
Teenage Depression: Causes And Prevention

Most of the people feel sad, it is mostly seen in teenagers. If extreme sadness occurs, so that hopelessness, helplessness worthless –ensue for many days or weeks and ends in life – DEPRESSION.

The individuals in the age group of 10 -19 belong to teenagers. As a teenager, it is too tough to maintain the situation. There are a lot of changes taking place in the body and brain that build a huge problem in learning, thinking, and behaviors. It is crucial to notice that the behavior of unhappy teens might vary as compared with other non-depressed teens.

It is different from adulthood and childhood depression. Teenage depression is one of the highest of all psychological disorders as increasing worldwide. In this research, we had focused on international students in 1st year who all are studying medicine at TMA in TBILISI. A recent survey conducted by Mental Health America in 2016 indicates that 1 out of 5 teens is suffering from clinical depression . Girls are at the highest risk of this disease. Teenage depression is of four kinds: 1) Bipolar depression. 2) Major depression 3) Adjustment disorder 4) Dysthymia. Depression is not caused by one cause and one single medication is not enough helpful to overcome that deadly one. There should be some preliminary and error practices so that it is easy to determine which one performance appropriately and effectively.

While conducting this research, we will come across the following research questions:

- 1) Do you feel that you have depression?
- 2) What are the causes that make you depressed?
- 3) In your opinion how you can manage that?

The research used articles and reports that fulfill criteria- causes and prevention of teenage depression, diagnosis, and different treatments.

Do you wonder whether you are a bad-tempered or unhappy teenager, might actually experiencing teenage depression? Teenage depression faced by International students is a serious issue, but it can be helped you to know the causes and remedies. In teens signs of depression are much more irritable and they feel a sense of sadness, body pains such as headaches or stomachaches, unable to take criticism and withdrawal from some of their peers, or even change their circle of friends and family members. Unrealistic academic, social, or family ambiance can make a strong feel of deterioration and can bring about strong disappointment. When things go wrong at college teens usually overreact. Most of the 1st years are always in a depressed mood. Thus we had observed mostly those who came from India. But those students from other countries like Nigeria, Iraq show only less depressed as compared with India. Many of them feel that life is unfair or that things 'never go their way.' They feel tensed and confused. To generate stuff worse, students are swamped by conflicting messages from parents, friends, and society. Teens see more of what life has to offer — both good and bad — on social Media. They are also compelled to read about the hazard of AIDS,

even if they are not sexually active or testing drugs. There are variations taking place in their body and brain that can affect what they grasp, think, and behave. And if they are facing difficult or stressful situations, it is normal to have emotional ascending and descending.

Primary causes of depression among mostly 1st-year students are keeping distance from family, parental conflict (with or without divorce)poor social skills, friends (too much intimacy and criticism), peer pressure, sports, changing hormonal levels in developing bodies, and personal life. Its sign includes the perception of weakness and despondency, lack of interest, consolidation problems, yearnings and weight changes, anger, and anxiety. These students are at risk of loneliness, alcohol and drug abuse, health complications, suicide pursuit. While coming to college most of them are engaged in dating, junk food, and drinks, overuse of drugs and alcohol. Mostly in girls overuse of beauty products, acne creams are also added in changing hormonal balance that leads to depression.

What to do? When concerned, discussing with them and teachers among colleges, however, both of these groups needed more training in diagnosing this deadly disorder.If there is a valid concern, searching for help from psychological health specialists is a good idea for treating them, so that most of them can overcome depression. We have analyzed three different pathways to treat depression.Here as follows:

- 1) Using cognitive behavioral therapy (recognizing and changing negative thoughts).
- 2) Using antidepressant medication Prozac.
- 3) Used a combination of medication and CBT.

At last 3 out of 4 (girls and boys from INDIA) are treated by combination medication. So that 80%girls showed changes from the situation of moody and cheered up.

A recent study of National Survey of children health 2003, 2007. : Prevalence of current anxiety increased between surveys 3.5 (2007), 4.1% (2011-12). By comparison, the prevalence of current depression showed no significant change; 2.5 % and 2.7% [Publisher Kluwer, Apr 25, 2018].

When unhappy students admit the demand for aid, they have seized a primary footprint close to rehabilitation. Yet, recognize that petty of them pursue aid on their manner. They may use inspiration from their companions and guide from concerned adults to pursue aid and chase medication instructions. Occasionally, they touch so tensely that may lead to ending their lives. Every year, virtually 5,000 young people, ages 15 to 24, poison themselves. The amount of suicide for already stated age gangs has approximately tripled since 1960, accomplishing it the third dominant element of mortality in teenagers and the second prominent element of mortality among college-age youth.

Studies explain that suicide pursuit encompassed by them can be stationed on a lifelong dilemma produced by a precise case. Suicidal ones may prospect a transitory position as a perpetual status. The perception of annoyance and suffering connected with excessive regret may lead to spontaneous, self-disastrous acts. Although students are in the moody stage (depressed), they have a tenacious pace presuming that their attitude cannot improve. But specialist medication could bring a vivid shock to their lives. It can lay them back on the path

and make them concern for the future.

Thus we had analyzed our own most effective ways that decreased depression in students. Try to make unique companions. Healthy communications with peers are basic to a teen's self-respect and provide important social mobility.

Participate in sports, jobs, school programmers, or funs. Staying busy helps the teens to focus on positive activities rather than negative perceptions or behaviors.

Join associations that contribute to certain activities for teenagers. Special programs that cheer up to the needs of adolescents aid to develop extraordinary interests.

Ask a trusted grown-up (adult) for guidance. When problems are too much to handle alone, teens should not be scared to demand aid.

eduzaurus.com