DEPRESSION

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Depression is one serious condition everybody should have full awareness of. It is a condition instigated by amalgamation of chromosomal or genetic, biological, environmental, social and psychological aspects. Depression is a dreary condition, it takes lives in an instant, and sadly, sometimes without prior caveats or forewarnings. The said condition is oftentimes linked with suicide and suicidal tendencies among people with grave maladies, trauma, weedy personalities, pocket-full of stress, weak decision-making nature and peculiar temperaments.

In the Philippines, there is a huge number of people living with depression, some are able to manage the circumstances it brought while others, unfortunately, fail. People who fail to muddle through the condition end up taking lifelong medication and therapy, confinement in Mental Institutions, and when worst comes to worst, suicide. Suicide among others is the most alarming repercussion of depression.

Philippines is considered one of the happiest countries all over the world, however, number of clinically-diagnosed depressed Filipinos grew over time, saddest thing about it is that most of these “depressed” Pinoys, kill themselves as a way of treating the condition. Among the depressed Filipinos, is an enormous percentage of teenagers, starting to find out their rightful place in the society in a no-short-cut-manner with a tangy
kick in the butt of reality - in here some gets lost, and gets the “D” condition in a snap of a finger.

The young adults are vulnerable part of the society, they are innocent, still weak and defenseless members of the world, that is why they are the most common to get hit by depression. His parents separated, he got depressed. She is bullied in school, she got depressed. He got an identity crisis, he is depressed. They are poor, they are depressed. Her parents pressured her with her studies, she is depressed. He broke up with her, she is depressed. These are the common scenarios of depression among our youth, and they need help, whether they ask for it or not.

Information Dissemination about Depression should have intensely take over among schools through seminars. The teens should be educated about how staidly serious depression is. Through seminars, they would be able to know how to manage the condition, or how they could help others suffering from such.

Depression doesn’t always lead to suicide. Depression is a mental condition that is very treatable; mendable only to persons who are willing to get help and get healed.

References:

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