



DEPRESSION: CAUSES AND MANAGEMENT



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ABSTRACT

The research article “Depression: causes and management “ is compiled by Mr. Benu Pd. Sitaula, a PhD research Scholar in SVN University, Sagar, MP, India for the purpose of fulfilling the requirements of doctorate of Philosophy. The main objectives of the study are to find out present status of depression, its causes and suggest remedial measures. It is found that Biological cause, social cause, personality, Psychological cause, Social and cultural cause and multifactor causes are responsible for depression. It has brought different problems and complexity in human life, to the some extent it can be minimized.

Keywords: Depression, effect of depression, stages of depression,

METHODOLOGY:

It is a descriptive and analytical type of research article where only secondary data are used. Different research paper, books and websites are the sources of study.

OBJECTIVE OF THE STUDY:

Depression is one of the most common psychosis found in adolescence and sometimes in other stage of human development. The etymological meaning of depression isaccording to advanced learners dictionary depression isit is the stage of pessimistic attitude of people that creates anxiety in their feeling. It is also known as mood disorder. Depression is an extremely common problem and it can be extremely painful one, regardless of the individual's age or life circumstances. Certainly not all depressive episode end in suicide, but some do. Even in case where the end is not tragic, the pain and suffering

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endured by the depressed person can be instance .the insanely painful nature of this disorder , and high incidence ,have spurred many to study depression and its causes .

Some of the psychologists emphasizes the cognitive aspects of depression .they see depression primarily as a thoughts disorder and only secondary as a mood disorder .according to them depressed person are dominated by negative views of self , the outside world, and the future .they see themselves as losers ,and all their perceptions are colored by this major premise . beck [1974]further processed people experience major distortions of logical thoughts .

They are :

- Arbitrary inference[drawing a conclusion based on too little evidence]
- Selective abstraction[drawing a conclusion by concentrating on one detailed aspect of situation]
- Overgeneralization[generalizing the situation from limited circumstances]
- Magnification[exaggerating the situation]
- Minimizing[limiting the information]

1. **Causes:** There are various causes of depression.

1.1 Biological causes:

Biochemistry disorder is considered the main causes of depression .Heredity and neurophysiology come under this factor .it is said that a child brings the causes of depression in its birth from his parents .The research has found that the child from the depressed parents is also depressed. Bridge said the chance of depressed child from depressed parents is about 80%. Some scientists found that the disorder seen in internal organ in our body like disorder in digestive system, disorder in circulatory system and disorder in endocrine glands also brings the existence of depression.

1.2 Personality:

It is clear that there is the difference among the individuals. personality is the product of outer and inner character of a person .it also differs from person to person .the person having intolerant symptom ,rigid conscience ,immediate guilt feeling ,over ambitious ,over interactive ,over introvert may be the victim of depression in uncontrolled and negative situation .



1.3 Psychological Causes :

Maladjustment in society ,death of a loved one ,separation of loved one ,hard struggled in life , un success in life ,break up in love and desire to get sympathy from others sometimes may be the causes of depression .

1.4 Social and cultural factors:

Society is a big and advanced platform for a person to be developed and civilized .there are various social norms, values and culture in society .we have been following many customs, culture, tradition as a social rule . we enjoy in them .but in the meantime there are some unhealthy social rituals ,traditions ,economic disparity ,gender diversity ,faulty social learning ,corruption ,run after money and other disturb our living ,feeling and reading of society and life .as a result it may clear the chance of depression.

1.5 Multifactor Causes :

As it is true of schizophrenia ,few researchers expect to find a single ‘magic bullet ‘that will completely explain the causes of depression .instead ,investigators are piecing together an account of how multiple factors interact to produce depressive episodes. Some of the factors are likely to be biological in nature, and some of the biological factors may be partly hereditary. other factors such as life experience, social interaction ,and cognitive process seem likely to play a role when added to basic biological vulnerabilities .finally ,these pieces of the puzzle may well be put together differently for different group of depressed people .depression is not easy to understand but the experts are making progress in it .

2. Characteristics:

- Depressed mood most of the day
- Reduced interest of pleasure or most activities
- Loss in weight
- Decrease in appetite
- Diminished ability to think
- Suicidal acts
- Life seems to have lost its vitality
- Often seems with tears
- Future seems hopeless
- Sleeping too much



- Avoiding contact with friends
- Not doing well at work
- Tired all the time
- Headache and muscular pain
- Sad all the time
- Frustration
- Irritable
- Depend on alcohol and drug
- Having difficult in daily life
- Less sleeping
- Psychomotor agitation
- Loss of energy
- Fatigue
- Feeling worthless problem in thinking
- Problem in concentrate
- Recurrent thoughts of suicide
- Negative attitude to life
- Indigestion
- Constipation
- Loss in sexual desire
- Loss of self confidence
- Anxiety
- Fear
- More than one character at a time
- Negative thoughts like:
- Failure, fault, worthless, dying, ruined

3. Stages of depression:

3.1 Simple or mild stage:

It is the first and common stage of depression. more than 80% of the depressed people are found in this category .their work ,activities seem normal but their feeling is abnormal .they try to show their normality to other .

3.2 Acute/moderate depression:



Acute depression is little harder than mild depression .about 12% of the depressed people are in this stage .a significant impact of depression can be seen in depressed people .they react abnormally .

3.3 Depressive stupor/severe stage:

It is the last stage of depression .about 8% of the depressed people are in this group .it very critical period where depressed people are totally abnormal .they do not see the meaning of life and try to have a suicide.

4. Management /treatments

- Psycho therapy
- Interpersonal therapy
- Cognitive therapy
- Behavioral therapy
- Suggestion
- Re education
- Electroconvulsive therapy
- Counseling
- Psycho-analyses
- Anti depressive medicine

5. Foods to be avoided in depression:

- Fruit juice
- Regular soda
- Diet soda
- Toast
- Light dressing
- Coffee
- Energy drinks
- Alcohol
- Frosting
- Soy sauce
- Processed foods
- Doughnuts



6. CONCLUSION:

Depression is the most common social disorder seen in specially adolescence but other group of people is also affected by it. It is also known as mood disorder and behavior disorder. It is not only damaging the life of the victim but also bringing troubles in the society. Different causes are responsible for it. If we pay attention on it, the depressed person can be cured and their lives will be saved.

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