

Mckay (2015) provided various modern hypotheses that make a male vulnerable to depression. The causes of depression are so complex and varied, males may in fact never be able to precisely pin down its origins, especially on an individual, case-by-case basis.

Criminology participants who claimed that they experienced depression stated the following:

Overwhelmed by Different Problems

Problems generate an undesirable state for a male individual and when contended with a number of problematic events, may cause him to be too consumed about it. For the respondents who answered the semi-structured survey questionnaire, depression occurs when negative circumstances happen all together. What the most respondents believe can be supported by the statement of one interviewed participant named Nebs who claimed that he experienced problems in his studies, family and in his intimate relationship that caused him to be depressed.

According to Nebs:

"Nabagsak ako, nagka-tres ako. Ay kwatro talaga. Tapos nagbreak pa ng girlfriend. Kumbaga sama-sama na yung problema. Problema pa sa pamilya" (Nebs, 22)

As reflected, it is hard for a male when he is overwhelmed with problems. Indeed Nebs cannot resolve all his problems at the same time, he became engulfed with every bad thing that targeted the major aspects in his life that caused him to be depressed which was also probably triggered by his minimal forbearance in dealing with these concerns. When an individual gets exasperated due to a variety of circumstances that are beyond his control, depression can happen as an end result. Tyrell (2009) says that males often link bad experiences with depression and the link between what happens to a person and how they feel depends on how they relate to it. This means males who think more about negative life circumstances are more prone to be depressed. This can be further supported by Elliot (2010) that depression is caused by certain styles of thinking, an unhealthy pattern as obvious to those individuals who endure and exaggerate unfortunate events in their lives.

Financial Issues

In contrast with the most of the respondents' beliefs, a single problem can actually cause depression to develop. This is apparent in the case of Jay, one of the interviewed participants who claimed that he became depressed after going through a financial problem. In order to pursue his college course, Jay had to leave his family and transfer to Puerto Princesa City. He had to budget his money wisely to pay for his boarding fees and school needs. One time he failed to enroll because of the increase in school fees.

"Noong time na magpapa ano ako, magpapa-enroll ako tapos kumbaga kulang po talaga sa budget. Tapos ayon, parang naisip, naisip ko na lang na saan ako kukuha ng pera?" (Jay, 18)

Because of monetary concerns, people feel as if there is nothing that they can do to progress beyond their situation. This can be supported by Dash (2014) who shares that lack of money affects so many elements of a person's perception. It allows a person to worry a lot, be under stress, and become strongly convinced that they are depressed.

Problems in Intimate Relationships

In terms of engaging into intimate relationships depression is a customary term or pretext that male individuals use when problems and heartbreaks occur in a relationship. Richard was in college when he started exchanging text messages with a girl that he liked. Though they do not usually see each other in person, Richard claimed that his feelings developed into love. One day he saw her with another man who appeared to be very close her. He felt really jealous and began thinking about things that they did together. After that incident he never texted her again, nor even cared to clarify things; because according to him he has no right to do so and that he is better off that way.

“Nung second year college ako nagkagusto ako sa babae, hindi kami pero nagkakatext kami. One time nakita ko siya may kasamang lalaki, siguro nagselos ako kahit hindi naman kami. Tingin ko na-depressed ako kasi iniisip ko siya “Nung second year college ako nagkagusto ako sa babae, hindi kami pero nagkakatext kami. One time nakita ko siya may kasamang lalaki, siguro nagselos ako kahit hindi naman kami. Tingin ko na-depressed ako kasi iniisip ko siya kung anong ginagawa niya. Bumaba din tingin ko sakanya” (Richard, 20)

Males take relationships seriously even though they cannot clearly show how awful and broken they feel after breakups and heartbreaks (Thornton, 2015). Based on the transcript, it showed that Richard did not pursue the girl afterwards and he only accepted the fact that everything was over between them. This means that Richard understands that it is inappropriate for him to run after the girl because he feels less manly and does not want to risk his pride. Spindelov (2014) can explain this as the ‘strait-jacket’ notion of masculinity in males that they should not depart from manly norms just to save a relationship and therefore cause them to suppose that they are depressed.

When engaging in a relationship, parents get involved because it is their role to guide their children. Jimmy’s mother was against his relationship with his girlfriend in high school. His mother told his father to take him away and work as a construction worker. Because of being far and lack of communication, their relationship eventually ended and Jimmy asserted that this caused him to be depressed.

“Naalala ko nung high school ako parang na inlove na ako that time..17 years old ata ako non. Gabi-gabi pumupunta ako sa gf ko na’yon eh. Nalaman ng nanay ko, pinasama niya ako sa tatay ko sa construction sa Taytay para maka-layo ako doon sa babae.” (Jimmy, 23)

People thought that heartbreak in males is not as problematic compared to females. A study by Corbano (2013)

published in an issue of the Journal of Health and Social Behavior showed that a broken heart hurts men more than women because men do not discuss such matters among friends, as they don’t want to appear weak and unconventional.

Jimmy’s story is similar to Tonio’s experience:

“Yung parents ko hindi boto sa babae. Yong dati okay lang naman...tapos biglang ganun, biglang ayaw tapos ano, yung financial problem. Tapos one time umalis na lang siya nang hindi man lang nagpapaalam.” (Tonio, 25)

Tonio and his girlfriend were living with his parents for a time when suddenly his parents became against the idea of him continuing his relationship with his girlfriend for no apparent reason, but still Tonio continued his relationship with her. As time went by, financial problems arose and one day his girlfriend left without any word, causing their relationship to end. Problems in relationships or in dealing with intimate relationships are both common in males and females, a research posted in LA-Times (2012) found that break-ups cause men more emotional grief, and that they feel their identity and self-worth is threatened.

Jimmy and Tonio’s transcript also define parents’ role in their son’s relationships, most particularly those who are first born or those who are the only male among the siblings. A book by Arnett J. and Fishel E. (2013) tells that parents should absolutely be there for their children, and they should offer solicited and (at times) unsolicited advice. But adult children most particularly male, are not that obligated to follow and can disagree at times.

Self-esteem Issues

The medium of communication used in family and the words selected when actually pertaining to a family member may sound simple but this can actually give rise to quandaries that may leave the targeted

family member in misery. In Jojo's case, he bumped into an inopportune incident with his parents when he was in first year college. He was called by a name that is used to refer to someone who is mentally incompetent, which was very hurtful for him since he was really trying his best to perform well in his subjects. This aimed at his concentration and he started to think less of himself, then he developed a low self-esteem. Because of this he lost his focus and eventually failed in most of his subjects. He decided to shift to another course for the second semester

"First year college ako, tapos nag-shift ako. Mababait naman ang kapamilya ko nadala nga lang siguro ng init ng ulo. Sinabihan akong bobo, ang sabi nila "Wag ka na mag-aral gastos lang yan." Hindi sila naniniwala sa akin, pinag-aaral ka nga sinasabihan ka namang bobo. Kapag sinabihan ka ng ganon mag-bubulakbol ka na lang, bobo ka naman para sakanila eh. Bago ibigay may masakit pang salita." (Jojo, 19)

Jojo's transcript reflects his low tolerance for negative remarks, which he perceives as an unconstructive encroachment. It shows that sensitivity and how a person interprets foul words is relative. This can be supported by Nolan (2013), who claims that interpreting defiled words stated by either parents or other members of the family can cause someone to be depressed, due to the fact that they feel that they are inefficient in the eyes of the people who matter to them and therefore start to think and behave that way. Rosenberg, & Owen (2005) stated that males with low self-esteem are more troubled by failure and tend to exaggerate events as being negative.

Parental Separation

When parents separate it is the child who suffers the consequence the most (Beattie, 2006). Arvin's parents separated when he was a very young boy and he was left under his mother's care. In college Arvin transferred to Puerto Princesa. His mother was then pushed to find extra work to send

more money because his father suddenly stopped giving financial support. Arvin never heard again from his father. He did not even try to talk to him. Arvin never talked openly or discussed to his mother about the feelings of resentment that he had towards his father.

"Hiwalay na kasi parents ko. Nag work po kasi as OFW mama ko noon tapos pag-uwi niya yung papa ko..si papa may kabit na. Hindi ko po alam gagawin, galit na galit ako lalo na nung hindi na nagparamdam siya pati pera na padala wala na."(Arvin, 19)

As a man, males think that having an evasive view about certainties in life is way better than actually solving it. Just like what Arvin did in his issue with his father, instead of being the first one to reach out to about what really happened, he ended up hanging in bewilderment and even holding more negative feelings against his father. This can be supported by Coulson (2013), as he states that there is evidence showing that young boys find the separation of their parents more upsetting. Studies also show that younger children may not be aware of their parents' marital problems and so the separation itself may be a greater shock that may lead them to develop feelings of hatred towards one parent or both as they grow older.

Reaction to Loss

A major life change such as the death of a loved one can lead into depression if not detected early (Miller, 2011). In Ronn's case, he claimed that he got depressed after the death of his mother. It was really painful for Ronn since his mother is the most important person in his life, but as time went by he started to welcome the brighter side of everything and trusted the plans of God.

"Namatay yung nanay, tinanggap ko naman siya kahit masakit, sa totoo masakit kasi magulang mo yan lalo na yung nanay mo pinaka ano mo kesa sa tatay mo pero in the

end sabi ko po wala akong magagawa desisyon yun ni Lord God.”(Ronn, 21)

Because of the fact that Ronn nurtured a meaningful relationship with his mother, he holds no regrets about the things that he could have done for his mother; he remains strong and positive. This can be supported by Drexler (2014), who found out that boys who grew up having tight relationships with their mother become strong and independent. For Solomon (2014) grief and depression are terms that are usually used interchangeable but depression is more likely the result of prolonged grief and extreme mourning long-drawn-out in a length of time. A death of a family or a

significant person may cause someone to grieve but when it becomes unceasing, depression then arises. Diagnostic Statistical Manual Edition - V implies that the duration and intensity of grief is variable depending on a variety of factors while depression is clinically evident and cannot be consoled.

COMPARING DEPRESSION IN MALES AND FEMALES

The table below represents the number of of the male Criminology respondents' who selected between either males or females as to who is more likely to be prone in experiencing depression.

Table 2. Frequency Distribution of the participants' perception of who is the more prone to experience Depression.

	<i>f</i>	Percentage (%)
Lalake	84	70
Babae	36	30

Most of the male Criminology respondents believe that males are more likely to be prone in experiencing depression than females.

In the interview, 8 of the participants (Jojo, 19; Richard, 20, Ronn, 21, Nebs, 22; Jay, 18; Arvin, 19; Jimmy, 23; and Tonio, 25) claimed that males are more likely to experience depression than females. Depression for the participants is inevitable and can happen to anyone but the pattern as to how it is faced and coped with is dissimilar. As asserted, depression can happen in a man's life in a certain time, most particularly because of the hurdles and priorities that they have to meet.

According to Jay:

“Opo, normal lang po. Kasi tao lang naman po yung mga lalaki. Natural lang na magkaroon ng depresyon e.” (Jay, 18)

Nebs with the similar reason added that:

Lalake syempre. Kasi lahat naman ng tao may emosyon da? Pag nagka problema madedepress talaga. (Nebs, 22)

Though depression is said to be normal and accepted as a part of life. Depression is more difficult in men because they easily feel hopeless and helpless about their situation.

According to Richard:

“Normal lang yon sa isang tao, depende lang rin yan sa pagdadala ng isang tao, pero iba kasi sa lalake kapag nade-depress parang hindi na nila kayang mabuhay” (Richard, 20)

According to Tonio:

“Tingin ko sa lahat. Lahat ng tao na may puso at sila [Males] at yun...isip kasi pag may problema nadedepress ka talaga, di mo kaya” (Tonio, 25)

According to Jojo:

“Oo, kasi kaming mga lalaki marami kaming iniisip, hindi lang puro pag-aaral

kasi kami marami kaming kailangan” (Jojo, 21)

Males strongly think they are supposed to be tough, self-reliant, are able to manage pain and can take charge of situations that they often lose sight of the ways that they can pursue to work and triumph over depression. Markway (2014) notes that since depression in males is socially unacceptable they have a hard time in dealing with and getting over depression.

Depression is presented differently in every individual and turns unfavorably when the depressed males fail to be in control of their lives. Depression in males then becomes too overwhelming for them may lead to suicide.

According to Ronn:

“Lalake for me kasi diba dami reported cases ng male suicide. Kasi lahat naman ng tao nagkakaproblema, so tingin ko. Oo normal lang yun, pero mas na... parang nagiging masama yung ano nya yung nagiging kung ‘di ka marunong mag-handle ng sarili mo. (Ronn, 21)

Ronn’s transcript reveals that other negative effects brought by depression are more likely to be experienced by people who are not in control of themselves. McLure (2013) said that depression strikes some of us and not others, neither a moral weakness nor a character flaw and not a reflection of inadequacy or failure. The bottom line is that depression is a condition that reflects vulnerabilities which affect our ability to live effectively and happily.

Depression also occurs when males encounter heartbreaks in an intimate relationship. In line with this issue, males who actually become depressed because of this tend to resort in taking alcohol to put them at ease and temporarily get rid of their depression.

“Lalake, kasi siguro nahihya sila kaya naiipon at nagiging depresyon. Normal, sa relasyon yung madalas mag-away tapos

madedepress yung lalake. Inom” (Arvin, 19)

A survey by Elite Singles (2014) found that when it comes to relationship problems, it is the guys who suffer the most; Psychologist, Dr. Neberich, tells that the cause could be steeped in the fact that men have a propensity to overestimate a woman's interest, meaning that they also get brushed off and suffer from unrequited love more often that allows them to result into alcohol. Phillips (2011) explains that rather than discussing and resolving relationship problems, men have a tendency to associate themselves with escapist behaviors and alcohol.

On the other hand, Jimmy was the only participant who said that depression is not a normal condition that is expected to happen to anyone most particularly in males.

Jimmy stated that:

Tingin ko hindi naman po kasi halimbawa ang isang tao may problema at may napapagsabihan siya...malayo naman sigurong mangyari yon lalo na sa amin boys.” (Jimmy, 23)

Depression is less likely to occur when an individual (male) is capable of expressing his feelings and sharing his problems to people who are concerned about him. Radcliffe (2013) highlights open communication as a good way of abstaining from experiencing depression. A lot of helping professionals suggest this can target early detection of developing depression, however this is less common in males experiencing complexities in handling problems and emotional issues.

IDENTIFYING THE MANIFESTATIONS OF DEPRESSION IN MALES

Table 3 shows the frequency of selection among the given manifestations of depression in males selected and chosen by the male Criminology respondents.

Problems in thinking and concentrating as a typical manifestation (listed under the

criteria of Depression in the Diagnostic Statistical Manual of Mental Disorders-V, for both male and female population) and engaging into vices as an atypical manifestation (not listed under the criteria of Depression in the Diagnostic Statistical

Manual of Mental Disorders-V, mostly present in the case of depressed males) of depression were the most selected among the other manifestations by the majority of the male Criminology respondents.

Table 3. Frequency Distribution of Different Manifestation of Depression.

	<i>F</i>
Pagkain ng sobra	11
Mas pinipiling mag-isa	59
Sobrang pag-iyak	19
Walang interes sa mga Gawain	43
Iritable	31
Pabago-bago ng ugali	49
Pagkawala ng gana kumain	43
Nag-tangkang magpakamatay	57
Pagbibisyo	65
Sobrang pag-iisip o hindi makapag-isip ng tama	65
Sobrang pagka-lungkot	58

Cognitive

Cognitive refers to anything relating to mental cognition concerning the act or process of thinking, reasoning, and perceiving that affects functioning. Problems in thinking and concentrating as what the majority of the male Criminology respondents' believe to be a prevailing manifestation of depression in males can be supported by the indicated cognitive manifestations of the eight interviewed male Criminology participants (Arvin, 19; Jay, 18; Nebs, 22; Richard, 20; Ronn, 21; Tonio, 25; Richard, 20; Jimmy, 23) but the claimed and reported manifestations imply a deeper meaning and profound approach.

The cognitive manifestations of a male claiming to be depressed though covert can exceedingly thwart him from doing tasks because of problems in thinking, most particularly in decision-making.

According to Jay:

Yung iniisip mo litung-lito ka, kasi nga depressed ka. (Jay, 18)

When a male who claims that he is depressed is already preoccupied with disturbing thoughts brought by his perceived state, there is a high possibility for him to carry out futile undertakings because of his inability to think efficiently and constructively. In line with this a depressed male individual considers depression as an intermittent situation rather than an unremitting case that needs to get to the bottom of the prime solution because he himself cannot clearly understand his situation.

There are other cases when a male who claims that he is depressed can't just simply get rid of pessimistic thoughts like variety of problems that negatively strike his hope to progress beyond the difficulties that he is going through.

Ronn stated that:

"Mag-iisip na lang ng puro problema, wala nang nangyayari sa buhay mo. Buti na lang hindi ako nakapag-isip ng magpakamatay kasi mahalaga sa akin yung buhay dulot ng Lord na...ang buhay mahalaga talaga.."
(Ronn, 21)

The cognitive aspect of an individual, most especially for a male who is convinced that he is depressed is very powerful enough in mounting negative flow of thoughts that makes a depressed male think of more miserable views. Just like Ronn who can't just simply get enough of the problems; having a negative mental state in forming unconstructive thoughts to the point of seeing his life as a shadowy slate that seems to have no hope.

Arvin stumbled upon issues regarding his studies because of his inability to think fittingly but his case involved thoughts of harming others.

According to Arvin:

"Minsan po, iniisip ko na ayaw ko na mag-aral. Parang tinatamad na po ako. Ahm, ayaw ko nang...ayaw ko nang mag-aral. Tapos parang gusto ko pong manakit ng tao.."(Arvin, 19)

Although the contemplation of actually hurting others is in the form of thought, this could be accomplished when a male claiming that he is depressed is set off by something that would make him elicit that into action. One definite external trigger may cause him to burst uncontrollably.

Just like Arvin, Jojo reported problems in his academics; Jojo experienced problems in concentrating and he cannot grasp into his lessons that roughly affected his performance in school. He claimed that he could not understand anything and at the same time was bothered by the thoughts of leaving and death.

According to Jojo:

"Kung mage-exam ka, kahit anong review mo walang pumapasok sa isip. Yung gusto ko na lang maglayas. Wala ka ng maisip kundi mamatay na lang." (Jojo, 19)

Based on the transcript, someone who claims to be depressed is lost in thought. Thinking that there is nothing that he can do about what he is going through his life, as though is meant to become a box filled with problems and miseries in

committing inconclusive choices that will cause him no good at all and worse that could lead to suicide because of the absence alternative conventional choices.

"Halos hindi ka na makapag-isip ng tama, yung bang isip mo, wala nang pag-asa. Ayon. Yung mga chance din na ano, na nag-iisip kang mag-suicide." (Nebs, 22)

In worst cases, suicide or the thought of hurting oneself becomes an option for a male having depression as a perceived state which is communal for those who are in the pits of depression, those who cannot grasp vision on any brink of hope that without any warning sign, may be done right away.

The thought of killing oneself just like in the case of Tonio was due to the belief that nobody cares for him, that no matter what he does or in what manner he will explain his situation nobody will understand him.

"Naisip ko minsan yung suicide. Yung parang wala nang umiintindi sayo. Yung parang ganun. Parang walang nagcacare." (Tonio, 25)

Sociology index introduced 'egoistic suicide' as a form of a death instinct that a person thinks of when he contemplates that no one is concerned about him and therefore ending his life would not also concern other people. In the first place it was their choice to consign inhibitions and resistance to discuss about their claimed depressive condition. Males can never insist on the care that they feel are supposed to have from other people because they themselves are troubled as to the outcomes of openly discussing it or in getting any help.

While going through the perceived state of being depressed, a male may continuously think of the person/persons who caused him to claim that he is depressed in the first place, which as an outcome would be detriment to his situation. This is as in what Jimmy experienced when

he could not simply brush his mind his girlfriend off his mind.

“Gusto kong umuwi, gusto kong makita siya, gusto ko siyang mkausap, gusto kong malapit sakanya (girlfriend).” (Jimmy, 23)

In Jimmy’s case, what he is actually thinking about does not help his situation and thus makes his claimed state of depression worse.

Unlike the other interviewed Criminology students who claimed cognitive manifestations of depression, Richard’s thinking is directed to the things that he can do to put everything back to what it was before he went through his depression.

According to Richard:

“Kung ano ang dapat gawin.” (Richard, 20)

Though it is not an easy thing to get through depression, some males like Richard tried to break the negative thought pattern. This case is very unusual in males who are experiencing depression; thinking first of their problem and afterwards how can they take charge and alleviate it. One day action will occupy their minds and finally give them something to look forward to.

Behavioral

Behavioral manifestations refer to the recognizable activities done aggregate of responses to internal and external stimuli. Engaging into alcohol and vices was the other manifestation prevalingly selected by the most of the male Criminology respondents. This behavioral manifestation of depression can be observed by other people because behaviors elicited are overtly represented and are more common in males claiming that they are depressed. This can be supported by the accounts of the interviewed male Criminology participants (Arvin, 19; Jimmy, 23; Jojo, 19; Nebs, 22; and Richard, 20) who claimed that they experienced depression.

According to Nebs:

“Yayayain yung barkada, shot.” (Nebs, 21)

Drinking in the company of friends provides the depressed male a feeling of relief and some kind of freedom from the negative things brought by depression. Alcohol is also used to deal with their problems; then becomes an escape for them to forget their troubles, or to drown their sorrows.

Also to Jimmy:

“Umiinom para makalimot, nakatulala habang nag-iisip. Madalas magpapakabusy.” (Jimmy, 23)

Alcohol makes the brain and memory go fuzzy, some people actually forget what’s troubling them at least for a night but when the person wakes up, all the troubles are still there (Davan, 2014). Alcohol never fixes anything; in fact, it almost always makes things worse which makes Jimmy still take on other measures to preoccupy himself.

Males construe their perceived depression as a condition to be kept from other people. Richard became withdrawn from associating with other people. Through isolation, Richard preferred to separate and detach himself from other people and turned to alcohol to feel better; this can also be known as ‘self-medication’ (Benett, 2009), a common but unsafe and ineffective coping strategy for depressed males who are most likely isolate and withdraw themselves from social interactions and people.

Richard stated:

“Umiinom. Minsan gusto mo na lang mag mok-mok sa kwarto, sa buong maghapon wala kang ginagawa..” (Richard, 20)

Arvin with the similar situation added that:

“Mag-iinom. Gusto ko po palaging mag-isa. Mag-isa lang po ako sa kwarto, tsaka ayaw ko ng istorbo. Music music lang. (Arvin, 19)

Isolating oneself from other people, coupled with frequent alcohol sessions can mask their depression in the short term, but it does not treat the underlying causes of depression. In the long run, it can actually make their situations worse. This can open avenues for more problems or can be a road to alcohol addiction and more chronic infirmities in the future.

Other than alcohol, using marijuana was mentioned and claimed by Jojo when he was undergoing depression and other than that, he nearly ended his life by cutting himself using a blade.

According to Jojo:

“Noong na-depress ako, umiinom ako non tapos kasama ko yong barkada. Ayon nag try kaming mag marijuana tapos kinabukasan mas lalong lumala, mas lalong nadagdagan. Gusto kong maglayas, umiinom ako sa kwarto, kumuha ako ng blade, magpapakamatay na sana. Kapag lasing ka na wala ng mali at tama dagdagan pa ng pagka-depressed mo..” (Jojo, 19)

Jojo’s transcript strongly suggests that there is more than just drinking alcohol that males do which is in contrast to what the majority believed. Jojo used marijuana to make him feel relaxed or detached from reality for a short time. Making a statement about their personal concerns is indeed strenuous for males. Levant (2005), explains why males tend to engage themselves in substance abuse or alcohol abuse that make the success rates in attempting suicide more common in the male population because of the inability to be open about depression.

On the other hand, Jay and Tonio did other things to be cut off from their perceived state of depression for awhile.

According to Tonio:

“Nagkukulong sa kwarto at nagpaka busy.” (Tonio, 25)

A form of time-off, just like what Tonio did can help him for awhile but there are some issues to consider, that one day he may find himself in a stagnant and unprogressing way of life (depending on the severity of his depressive condition). Too much time away from interacting with other people may make him more miserable.

When the perceived state of being depressed has taken control, a male behaves like a totally different person just like what Jay claimed and what he did about that was to cry which is not usual for a male dealing with something hard to admit.

According to Jay:

“Parang wala po sa sarili. Ang ginawa ko po, nag-iyak lang po...” (Jay, 18)

The main benefit of crying is catharsis, or a purging or purification of your feelings through emotional release (Thompson, 2013). Through crying, a male who claims that he is depressed, like Jay, can let go of the tension that has been causing him pain because it serves as a safety valve that allows him blow off emotions that have built up too much pressure inside of him brought by the predicaments.

Other males prefer to do nothing and remain silent about what they are going through.

“Kasi ang nature ng lalaki pag may problema, tahimik lang.” (Ronn, 21)

Men are less able to outwardly talk about their feelings, express emotion or seek support from other people. For instance, talking is a waste of time and would not cause any change in their situation.

Affective

The affective aspects are focused on the feelings and emotions of a male claiming to be depressed. In the interview participants reported manifestations that involved typical signs of depression, feelings of

worthlessness and hopelessness, and they also showed depressed moods such as feelings of sadness which were not predominantly selected by the majority of the male Criminology students. The said aspects are directing to the relatively more emotional elements of depression were claimed by 6 of the interviewed participants (Arvin, 19; Jay, 18; Nebs, 22; Richard, 20; Ronn, 21; and Tonio, 25).

Nebs, one of the interviewed participants, felt as if there was nothing better to look forward to and his depressed mood was in the form of sadness and loss of hope.

“Malungkot, parang halos wala nang pag-asa.” (Nebs, 22)

Sadness and depression are often defined intersectingly; however, sadness can be dealt with and managed for a time but when inefficiently supervised may be a strong indication of depression as one of its affective manifestations that target a depressed individual's feelings and emotions disparagingly.

Jay's accounted affective manifestation directs to the feeling of being beaten down and being aware of losing his level of confidence.

“Nararamdaman ko? Lungkot lang. Parang wala kang confidence sa sarili mo po.” (Jay, 18)

Just like the set of circumstances concentrated on the cognitive aspects, emotional symptoms are also covert and therefore cannot be discerned by the people around other than the depressed male himself. Glover (2015), said that males who are convinced that they are depressed are hampered back by their apprehensions of being labeled as being too emotional when thrashing out details about their depression or feeling sad by just thinking about it and therefore this targets their confidence as males.

Feelings of sadness may also be adjunct to an atypical affective manifestation

that is common in depressed males, the imprecise and ambiguous feelings of anger. Arvin claimed that he felt really angry inside but he could not understand and clearly comprehend where this anger was coming from.

“Parang nakakaramdan ng pagkalungkot tapos madaling magalit, uninit ang ulo. Parang galit na galit ako na hindi ko maintindihan. Tapos nalulungkot ako, minsan masaya” (Arvin, 19)

This atypical affective manifestation can be a depiction of Arvin's self-hate. Knowing that he is in-charge of himself means he should be the one to solve the problem that he is dealing with which is more common in the case of depressed males. Arvin is through the impasse of wanting to undeviatingly express his emotions, but does this in an indirect and acceptable way. Reported anger and infuriation by depressed males is an indication of a more damaging and destructing internal (affective) wrath that is dreadfully difficult for him.

On the other hand, in Richard's case he feels that there is a need for him to find someone who would listen to him but there is nothing he can do that time.

“Parang gusto mong maghanap ng kasama tapos yung gusto mong mailabas pero wala kang magawa.” (Richard, 20)

Richard's assertion may perhaps be uncertain for a male who believes that he is depressed like him. It is his own fear of being judged that churns him more into his indefinite situation. Insel (2010) explained that males have unlimited choices in handling their perceived depressive state, they are just blocked by their own noxious ideas about depression.

Since males are inhibited in discussing about their remarked depressive condition; Because of keeping their problems and suppressing their emotions, the susceptibility of males to feel unexplained emotional hurt is common.

According to Ronn:

“Masakit sa pakiramdam syempre.”
(Ronn, 21)

Tonio added:

“Nasaktan talaga, mabigat talaga.”
(Tonio, 25)

Since depression is a topic that they could not openly discuss about, males go through emotional difficulties and nebulous demarcations of depression. Hollon (2012) describes this as males' fear that may take everyone off guard; silencing their feelings for so long that they haven't developed resources for handling them when they do arise, thus distinctly creating emotional difficulties.

Physical

Physical manifestations pertain to the properties relating to bodily activities. Just like the affective manifestations of depression, the reported physical manifestations of depression were not predominantly selected, meaning the male Criminology respondents do not consider the physical aspects to be a strong demarcation of depression in males. This aspect of depressive manifestation primarily involves unexplained heaviness, exhaustion, laziness, and being slowed down because of low energy. Six of the interviewed participants (Arvin, 19; Jimmy, 23; Jojo, 19; Nebs, 22; Richard, 20; and Tonio, 25) reported physical symptoms that can be symbolic representations of deeper, appalling inner disturbances that they suffer from due to depression.

Laziness can be an unwavering manifestation as a physical sign of depression, when a male individual tends to be lethargic about simple day to day activities; prefers to stay in bed and becomes sluggish when he thinks of doing mundane activities such as eating and doing undemanding household chores.

Jojo stated that:

“Ahm, tamad kumilos, lagi lang nakahiga. Yung ano, parang wala ka nang ganang kumain tamlay at laging pagod.” (Tonio, 25)

Nebs with the similar reported manifestation added:

“Ayon gusto mo na lang lagi lang tulog. So tamad magtrabaho, maghugas ng plato, magluto” (Nebs, 22)

Jimmy also added that:

“Wala ka nang ganang kumilos kapag naiisip mo. Wala kang ganang kumain, parang nanlalambot ka” (Jimmy, 23)

In the case of Jojo, Nebs and Jimmy, what they did can be a depiction of escaping the throbs brought by depression. Wolpert (2004) explains that, staying in bed for the most part of the day and having an indolent attitude towards moving or in complying to easy tasks is an indication of breaking away from the dismay brought by depression. For a time it can be helpful but as it continues on, it regresses the chance of a depressed male to move ahead.

Just like the interviewed participants above, Richard experienced the same but in addition to that, he reported unexplained heaviness and the feeling of being easily exhausted.

According to Richard:

“Kapag depressed nakapagod maglakad, hindi kumakain. Mabigat ang katawan. Gusto mo na lang uminom, magwala pero hindi mo naman magawa kasi mabigat sa katawan mo” (Richard, 20)

Not being up to his usual potency and agility alarmed Richard. His competence and adeptness impeded, Richard virtually became adrift of the imperative

things that he was apt to do; depression took the pleasure or enjoyment out of the activities that he once looked forward to.

Unexplained heaviness was also claimed by Arvin but marked with uneasiness at the same time.

According to Arvin:

“Hindi mapakali ma bigat syempre”
(Arvin, 19)

Uneasiness may lead to greater impairment, which often further isolates depressed people and prolongs symptoms. Lubow (2011) stated that psychomotor uneasiness can also lead to generalized restlessness. Psychomotor activities are the physical gestures that result from mental processes and are a product of the psyche.

Unlike the other participants who reported their own personal accounts in discussing about their physical manifestations of depression, Jojo claimed that even when he was not doing anything that could possibly cause him to feel somatic pain, still he suffered from a headache.

Jojo stated that:

“Wala kang ginagawa pero masakit ang ulo” (Jojo, 19)

For depressed males, physical or somatic complaints such as headaches, often result to inefficient and futile actions that can somehow be understood as just unadorned tiredness that without any difficulty can be resolved through rest (MacLeod, 2009). Depression and headache are clearly linked, pain and mood are actually regulated by the same part of the brain and the loss of certain neurotransmitters in the brain can cause depression symptoms and make pain feel even more uncomfortable (Hullett, 2015).

OVERCOMING DEPRESSION

The major theme here talks about how the male Criminology participants faced their perceived state of depression.

Under this are the following six subthemes: Selective Disclosure, Openness to Family and other People, Alcohol and Socialization Process, Distracting Self from Depression, Encouragement from Friends, and finally Acceptance and Moving on.

Selective Disclosure

Six of the interviewed participants (Arvin, 19; Jay, 18; Jimmy, 23; Nebs, 22; Richard, 20; and Ronn, 21) claimed they only opened up in a limited situation and in a definite circumstance.

In the interview, Jimmy chose to withhold his claimed depressive experience. He was selective in choosing whom to share his depression with.

Jimmy stated that:

“Hindi ganon eh, tinatago ko lang. Pinipili ko lang yung mga taong pinagsasabihan ko. Hanggang alam ko siguro na kaya ko. Ako naman kasi pagdating sa mga ganito ako ang laging nag-aadvise sa mga kaibigan ko. Ako hindi ako naga-share sakanila.”
(Jimmy, 23)

Being selective means Jimmy only chooses people whom he trusts and is very careful of disclosing to people who will criticize him for being convinced that he is depressed. Weiss (2013) explains that males only open up in situations where they feel safe and studies prove that this materializes only in rare cases. Biological differences play a key part in what males are supposed to communicate and not (Heinrich, 2009).

Arvin added that:

“Mga close lang po. Ang maganda wala naman po silang sinabing negative, basta ang sabi nila magtapos muna tayo..yun.”
(Arvin, 19)

Jay also added that:

“Kaibigan ko. Ahm..ang alam ko nakakatext ko lang po yung mga kaibigan ko..” (Jay, 18)

Richard also claimed:

“Mga kaibigan ko lang..” (Richard, 22)

Ronn stated that:

“Ah meron, ah oo. Mga kaibigan ko lang naman. Halos na nakakakilala sa amin, lately lang nila nalaman. Hindi talaga ako nag-inform kasi... Eh ako, itago ko man sa hindi, kaya kong i-handle ang problema. Lahat ng problema may solusyon..” (Ronn, 21)

This can be supported by the results of the study conducted by Bongolan (2013) that higher level of depressive symptoms was confirmed in students with low or moderate level of openness with their parents (most particularly those who were not living with biological parents). The absence of closeness to parents, limited parental presence, and conflicts in the families could trigger more depressive symptoms.

Nebs mentioned that it is unnerving for him to be open to his family members, most specifically to his mother because of his trepidation that he may be treated like a child because of what he is going through in that particular time.

According to Nebs:

“Ah sa friends lang po. Yun lang yun, kasi parang sa family parang awkward. Yung lalaki kasi parang kumbaga parang di tayo mag ano lalo na sa nanay. Parang magdikit siya, iniisip niya na ano bata pa ako. Pag sa barkada kasi magkasing edad lang kayo eh.” (Nebs, 22)

Perhaps for Nebs he can get various advices from people of the same generation and also dealing with similar concerns who can indisputably comprehend his situation. For Nebs, his family would take this pessimistically and in turn would worsen his situation. This can be supported by Kopolow (2013) when he mentions that males, specifically young adults, tend to solicit their friends' opinions; they often associate a negative impression to the thought of disclosing to their family.

The transcripts of the interviewed participants who chose to open up in a limited circumstance can be further supported by a study of Mellan (2014) in which it was suggested that the essence of traditional masculinity, is invulnerability. The more vulnerable you are, the less manly you are. Men get ashamed about feeling ashamed, about feeling depressed, a double stigma of having an emotional disorder and being weak. As a result, many men hide depression. Majority of depressed men feel that they should rely only on themselves and just a few selected people for it is somehow weak to seek help or to depend on someone else, even for a short time.

Openness to Family and Other People

Unlike the others who chose to put a ceiling on their claimed stories of depression, Tonio preferred to be open about his situation to his family and friends.

“Kaibigan at family.” (Tonio, 25)

There is an evidence from Orgroniczuk (2011) that suggests that when men articulate their problems by talking to family or friends, this is a very good sign in entering the road towards recovery.

Other than being open to both family and friends, Jojo explicitly considered social media (Facebook) as a means of discussing his depressive state.

“Ang sabi ni Pastor wala kang ibang lalapitan kundi ang pamilya mo at ang Diyos. May tumulong rin naman ang kaibigan, dinaan sa biro. Ako kasi ginagawa ko, ini-express sa status sa Facebook.” (Jojo, 19)

Considering that Jojo is comfortable in being open about his claimed depression probably he viewed depression as something that can be confronted effectively through openness which can be quite unusual for males, Robinson and Smith (2014) state that it is very infrequent for a depressed male to

unveil insightful information about his condition.

Alcohol and Socialization Process

Because of reporting a limited capacity to tolerate or communicate distress, males often lead to consuming alcohol as a coping strategy to obliquely express themselves and get through their depression.

According to Arvin:

“Tinertext ko po mga kaibigan ko. Sabi ko mag-inuman..”(Arvin, 19)

For Arvin, it is conventional for males to engage in alcohol; for these ways are considered to be more acceptable in a man’s world for it cannot be questioned.

Unlike Arvin, Jojo, who also conquered depression through alcohol, carried out concerns and hesitations regarding the company of his friends because for him most of them would just agree or appear to listen but they don’t really care about what he was going through.

Jojo stated that:

“Sa akin naman kung na-depress, pray kay God lang ang ginagawa ko. Pero hindi kasi ibig sabihin ‘pag nag-pray ka andiyan na agad. Sa akin kasi noong na-depressed ako ang ginawa ko, inom lang ng inom kasi nailalabas yong ano ba. Ang maganda kasi kapag depressed maghanap ng kaibigan, lapitan. Ang problema nga lang yong kabigang sasabihan mo oo lang ng oo, walang pakialam.” (Jojo, 19)

This can be supported by the findings of the study conducted by Bongolan (2013) revealing that students who drank alcohol showed higher depressive symptoms. The researcher also explained that alcohol intake had a lethargic effect and caused more difficulties. Sabin (2014) says that alcohol use also can make tolerance to antidepressants less effective and make depression worse. Numbing the pain brought by depression through alcohol intake will only cause more problems and confusion. It

is a challenge for depressed males to think appropriately and face difficulties in communicating their depression.

Distracting Self from Depression

In Richard’s case he involved himself in different activities in order to be distracted and preoccupied. Richard stumbled on adversities when unremittingly troubled by even the slightest reminder about what caused his depression.

“Ang ginawa ko umuwi ako sa bahay tapos kapag nalulungkot ako dumideretso ako sa barkada ko. Ganoon lang ang routine ko. Hindi naman araw-araw talaga, basta tuwing naiisip ko siya gumagawa ako ng pwede pagka-abalahan” (Richard, 20)

The transcript above notes how Richard generated and designed a tedious routine in order to take an avoiding action in keeping away from depression. This can be supported by McKay (2015) who suggested that, while there’s certainly nothing wrong with taking part in activities that distract a male individual from low moods, this can become a problem when those distractions are of a type that can make your depression worse or prevent you from living a thriving life; common distractions and escapist behaviors that are done too much.

Encouragement from Friends

To overcome their perceived depressive state, seeking some advice and getting words of encouragement from friends can be an effective way to fight depression according to Jay and Nebs.

Exchange of messages through text for Jay helped him get through depression; messages that facilitated his way in overcoming his condition.

“Ahm... Ang alam ko, nakakatext ko lang po yung mga kaibigan ko.” (Jay, 18)

Nebs with the similar coping strategy stated that:

“Yung number one lang talagang makaka ano yung barkada mo. Yung mga kaibigan mo, hindi yung walang magandang naidudulot sayo. Kasi pinapaliwanag nila ng maayos. Kasi pag depressed ka di ka na makaisip ng maayos, ng magandang...ano ba ito? Ng.. sagot ba. Sila, kumbaga, ano ba... sila yung mga sumasagot sa katanungan mo..” (Nebs 22)

Whether in the same generation or not, friends play an important role in helping a depressed male endure and outlive his condition by giving words of encouragement that would enlighten the depressed male's nebulous view about what he is going through. Even though depressed males lack the ability to state everything upright and conventionally, the mere presence of a friend would mean a lot to the depressed male (Nierenberg, 2014).

Acceptance and Moving On

On the contrary in overcoming depression, three of the interviewed participants (Ronn, 21; Tonio, 25; and Jimmy, 23) preferred to conquer and triumph over depression through acceptance and moving forward; depression just like any other form of unwanted condition or negative occurrence, would just go and diminish in time.

According to Ronn:

“Iniisip ko siguro ito siguro yung way na ni Lord na sabi niya “Kailangan pa bang may mawala bago ka bumalik?” So, baka yun yung way niya. So, tanggap ko naman kung anong desisyon ni Lord. Iniisip ko puro kay Lord lang kasi lahat ng bagay dito sa mundo is temporary lang diba? Yun nga sabi una-unahan lang, kahit masakit pero darating tayo sa time na yun.” (Ronn, 21)

Tonio who also chose to accept everything and move on stated that:

“Isa lang kasi ang tumatak sa isip ko, na kahit na anong depressed mo o problema mo, yung mga problema na yan, na-solve na

yan ng mga sinaunang tao pa o ano. Wag mong tapusin yung buhay..” (Tonio, 25)

And also Jimmy:

“Ako kasi namalayan ko nalang unti-unti ko ring natanggap, parang naramdaman ko nalang ‘ganitong petsa na pala!’ Tumatagal na pala ako ditto di ko namalayan na sa ganoong katagal nakayanan ko.” (Jimmy, 23)

Solomon (2014) suggests that though depressed males choose to battle depression by themselves and believe that accepting depression is a key moving beyond their situation it lessens their chance to progress effectively, unlike depressed males who prefer to do certain actions in refocusing their depressive thoughts, feelings and more.

Conclusion

It turned out that the concept of the male Criminology respondents about depression emerged from a combination of different problems. Though one interviewed participant can support this, still seven of them reported that only one event caused them to be depressed (one for financial, two for issues in family, three in intimate relationships, one for self-esteem issues, one for parental separation, one for reaction to loss). This means that even a clear-cut concern regarding one aspect in a person's life may already cause him to claim that he is going through depression. It was divulged that those interviewed Criminology participants are not really clinically depressed but only claimed that they were because sadness provisionally enabled them to overstress over their situation and suddenly restrain them socially, psychologically, and emotionally.

The male Criminology respondents claimed that depression is more common in males, confirmed and supported by the statements of the interviewed participants who even indicated that depression is normal in males. This can be associated to the learned helplessness model of Seligman

(1975); which predicts that depression is the consequence of an individual developing the belief that they cannot control external phenomena, most likely males who attribute bad events to themselves and who expect negative events to impact many areas of their lives are more prone to experience depression. Though there are said to be equal rates for men and women in terms of exposure to problems and vulnerability, the subjective accounts of the participants suggest that males appeared to be more affected. Since men learn to hide their emotional responses while growing up; by the time they become adults, men are unaware of how to describe their depression in words and their inability to voice-out and release their condition which is inhibited by their apprehension about what the others may say and cause them to suffer depression more.

In singling out the manifestations of depression, difficulty in thinking and concentrating and engaging in vices were the prevailing answers in most Criminology respondents. Difficulty in concentrating and thinking under the cognitive aspect of depressive symptoms, which is included in the Diagnostic Statistical Manual of Mental Disorders Edition V, is a typical symptom present for both men and women. On the other hand, engaging into vices which is said to be more common in depressed males used as a cover-up mechanism to hide the internal turmoil, and for self-medication because of not having the emotional language to talk about depression. Both selected manifestations were supported by the asserted cognitive and behavioral manifestations of the interviewed participants who experienced depression. The cognitive aspects involved difficulty in thinking and concentrating, which paved the way for problems in studies, decision making, thoughts of isolation, thoughts of suicide and harming others. The behavioral symptoms comprised withdrawing from other people, attempting suicide using a blade, using marijuana and drinking alcohol.

However, the interviewed participants also claimed affective and

physical manifestations they experienced when they were depressed. The affective symptoms included feelings of hopelessness, lowered self-esteem, sadness, longing for company, and unexplained anger. And finally the physical symptoms consisted unexplained heaviness, slowed movements, loss of energy, pains, uneasiness, laziness and loss of interest in interacting with others. This could be the reason as to why depression in males is overlooked, because most people cannot distinguish exactly if a friend or a family member is going through depression or not. Conversely, the changes and manifestations reported by the Criminology participants who claimed that they experienced depression were just normal and usual response to frustrations or disappointing happenings in life that in reality are not manifestations that indicate that a male individual is clinically depressed.

In overcoming their perceived depressive state, most of the interviewed male Criminology participants conferred information cautiously and disclosed only to selected individuals. Preferring to open up only to their close friends rather than their family members possibly shows that they are aware of the fact that their friends can give better company and advice. Though opening up and confiding is a good step, still it eludes the chance of the depressed males to consult helping professionals as an option for their recovery. It came out that the interviewed participants falsely believe that emotionally releasing and verbalizing a brief statement about their situation is enough to end their depressive torments. Some of them even resorted to alcohol intake, distracted themselves through preoccupation, sought out social support, and choosing acceptance and moving on.

None of the interviewed participants noted that they went to any helping professional. What is being emphasized here is that despite the fact that they able to manage their claimed depression through their own coping strategies, still their clarifications about their situation were not advised clinically and therefore they remain

disoriented about their condition. This impression puts forward unvoiced clarifications about male depression, seemingly because most men worry that society will look down on a man who can't tough it out on his own and that seeking help is not normal male behavior.

Implications

This study could be a helpful basis for further researches and studies about male depression most especially in the Philippines. This can also be a valuable compendium literature as an additional tool of reference not only in the country but also in South East Asia. It may be considered as a guide to readers about males' concept and experiences of depression. For the future researchers who want to further study depression, they can use the findings of this study as a support or it can be added as review of related study. Furthermore, they may look into the family background of the depressed Criminology males and interview the family members vigorously to confirm the reported statements of the prospect participants and to choose more profound themes where they can obtain more in-depth information about male depression.

For males who are experiencing depression, the researchers would recommend them to develop a positive social involvement, break free from their masculine beliefs and start communicating their emotions freely, to refrain from unhealthy means like alcohol and vices, and to break down tasks into small steps to avoid stress and pressure. If they think their condition is no longer bearable, they can seek professional help through school counselors and other helping professionals. The researchers will present the results and findings during the annual Research Forum and will distribute a pamphlet containing facts and principles about depression that would explain depression as a serious medical condition, early signs, precipitating and predisposing factors, possible causes, and how to overcome depression. Moreover, the researchers will conduct group dynamics

to the College of Criminal Justice Education male students before year 2015 ends.

References

- American Psychiatric Association (2015) *Depression*. Retrieved July 2015 from: <http://www.psychiatry.org/depression>
- American Psychological Association (2005) *Men: A Different Depression*. Retrieved December 2014 from: <http://www.apa.org/research/action/men.aspx>
- Arnett J. and Fishel E. (2013) *When Will My Grown-Up Kid Grow Up?: Loving and Understanding Your Emerging Adult*. (Chap 3, pg. 33-36)
- Beaton S. (2012) *Insights into Men Suicide – Reasons for gender disparity*. Retrieved January 2015 from: <http://www.health.act.gov.au/c/health?a=glob&object=1376625051>
- Beattie G. (2006) *Social Causes of Depression*. Retrieved December 2014 from: <http://www.personalityresearch.org/papers/beattie.html>
- British Dental Journal (2008) *Methods of Data Collection in Qualitative Research: Interviews and Focused Groups*. Retrieved January 2015 from: <http://www.nature.com/bdj/journal/v204/n6/full/0901192a.html>
- Bloch D. (2012) *Overcoming the Stigma of Depression*. Retrieved December 2014 from: <http://www.healingfromdepression.com/stigma.htm>
- Bongolan H. (2014) *Study from De La Salle University: Drinking, Smoking, Limited Parental Presence, Contribute to Student Depression*.
- Burn S. Ph.d (2013) *Do Women and Men Do Depression Differently?* Retrieved December 2014 from: <http://www.psychologytoday.com/blog/presence-mind/201308/do-women-and-men-do-depression-differently>

- Chiuck C., et al (2009) (*Psychology of Men and Masculinity: pg. 302-313 Vol 10: No 4*) A Qualitative Investigation of Depression in Men. Retrieved July 2015 from:
http://employment.education.uiowa.edu/jgreenfe/research/Men's_Paper_2009.pdf
- Corbano E. (2013) *Break Up and Divorce (Who Suffers from A Broken Heart? – Men or Women?)* Retrieved August 2015 from:
<http://journalarticles.ask.com/who-suffers-more-from-a-broken-heart-men-or-women/>
- Coulson J. (2013) *Separation and Children: The effect.* Retrieved August 2015 from:
http://www.unifamcounseling.org/pdf_file/71321/Research_Sheet_4_Separation_and_children.pdf
- Diagnostic Criteria for Major Depressive Disorder and Depressive Episodes (2013) Retrieved January 2015 from:
<http://www.psnpalalto.com/wp/wp-content/uploads/2010/12/Depression-Diagnostic-Criteria-and-Severity-Rating.pdf>
- Duckworth K. - National Alliance on Mental Illness (2009) *Depression and Men Fact Sheet.* Retrieved January 2015 from:
http://www.nami.org/Content/NavigationMenu/Mental_Illnesses/Depression/Depression_and_Men_Fact_Sheet.htm
- Englander K. et.al (2012) (Journal of International Woman's Studied Vol 13 #3 pg. 68) *Doing Science Within a Culture of Machismo and Marianismo.*
- Glover L. (2015) *How Men and Women Experience Depression Differently.* Retrieved July 2015 from:
<http://www.foxnews.com/health/2015/01/14/how-men-and-women-experience-depression-differently/>
- Gueren C. (2013) *How to Tell if your Guy is Depressed.* Retrieved January 2015 from:
<http://www.womenshealthmag.com/sex-and-relationships/signs-of-depression-in-men>
- Hammer J. & Vogel D. (2010) Sage Publications: *Men's Help Seeking for Depression: The Efficacy of a Male Sensitive Brochure About Counseling* (pp. 296-300) Retrieved July 2015 from:
<https://selfstigma.psych.iastate.edu/sites/default/files/Brochure.pdf>
- Hand B. (2007) *Depression in Men: Why It's Different (It's not Just s Women's Disease).* Retrieve December 2014 from:
http://www.sparkpeople.com/resource/wellness_articles.asp?id=828
- Hart A. (2005) (pg.2-8 Chapter 1: The Male Ego Unnerved) *Unmasking Male Depression.* Retrieved July 2015 from:
https://books.google.com.ph/books?id=1U_-1TUPDiMC&printsec=frontcover#v=onepage&q&f=false
- Harvard Health Publications (2011): *Recognizing Depression in Men.* Retrieved July 2015 from:
http://www.health.harvard.edu/newsletter_article/recognizing-depression-in-men
- Hunter J. NIMH (2012) *Research on Depression.* Retrieved January 2015 from:
<http://psychcentral.com/disorders/depressionresearch.htm>
- Insel T. (2010) *Transforming the Understanding and Treatment of Mental Illness: Focusing Depression.* Retrieved January 2015 from:
<http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- Kopolow L. (2013) *Gender and Depression – Different Experience of Feelings* (Symptoms and experiences). Retrieved December 2014 from:
<http://potomacgrovepsychiatry.com/2013/07/31/gender-and-depression-different-experience-of-feelings/>
- Levant R. (2005) *Helping Men to Help Themselves* (Vol 3 No. 6 pp. 57) Retrieved July 2015 from:
<http://www.apa.org/monitor/jun05/helping.aspx>

- Llades C. (2013) *Overcoming Depression: One Man's Journey Out of the Darkness*. Retrieved July 2015 from:
<http://www.everydayhealth.com/depression/overcoming-depression-one-mans-journey-out-of-the-darkness.aspx>
- Lubow C. (2011) *Experiences of Depression: Anxiety and Agitation*. Retrieved September 2015 from:
<http://www.goodtherapy.org/blog/experiences-of-depression-anxiety-and-agitation>
- MacLeod C. (2009) *When Depression Is a Factor In Your Loneliness And Social Problems*. Retrieved January 2015 from:
<http://www.succeedsocially.com/depression>
- Miller M. - Harvard Health Publications (2011) *Recognizing depression in men, from the Harvard Mental Health Letter*. Retrieved December 2014 from:
http://www.health.harvard.edu/press_releases/recognizing-depression-in-men
- Murakumi J. (2002) *Gender and Depression: Explaining the Different Rates of Depression Between Men and Women* (pp. 27 -33) Retrieved July 2015 from:
<http://bespin.stwing.upenn.edu/~upsych/Perspectives/2002/Murakumi.pdf>
- National Institute of Health Publication (2015) *All About Depression*. Retrieved January 2015 from:
http://www.allaboutdepression.com/gen_01.html
- Nolan H. (2013) *Men Just as Depressed as Women, Everyone Depressed*. Retrieved January 2015 from:
<http://gawker.com/men-just-as-depressed-as-women-everyone-depressed-1220965335>
- Ogrodniczuk J. (2011) *CFP: Men and Depression* (Vol. 57 No. 2 pp. 153-155) Retrieved July 2015 from:
<http://www.cfp.ca/content/57/2/153.full>
- Oldham J. (2005) *American Psychiatric Press Review of Psychiatry* (Volume 14, pp. 242-246) Retrieved July 2015 from:
<https://books.google.com.ph/books?id=alf&pg=PA242&lpg=few-studies-about-male-depression&source>
- Phillips S. (2011) *Men and the Hidden Danger of Depression* (Chap3, pp. 25-27)
- Pomerantz A. (2013) *Clinical Psychology: Practice, Science, and Culture* (Third Edition, part 3 chap 7 pp. 137-143)
- Radcliffe S. (2013) *Study Forces Conversation About Men and Depression*. Retrieved December 2014 from:
<http://www.mensfitness.com/life/study-forces-conversation-about-men-and-depression>
- Robinson L. and Smith M. (2014) *Depression in Men: Why It's Hard to Recognize and What Helps*. Retrieved December 2014 from:
<http://www.helpguide.org/articles/depression/depression-in-men.htm>
- Rottenberg J. (2014) *It's Time to Bring Depression Out of the Dark*. Retrieved December 2014 from:
http://www.huffingtonpost.com/jonathan-rottenberg/its-time-to-bring-depression-out-of-the-dark_b_4997205.html
- Sabin L. (2014) *Nearly one in two men feel depressed over Christmas, survey reveals*. Retrieved January 2015 from:
<http://www.independent.co.uk/life-style/health-and-families/health-news/nearly-one-in-two-men-feel-depressed-over-christmas-survey-reveals-9908855.html>
- Solomon A. (2014) *Depression is A Disease of Loneliness*. Retrieved December 2014 from:
<http://andrewsolomon.com/articles/depression-is-a-disease-of-loneliness/>
- Solomon A. (2006) *Our Great Depression*. Retrieved December 2014 from:
<http://andrewsolomon.com/articles/our-great-depression/>
- Solomon A. (2014) *Suicide, A Crime of Loneliness*. Retrieved December 2014 from:
<http://andrewsolomon.com/articles/suicide-a-crime-of-loneliness/>

- Spendelov J. (2014) *Health and Medicine: Men, Masculine Pride and How to Cope With Depression*. Retrieved August 2015 from:
<http://theconversation.com/men-masculine-pride-and-how-to-cope-with-depression-31382>
- Stat Soft *What are Basic Statistics?* Retrieved February 2015 from:
[http://www.statsoft.com/Textbook/Basic-Statistics#frequency tables](http://www.statsoft.com/Textbook/Basic-Statistics#frequency%20tables)
- Tang M. et.al (2014) *College Men's Depression Related Help-seeking: A Gender Analysis* (Journal of Mental Health, 23(5), 219-224)
- Tenorio N. - The Manila Times (2014) *Psychologists: Masculinity Can Lead to Depression*. Retrieved December 2014 from:
http://www.manilatimes.net/breaking_news/psychologists-masculinity-can-lead-depression/
- Thornton J. (2009) *The Science of Heartbreak: Men and Pain*.
- Tracy N. (2014) *Depression in Men: Understanding Male Depression*. Retrieved July 2015 from:
<http://www.healthyplace.com/depression/men/depression-in-men-understanding-male-depression/>
- Tsai I. and Chentsova Y.(2004) *Understanding Depression Across Cultures* (Chap. 20 pg. 467 – 480)
- Weiss R, Men and Depression (2013) *Men and Depression: Not Just the Same Sad Face*. Retrieved December 2014 from:
<http://blogs.psychcentral.com/sex/2013/11/men-and-depression-not-just-the-same-sad-face/>
- Weller C. (2013) *Male Depression Goes Untreated: How Society's Gender Roles Lead Both Sexes to Ignore Warning Signs*. Retrieved December 2014 from:
<http://www.medicaldaily.com/male-depression-goes-untreated-how-societys-gender-roles-lead-both-sexes-ignore-warning-signs-253107>
- Wexler B. (2006) (pg.2 Chapter 1: *Depression in Men and Women, They're not the same*) *Is He Depressed or What?* Retrieved July 2015 from:
<https://www.rtiprojects.org/downloads/book-Is-He-Depressed.pdf>
- Wolpert L. (2004) *Stigma of Depression – Personal View*. Retrieved December 2014 from:
<http://bmb.oxfordjournals.org/content/57/1/221.full>
- Zamosky L. (2015) *What Depression Looks Like – Manifestations and Signs of Depression in Males*. Retrieved February 2015 from:
<http://www.health.com/health/gallery/0,,20521449,00.html>