DEPRESSION AND ANXIETY ATTACK: SIGNS AND SYMPTOMS

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Depression is a major medical problem associated to emotional and physical aspects of a person. It adversely affects someone’s perception, response to stimuli and impression. However, this kind of illness is treatable. Depression is perceived to be fatal and severe medical disorder that negatively affects how someone feels, the way someone thinks and how someone acts. Fortunately, it can be cured with the help of a professional in mental health. Moreover, extreme sadness for a longer period of time and loss of interest to the things or activities that enjoyed by the person are the effects of depression. Depression may result to different emotional and behavioural problem, physical difficulties and may adversely affect the person’s ability to perform a task at work and at home as well.

In addition to that, depression is different from grief or loneliness. Sadness or grief is evident in a situation where a family member of a dead loved ones would like to cry for a moment and be alone for some period of time. Sadness and grief are the natural things that may feel by the family members of the dead loved ones because they are valuing the happy moments they have shared while that dead loved one is alive but as day will pass by, the bereaved family which suffered sadness and grief will be able to smile and just be happy about what happened.

However, the sadness accustomed by the feeling of worthlessness is a major depression. Sometimes the death of loved one may lead to major depression if the person died tragically. Meanwhile, anxiety is a natural response of the body to stress, usually a natural reaction of the body to anticipate things that are likely to happen. Also, nervousness and fear are the effects of anxiety due to activities such as giving speech to a large crowd, job
interviews and taking examinations. However, natural anxiety comes and goes but a person who has “anxiety disorder” may feel frightful and may at times more devastating.

Junior and Senior High School students are prone to depression and anxiety attack because of few factors, such as the following: family related reasons; school related matters; and peers. One of the Family Related reasons why students of the Junior and Senior High School might suffer from depression or anxiety is due to the separation of their parents. They might suffer depression and anxiety because they are not expecting that their parents which should serve as their strong foundation of love crashed into a separated boulders of home. On the other hand, students in the JHS and SHS are prone of the anxiety and depression attack because of “school related matters”. For instance, if a student suffered from an overlapping deadline and submission of their assignments and projects they are more likely to be dismayed and that may lead them to be depressed and they will be stressed out. Moreover, the pressure that a JHS and SHS student may encounter around their family and friends may add to the depression and anxiety of the students. Students may feel worthless when they do not meet the expectations of their loved ones.

Junior High School and Senior High School students are on the stage of their “adolescents”. This is the most crucial stage in the development of an individual. According to Erik Erikson’s Theory of Self Identity states that “this is the stage where you are transitioning from childhood to adulthood”. Thus, an individual who is in the adolescent stage encounters challenges and issues of finding yourself. If someone do succeed in finding oneself through his/her transition then he/she may be able to achieve their dreams without going through depression and anxiety.

In this sense, teachers must be aware of the signs of depression and anxiety disorder. If these problems are neglected it may lead to more serious effects and sometimes death. Department of Education may conduct seminars or activities for the students that may
prevent depression and anxiety. This seminar may help them to manage their stress and fears.

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