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A Study on Causes and Effects of Depression

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Abstract: Depression is a major health problem is lead to suicide. According to a World Health Organisation (WHO) report, India has the highest number of depressed individuals in the world. This means that one out of three individuals in India suffers from depression. Depression presents so many behavioural, physical, emotional, cognitive, motivational symptoms like; depressed mood, decreased energy, decreased or increased appetite or sleep, loss of interest in any activities, fatigue, feeling of worthlessness, suicidal ideation and poor concentration. Depression effects on peoples work and personal life. People of any age, caste, educational or economical or marital status or any country can suffer from depression. Every person wants good physical and mental health. In this study, we articulate an initial set of evidence-based causes and effects of depression and to contribute prevention of depression methods.

Index Terms - Anxiety, Depression, Humiliated, Mental Health, Psychology.

Introduction;

Depression is a common and serious medical illness, that negatively affects how you feel, the way you think, and how you act. Depression is a condition of disinterest in activities and a poor mood that can impact a person's thoughts, actions, emotions, and sense of well-being. In addition to feeling sad or anxious, depressed people may also feel unfulfilled, dissatisfied, abandoned, ashamed, irritated, humiliated, or restless. Depression may disrupt daily life and hurt a person's loved ones as well as themselves physically, mentally, and emotionally.

Significance of the study;

Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years. Approximately 280 million people in the world have depression. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when recurrent and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Over 7,00,000 people die due to suicide every year.

Although there are known, effective treatments for mental disorders, more than 75% of people in low- and middle-income countries receive no treatment. Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders. In countries of all income levels, people who experience depression are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants.

Statement of the problem;

The estimated annual loss of life due to depression related suicide is 8,50,000 deaths per year based on world health organization. The world health organization predicts that by the year 2022, the depression will be the second leading cause of health impairment worldwide that leads to suicide. Based on these statistics, all the age groups have been identified as the population with the highest probability risk for depression.

Objective of the study;

The study of the research is as follows

1. To know the general meaning and nature of depression
2. To study the causes and effects of depression in general
3. To offer suggestions for overcome depression

Methodology of the study:

The methodology is incredibly needed to construct the analysis work equally qualitative and quantitative ways in which were used with in the study. The data was collected from primary source and secondary source.

Primary data obtained through observation and direct communication with respondents, the information obtained under this method relates to what is currently happening the behaviours of individuals, the secondary data has been collected from various articles in newspapers, reports, books on the subject. The collected data was systematically arranged and analysed.

Review of Literature;

Depression constitutes 40% of mental illness¹. It is defined as a common but serious mood disorder that affects how an individual thinks, feels and handles daily activities for 2 weeks or longer². Its complex etiology involves the bi-directional interplay of biological vulnerabilities, developmental adversity and environmental stressors. Stressful life events, especially early life traumatic events, are strongly linked to depression and the trajectory is shaped by socio-economic and psychological factors. Depression is associated with suicide, personal suffering, reduced quality of life, and increased risk of medical co-morbidities³. About 63% of patients with depressive disorder did not have a good quality of life⁴, due to which their job, interpersonal relationship, life satisfaction and recreation were affected⁵. Depression alone is the single largest contributor to global disability⁶ accounting for 40.5% of disability-adjusted life years (DALYs)⁷. Depressive disorders are expected to account for the highest proportion of DALYs by 2030 in high-income countries, the second highest in middle-income countries and third highest in low-income countries⁸. Depression significantly contributes to the burden allocated to suicide and ischemic heart disease, thus making it a public health priority⁹. WHO states that only 42% of primary care patients with major depression were recognized by their physicians as having depression¹⁰ as they do not seek help for psychological problem instead, they present with somatic symptoms to their physicians, hence their depression often goes unrecognized.¹¹

General Causes and Effects of Depression;

There are many factors related to our environment, which are also related to the acceleration of depression. This may be,

- Loss of our loved ones.
- Stressful home situations.
- Sexual abuse in the family.
- Any physical disease that requires constant care.
- Lack of attention, love & support.
- Negative view of self & the world.
- Lack of motivation.
- Getting fixed on certain negative thoughts.
- Childhood trauma.
- Negative impact on a child because of society.
- Being body shamed.
- Being bullied.
- Financial difficulties.
- Gender discrimination.
- Trolling on social media platforms.

Analysis With Perceptions and Reflections of Respondents

Loss of Our Loved Ones;

We hope that a few techniques can relieve that pain and help you move forward while honouring their lives. It's not that simple so as you watch a video of techniques to relieve your pain understand that it's never as simple as a step-by-step guide if you feel overwhelmed there are professionals, family, and friends to whom you can reach out to you are not alone. Accepting our grief sometimes feels like a battle in our minds, part of us just wants to reject the reality of what has happened and sometimes we reject our deepest emotions which burn and twist deep inside of us. But, it's important not to let yourself become numb to those feelings and understand why you're feeling them. let them flow through every fibre of your body remembers there are no right or wrong feelings. It's okay to feel everything that you're feeling even if it's confusing or disturbing companionship is the key the people around us make a huge difference when we're dealing with grief but as many experts have noticed they can either help or hinder our healing process some try to fix our grief encouraging us to get over it.

This is very helpful by having the best companions during these dark times who know how to listen sometimes there are no words to express how we're feeling and no words to reassure and those people understand.

Use art as an outlet those deep heavy feelings of grief aren't just going to disappear but you can channel those feelings into something creative art is one of the most helpful healing methods in the book.

Psychotherapist, Megan Devine recommends taking those emotions and pouring them into a painting a graphic novel, or any other art form that gives you an outlet artistic for expression and lets your grief off your chest as it's a form of emotional release writing a journal, sometimes it's easier to keep silent rather than express our emotions however most psychologists agree that, it's not a good idea to bottle everything inside isn't your thing. Keeping a journal is a great way to understand your emotions including grief when writing about our emotions, we confront dissect, and ultimately come to terms with them based on the research on journaling in the psychological community. We understand its benefits especially if you write over the course of multiple days, you don't have to share your journal with everyone and that gives you total freedom to truly express yourself and create your rituals to honor those who have passed. Your ritual could be something really simple such as pouring your loved one a cup of tea and thinking of a memory of them while their cup sits and steams. It doesn't matter what you believe in this is just a way for you to honor their memory plain.

Most modern psychologists agree that grief is not linear and can't be summed up as a simple equation or formula. Grief is experienced differently by everyone focus on how you are healing presently without anticipating what the next stage of this process may be...

Sexual Abuse;

Sexual abuse is when someone touches the private parts of our body. Any sort of trauma can have long-term impacts especially when the trauma is experienced in childhood or adolescence. When trauma is repeated as is often the case with sexual abuse, the effects are even more pronounced as a survivor of child sexual abuse. Your brain can be well trained to communicate specific responses to keep safe from situations or people that remind you of the abuse you experienced and while some of those responses may have served you well in your childhood, they can be troubling and disruptive in situations. Where there's no immediate danger you may feel like you are in a never-ending loop of trying to predict or prevent the next crisis which is a major barrier to experiencing joy or contentment.

The good news is that it doesn't have to be that way as you learn more about trauma and its impacts on the brain and body. You'll begin to notice the automatic responses. Your brain initiates as a way to keep you safe. Gradually, you can work to improve the communication between the parts of the brain that help you analyze situations and solve problems what we call the frontal lobe, and the parts that work that keep you safe. What we call the limbic system, this strengthened connection b/w the limbic system and the frontal lobe will empower you to feel more able to manage your symptoms and emotions. There's no quick fix to healing from trauma instead healing is a gradual process that requires work practice and support. So, while we can't offer a quick fix, we can offer some great resources to help you better understand how trauma may have impacted your brain provides activities to reconnect with your brain, and suggests strategies for managing symptoms. Our resources & service can be very effective and you may find that there are most effective when combined with the support of a trauma-informed therapist. While trauma takes its toll on the brain and body healing is possible.

Lack of Love and Support:

Lack of parental attention can have negative consequences in childhood and later. Children with uninvolved parents do poorly in almost every area of life. If they don't get the love they need, it means they can't recognize and identify the feelings they're experiencing. Some babies may face problems later in life due to the lack of emotional sensitivity and love of their caregivers. The lack of love and affection in childhood makes their relationship with themselves the most difficult relationship they will ever have. A complete lack of boundaries at

home makes it difficult to learn appropriate behavior at school and in other social situations. Feelings of dislike usually stem from self-doubt due to early difficulties.

The person may have been taught that they are terrible and unlovable. He can find love for others by being extremely kind. However, this may be unsuccessful because the motive of kindness will not be pure. Lack of love can also manifest as distrust and other negative ways. These include fear, anger, rapid heart rate, disgust, and lumps in the stomach. Fear usually puts you in a defensive mode. Walls are built in your relationship to prevent some level of intimacy. The effects of lack of love and mistrust can destroy a relationship like fire. To prevent mistrust from taking root, both parties must constantly cultivate and develop trust. To make up for a lack of trust in a relationship, you may invest too much in hobbies, school, work, or other activities.

Getting Fixed on Negative Thoughts;

The biggest overall thing that makes you depressed is your thinking, and the most important factor for eliminating depression is to change your thinking. Do not think of negative thinking as a "symptom" of depression, which is a common mistake people make. Instead, think of it as a factor of depression - which you've got to change to stop being depressed. Negative thinking leads to depression, so it's important to challenge your negative thoughts and replace them with more positive ones. This is not about forcing yourself to think positively, but rather to understand why a positive thought is better and more sensible than a negative one. If you want a therapist to help you with this, find someone who specializes in cognitive behavioral therapy (cbt). Depression's basic symptoms are persistent emotions of despair, emptiness, guilt, and indifference. According to one research, sadness can cause some parts of the brain to shrink. Brain inflammation can induce brain cell death, resulting in impaired cognitive performance. Negative memory bias is the tendency to recall more negative information rather than better or neutral information. According to research, depression can induce changes in breathing, which can lower the amount of oxygen in the body.

This can result in brain cell damage and death. Researchers anticipate that these discoveries may lead to novel therapies that target bad memories.

Lack of Motivation;

One of the hallmarks of depression is a lack of drive to accomplish things you know you should. You don't have to wait for motivation to get started. Action generates motivation, and if you exercise strenuously, you may notice a rise in your energy level. You can turn depression's vicious spiral into a virtuous cycle of activity and motivation. Set clear objectives for the coming day, week, month, and year.

Recognize that you can achieve your objectives even if you don't feel like it. Behavioral activation methods for depression emphasize acting as if you are not sad to behave your way out of depression. If you're feeling down. A common and important sign of depression is a lack of drive. People suffering from depression may lack the motivation to accomplish or participate in daily tasks. In a person suffering from depression, a loss of motivation might set off a vicious cycle. Breaking the pattern can be tough, and the individual may discover that they are unable to create a drive on their own. If you are suffering from depression, a tailored treatment plan might help you reduce your symptoms and rediscover your motivation.

Transcranial Magnetic Stimulation (TMS) and Brain Therapy TMS are two alternative therapies for depression. Socializing with supportive friends and family can help you stay motivated and accountable. If you have tried many antidepressants with little results and are searching for something new.

Childhood Trauma:

The effects of childhood trauma vary from person to person. It may have a substantial impact on some people's mental health. Others may experience the emergence of long-term physical health issues.

Numerous factors, such as your temperament, finances, and environment, determine how trauma will affect you. Healing is always a possibility. Any important incident that overwhelms a child's capacity to function and manage is childhood trauma, often referred to as developmental trauma.

Trauma typically entails situations that are viewed as extremely dangerous, either physically, emotionally, or both. However, what is traumatic for one person may not be for another, and vice versa. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition of the American Psychiatric Association does not formally diagnose childhood trauma (DSM-5). Rather, it is indicated as a potential. A traumatic event is any frightening, perilous, or violent incident that puts a child's physical safety, well-being, or bodily integrity in jeopardy, according to the National Child Traumatic Stress Network (NCTSN). When faced with a stressful situation as a youngster, some kids experience child-traumatic stress, a visceral reaction that can persist for years. Children may have distinct effects of post-traumatic stress disorder (PTSD), a mental health disease. Following a stressful experience, PTSD may develop in up to 15% of girls and 6% of boys. Long-term cognitive issues and academic difficulties are further effects of trauma.

Childhood trauma can have long-lasting impacts. The optimum healing tactics can be determined by patients and mental health experts together. Counseling and medication are also valid solutions.

Being Body Shamed;

Depression's lethargy, which acts as a gravitational pull to slow down time, is a huge impediment to getting things done on its own. People cease acting in line with their principles (such as the need to be dependable or productive) or self-images. According to her, depressive people who struggle with low self-esteem tend to dread rejection or failure. Morgan: People who are depressed are mired in the muck of despair because depressed brains pay little attention to happy events. People are less inclined to talk about their sadness and seek assistance if they feel greater shame.

The vicious cycle of low energy > low self-esteem > loss of accomplishment > shame > low energy may be broken. Try to imagine that you are depressed. As the term implies, body shaming involves making fun of someone's bodily type or form. Although the phrase "fat shaming" is relatively new and has just lately been discussed, the behavior has been around for a very long time. Both men and women experience body shame, but a 2016 study found that women experience it more frequently and consistently while males report feeling more confident as they become older. Body shamers may develop self-criticism and have a hard time embracing their bodies for what they are. They could end up with poor self-esteem and confidence as a result, and they might suffer personal or professional setbacks as a result. People who are subjected to constant criticism may become so nervous. Body shaming is never anything to be proud of; folks who have body shame frequently have low self-esteem. Remember that what other people say is based on their preconceptions and assumptions, not on who they are as a person.

Financial Difficulties;

Financial hardships and mental health issues can interact in a vicious cycle that becomes worse over time. It's more difficult to organize and handle money matters when you're in bad mental health. As a result, you experience dread, anxiety, and concern, which again has an impact on your general mental health. It is possible to break free from the cycle and make changes that will benefit both your emotional and financial well-being. Debt may grow out of hand and serve as a fuel source for mental health problems.

The idea is to prioritize paying off the debt. Your payments must be your primary concern soon, along with consolidation. In the long run, consider setting money aside "for a rainy day."

Financial stressors can be an important risk factor for suicidal ideation and suicide attempts. People who have recently experienced financial hardship are at a 20-fold higher risk of attempting suicide than those who have not. The researchers warn that, due to the current pandemic's impact on economies, suicide attempts may become an even greater worry shortly. The authors note that their study did not measure all dimensions of financial strain, such as a person's current risk of homelessness or the nature of their job loss. If you or someone you know is having thoughts of suicide, talk to someone.

Growing evidence suggests that there may be a genetic link associated with suicide. What places a person at risk of suicidal thoughts or behavior is multifaceted and likely involves an interaction among genetic factors, learned behaviors, and personal circumstances. A long-lasting solution is more likely to emerge from identifying and addressing particular issues. Decide what your priorities are, then translate them into specific, attainable goals. Decide whether you can cut costs, earn more money, or do a combination of the two. Paying off your credit card debt could be a good medium-term objective.

Gender Discrimination;

Although more women than males finish college, graduate incomes remain lower. The effects of colonization and violent dispossession have worsened gender inequity for Aboriginal women. Women who live outside of urban areas frequently lack access to public services and are more likely to experience domestic violence and poor health outcomes. Because it frequently results in sexual harassment and assault, gender discrimination can be fatal.

Migrant and refugee women are 11 times more likely to die from family violence than other women. Aboriginal women's experience of gender inequality is made worse by the impacts of colonization and violent dispossession. Women living outside of metropolitan areas often do not have access to public services and are at greater risk of poor health outcomes and family violence. Trans and gender-diverse people may feel forced to hide their gender identity when using services. Women are more susceptible than males to depression as a result of many sorts of stress, uneven power and position, psychological stress, and sexual assault. Severe life experiences contribute to feelings of loss, inferiority, humiliation, and entrapment—all of which are risk factors for depression. Women who have been emotionally, physically, or sexually assaulted as children or adults have a higher risk of developing depression at some time in their life than those who have not been abused.

Gender discrimination can be deadly in that it often leads to sexual harassment and leads to a high range of depression. Young people are especially affected by the lack of reproductive care, which makes it harder to get an education and access professional opportunities. There are 218 million women in low-income countries who want to avoid pregnancy but aren't using modern contraception. As of September 2021, 26 women were Heads of State or Heads of Government in 24 countries. It will take another 130 years to reach gender equality in the highest positions of power. Gender discrimination won't be eliminated using a "trickle-down" method where resources are focused on privileged groups.

Trolling on Social Platforms;

Cyberbullying may occur anonymously, making it easier to bully others with no repercussions - this has to change. The fundamental motive for trolling and abusing on social media nowadays is "I want someone else to feel equally as horrible as I do." It is comparable to self-harm, except the injury is focused outwards rather than inwardly. Trolling on social media harms a person's motivation, increases the chance of suicide, and causes post-

traumatic stress disorder. Positive peer connection was the most effective barrier against being a victim of cyberbullying.

Cyberbullying exacerbates sadness and anxiety. Young people idolize social media influencers, with an emphasis on exterior appearance, success, reputation, and renown. Making comparisons with strangers. How to recognize them and defeat them. Although there are many various kinds of social media trolls, we have chosen some of the more prevalent ones. Trolls typically create false identities on social media to help them feel more comfortable. They have no direct knowledge of their victims and are ready to strike at any time. The primary objective of social media trolls is to stir up controversy on social media; they don't do it in a personal manner. You can attempt a few strategies and solutions to get rid of one or many trolls. The best thing you can do is to ignore their comments, wait till they weary, and then they will cease making nasty remarks.

Findings of the study;

Depression runs in families from generation to generation. This is not what we get through heredity, but this can be one of the reasons, that why you are like this.

Ever Blamed Yourself?

When Going Through Depression,

Ever Wondered, Why Me?

Stop Blaming Yourself. It Is Not Only You.

When going through depression, it is quite common to find ourselves guilty for the same. Don't compare yourself with others. There are these many reasons dear, Maybe, you are not the only one who is suffering from this. So, don't feel bad.

I can help you with some of the symptoms we get when we feel depressed. These might not be taught in schools, but I wanted you all to be aware of these symptoms.

This includes,

- ❖ sadness
- ❖ tiredness
- ❖ trouble focusing or concentrating
- ❖ unhappiness
- ❖ anger
- ❖ irritability
- ❖ frustration

Know the difference between the versions within yourself. Stay calm. Think once,

Prevention of Depression:

So, distract your mind from depression...

- Reading positive or self-help books:

This is a good and effective way to get out of depression for people of any age or gender.

- Breathing exercise:

This includes deep breaths by sitting or sleeping.

- Meditation:

This is mentioned here just for those who can perform and not for children or those who do not like to do it. The best way is to meditate with your ears closed with headphones or by listening to music. It calms your mind and accelerates new peace within yourself.

- Trying to socialize:

This includes going on a picnic, tour, movies, hotels, etc.

- Go for a walk:

Walking is of great benefit to getting out of depression.

- Interact with others.

This is a primary treatment for the causes of depression. Spend time with people you love. Avoid people who discourage you. or else, try a hug with your mother, father, or your friend. Tell them, what you are worried about, and what/whom you are afraid of.

Conclusion;

In our study the prevalence of depression is a major public health concern. The risk factors include middle age, widowed status, low level of education, unemployment, low-income population, those living as a nuclear family, residing in temporary house, poor social support, not perceiving depression as illness, perceived stigma, low level of professional help seeing are significantly associated with depression. After analysis, low income, living in a nuclear family, residing in a temporary house, poor social support, not perceiving depression as illness, low-level of professional help-seeking are significantly associated with depression. Thus, this study helps in initiating interventional program promoting help-seeking behavior among depressed individual and anti-stigma campaign, propagating mental health awareness and treatment.

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