

Depression in Indian Teenagers; Causes, Symptoms & Suggestion

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Abstract:- The Objective of this research paper is to find out how the depression is affecting the children's particularly the adolescents. Previously in time we have seen the depression has impacted mainly the adults and elderly persons mainly due to the economical or social burdens, and this scenario was seen more effecting the West rather than India. As the time passes India also started facing this problem of depression but rarely this was seen in children's. After the onset of 21st Centenary the rise in the depression case in Adolescents have marginally increased, this research paper not only contains the major causes and symptoms of depression but also how child feels when he or she is in depression state, and what should their parents, guardians or teachers can do to help them out of their problem.

Keywords:- Children, Adolescent, Teenage, Depression, India, Symptom, Behavior, Parent, Guardian, Teacher.

I. INTRODUCTION

Depression isn't exclusive to adults; it can affect anyone including Children also. The continuing and long lasting unhappiness characterizing depression can have a huge impact on how a young person thinks, behaves and feels. When mixed with the hormonal changes, academic expectations from parents and teachers and per pressure that children's normally experience, it can make their day to day life a bad struggle.

Rates of Adolescent depression have been rising from the past several years, but there is very less awareness and information about adolescent depression has not trapped on the same rate, many people especially in India still believe that the children, adolescent or teenager can't get depression; it's a purely associated with the adults or elderly persons. Questions and statements like how can children in such a small age can be affected by depression? Some people also think that when we were at that stage we don't got depression, we were happy. This type of misinformation in adults also leads to serious negligence which causes more damage to the respective depressed child. Following are the most common feeling almost all children feels about depression.

A. The Sieve:

For children depression is like a sieve fitted in their head, they let any positive information regarding them

through to wash down the sink. And anything negative is cached and remains in the sieve where they focus and magnify all the negativity in their thoughts. For Example imagine a Tap from which words like "don't be late to class again" is flowing from the class teacher to the student who is depressed due to some reason, that words from teacher will be stuck in Sieve of the Children's mind and he will think that I am a rubbish student I can't do anything, and all the passivity of studying will flow out through that Sieve and will end up in sink.

B. The Mask:

Children who is facing depression will try and put brave face to cover up how they feel in front of their friends and in a social group, but in their mind a negative thought generation process is building up for themselves, by the time they come home they cannot keep it up that mask of happiness on their face and the family are the often ones to see the true face. For example when in some social gathering the depressed child will put up a smiling face and if someone ignores or pay less attention to him or her then after coming to home he or she will think that I am worthless no one likes me.

C. The Generator:

Depression is not an enjoyable illness to experience and many children describe it as a feeling like being tortured in their head. Anything they hear good gets turn bad in their brain, even if doctor says that depression is treatable their brain will tell them "you will be the only one this doctor can't treat". For example if some praises a depressed child by saying that well done you have score a good grade but if u have done a little bit more study u must have topped the class, after hearing this praise the depressed child instead of taking it in a positive way he or she will think I haven't scored well, I can't do nothing.

II. RESEARCH METHODOLOGY

By using Random Sampling Method One Hundred children's in the age group of 10 to 15 years is randomly chosen across the India who has medical history of facing depression at some point of time and are interviewed regarding the reason that cause them depressed and effects it has done in their lifestyle. Due to privacy reasons their identity and data is kept secret.

III. FINDINGS

A. Major Causes of Depression among Children.

- Losing someone they Love.
- Fights between Parents.
- Academic Pressure.
- Loneliness
- Bullying by peers.
- Change in daily routine.

- Spending too much time on TV and Mobile Phones.
- Not getting their demands fulfill by parents.
- Sexual Harassment.
- Mental Illness.

But many children's develop symptoms of depression and cannot identify any reason for them from above, when this happen a family history of depression and genetics might come into play.

B. Major Symptom Behavior and Thoughts of a depressed Child.

Sr. No	Symptom	Behavior	Thoughts
1	Having Low Mood	Going in Isolation	"No one really likes me, everyone has fun without me, no on really cares about me"
2	Self harm	Doing self harm	"I am rubbish, I deserve to be suffered like this"
3	Suicidal Tendency	They learn about suicide methods from TV and internet by watching them in movies, serial or in documentary etc	" This world would be better off without me, all wouldn't be upset for long time"
4	Changes in sleep pattern	Struggle to sleep at night, insomnia, sleeping till late morning, or opposite can also happen where they want to sleep all the time	" Continuously thinking about the reason for depression and hindering in false world"
5	Lack of energy	Struggling in doing work	"I cannot do anything, my luck is always bad"
6	Poor Concentration	Downfall in academic performance	"I cannot study, its very hard for me"
7	Change in appetite	Either not hungry or very hungry	"I can't be worried to make any food for myself"

Table 1

IV. SUGGESTION

A. Listen them and Don't Judge:

If you are concerned about your child, sit down with them and explain them that you are worried about them, be careful the children may take this criticism as sieve image as discussed above but you have to win their confidence and know the reason for their depression and have to solve it as per the requirement.

B. Help in a Comfortable Way:

If children are struggling with depression calmly explain them having depression is normal thing everyone in their life at the some point of time face depression, tell them depression is like a villain and you are a hero you have to kill and overcome it.

C. Gift them a Super Hero:

Super hero can be a mother father or grand parents or any one from which the child is comfortable and close to them, ask them to share daily problems with their super hero and take advice how to kill the cause of depression in their day to day life.

D. Meditation:

Ask them to do certain Yoga or Meditation, from which they will have a peace of mind, binding with the Religious activities can also bring peace of Mind.

E. Hobby:

Indulge them in certain hobbies whatever they like, like painting drawing or photography or dancing or any kind of indoor or outdoor sports, which will help them in keeping busy and happy.

V. CONCLUSION

From the research and deep analysis the conclusion is that as the time is running the problem of depression is becoming a common problem in children's and teenagers, Now depression is no longer a adults only problem, depression in children's is easily detectable if their parents, guardians or teachers are well aware of the symptoms of depression by observing the child. With proper awareness and timely correct action the depressed child can be cured and taken out of depression.

If the depression in child is not cured by counseling at individual level then medical or Physiological help should be taken without delay, and after the child is cured proper care and regular checkups should be maintained.

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