CAN CHANGES LEAD TO DEPRESSION?

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There is nothing permanent in this world but change. From infancy to adulthood, there are changes happening in physical, mental, emotional and even in the social aspects of a person.

Teenagers are susceptible to a lot of changes. The adolescent stage of life sometimes lead them to be confused especially during the process of choosing what is right and what is wrong. What is allowed and what is not. Should they give in to peer pressure or should they stand firm on what they believe is right? This is also the period when they could hardly identify themselves from being adults or a child that still need guidance and protection of the parents. This is also the time when they meet a lot of friends, acquaintances and even engage in relationships. They are so curious that they wanted to experience all that life could offer in search for happiness and satisfaction. However, when goals were not achieved, they easily get frustrated, disappointed and depressed.

Having said that, depression among the youth is a rampant issue of today’s generation. There are reports of suicidal tendencies, breakdowns and rebellion among the youth that parents and teachers are no longer able to handle. Professional help were sought but were not readily available.

According to Mayo Clinic “Teen depression is a serious mental health problem that causes persistent feeling of sadness and loss of interest in activities. Issues such as peer pressure, academic expectations and changing bodies can bring a lot of ups and downs for teens.”
As a teacher, what must be our role to able to guide students experiencing depression?

Teacher serves as a second parent, a friend, and a counselor to students. She/he is also gives a big influence to students providing advises to them.

The teacher, knowing the conditions of the student/teenager, should be ready to give guidance and assurance among the students that they are treated with love, care and compassion. The teacher should extend moral support and provide a feeling of security among the students so that they could look forward to a brighter tomorrow with a big smile in his/her heart. That there is always a silver lining in every storm.

Study shows that a big percentage of people who experienced depression and then commit suicide later on belongs to the group of teenagers. Furthermore, changes which are but natural to the human life cycle are the common factors that lead to depression.

Therefore, changes among teenagers are great factors that lead to depression. Most teenagers hold grudges or problems with their families and the teachers are their next best option for guidance. In this light, teachers must be able to give enough and proper support to these troubled souls. These might no longer be listed in the objectives of the lesson but are mandates of an adult on training the youth towards a brighter future.

References:

Framingham, Jane, (2020), Depression in teens, Psych Central, retrieved from https://psychcentral.com/lib/teenage-depression/