GREAT DEPRESSION IN WIRED GENERATION

by:
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“Our Generation has had no Great war, no Great Depression. Our war is spiritual. Our depression is our lives.”

“Sana ako na lang si SPONGEBOB, Si spongebob na masayahin, Si spongebob na manhid, At higit sa lahat... Si spongebob na hindi iniisip ang LOVELIFE. at kuntento na siya sa mga KAIBIGANGtunay na nagmamahal sa kanya.”

Throughout our country and our world people are suffering from this disease. Depression affects people of both genders, all ages, and any background, most all students. People once believed that teens ne'er went through any type of severe depression. Some still believe this to be true, however if it were why area unit teens bloody and suicidal? This report ought to offer support for the fact that a teen’s depression deserves attention, not the shrug of the shoulders or the flip of a back. It should be the main focus of many of us, family, friends, and teachers.

All the people in our schools have been depressed sometimes. But what do students know about it? Brown (1996) aforementioned that depression was invariably unnoted in teenagers since kids weren't invariably ready to specific their feelings. What is depression in my point of view? According to MW, Depression is defined as the point or points is one’s lifetime when they are mentally unstable and the emotional state marked by sadness, discouragement, and loss that can occur during the teenage years. Depression causes changes in behavior, thinking and particularly changes in one’s existence.
“Depression amongst teens typically starts once a toddler hits time of life, however, it may probably begin the day they were born if with chemicals imbalanced (heredity).” Dr. David, psychiatrist at Phil. Psych Foundation. Depression can affect anyone, anytime, and anywhere. Teens, children, and adults are all established, some even have constant issues in common, the causes too.

Depression is veteran largely by teens albeit it's erroneously classified as an “adult illness”. “Twenty percent of high school students are deeply sad or have some reasonable medicine drawback.” The causes of depression in teens are generally a lot of harsh than the causes in adults. In a teen’s time period, they need to face several issues and generally they need to face these issues over once. Teens need to agitate peer pressure issues in school, issues reception, the deaths of worshipped ones, and if they’re already exploitation medicine this might even be a cause. Many teens even have to agitate the purpose in their life after they surprise if they're enticing to people, of the other sex. If they do believe that they are unattractive they will most likely feel as though they have failed at something. Then they'll act as if they are doing not care any longer, then the uncaring angle will increase till they did not care concerning abundant in the slightest degree. Depression conjointly comes once an adolescent is attempting to find out concerning himself or herself and perceive their body, and their emotions towards others.

In my previous subject that I taught, I highlighted the essence of knowing yourself, knowing themselves first. It is really important to start from there before going to other aspects of personal development. I had to instill in them the beauty of themselves before appreciating the beauty of outside. As I turned to see the difficulty of empowering them, over their situations, their experiences and their emotions. Example of these emotions: Sometimes these emotions have to deal with homosexuality and finding out whether or not they like people of the same gender. One of my students, had a great deal with this situation. He said, he suffered from a crossroads wherein he couldn’t deal with his sexuality.
To many folks the concept of homosexualism is offensive and the general public shrewdness others feel concerning it, so when someone who thinks that he or she is gay, they feel out of place, particularly if their family, friends, and precious ones are discriminatory. Another cause of depression according to NGO, is said to be smoking, and that most depressed teenagers who are in fact depressed have been smoking. The TFG of 1Bataan, according to social movement Tobacco Free Generation, each year depending on which country, 10 percent to 30 percent of boys below the age of 15 have started on their first cigarette, with most cases due to experimentation and peer pressure. Teens United Nations agency smoke-cured were at associate degree will increase the risk of depression at a seventy-three higher rate than alternative teens.” typically teens are also depressed and it'll be simple for people to notice, this is not always the case.

In each teen’s life, at some purpose, they're on a roller coaster ride, for this reason, it's arduous for anyone, even the oldsters, to tell apart depression from simply a plain bad day, example some parents viewed depression as tantrums or just a plain stubbornness of their children. Many parents really engaged to these scenarios. They lack awareness in terms of signs of depression.

This is why it's fogeys must grasp what to appear for, otherwise something bad may happen. Parents should do these things: One sign to watch for is their grades in school, if you have to, go around and meet with the teachers to see how they are doing in categories and the way they're acting once you aren't around. As some teens get depressed, they sometimes begin not to care for their grades and may not try too hard to keep up in classes. Teens also may begin to isolate themselves from friends and family and only hang around in their room by themselves or try and try to get moments for themselves. If someone’s depressed their sleeping patterns might amendment, either they’ll sleep all the time, or not at all. They may conjointly act out a lot of, either for the attention, hoping someone will notice their needs or just to irritate others.
"If you’re depressed, you’re often more irritable yourself, you may start to feel guilty but may have no reason to, you may make rash decisions and go through with things without thinking of the outcome. Lastly, you’ll create the foremost devastating call of threatening suicide, or even worse, going through with it. Most kids plagued by depression don’t say they’re unhappy. They don’t even appear gloomy,” says child psychiatrist Paulo Mediola M.D. of Saint Lukes Hospital. “Instead, they’re usually extraordinarily irritable.”

Depression affects a lot of people, most of all the people who care. Depression causes stress on everybody, who is involved with the depressed person, they may try to help but usually the person who is depressed believes that no one cares for them in them and can primarily tell everybody and anyone to “take a hike”.

Depression in a teen’s life may make the parents feel as if it’s entirely their fault but it’s not. Sometimes which is most of the time the effects of depression will take a very drastic turn for the worse. In saying this, I am speaking of suicide. In some cases, teens can deal with what they are going through and get the help they need, while others feel there’s not use. Some teens also feel as if they are the cause for everything that has been going wrong all around them, and think that by killing themselves the world would be a better place for everyone.

In most cases some parents know, or have an idea, that their child may be suicidal, but usually the topic doesn't arise. This is because parents believe that if they do talk to their teens about suicide, they will get ideas and attempt it to escape any problems. The parents are wrong in doing this because if the teen knows that someone cares they may feel better about everything that has been happening. This way if they are talked to, they will be able to express their feelings and maybe get the help that they need and deserve. Suicide occurs when someone has unclear thoughts and they mix with their depression resulting in a deadly outcome.
Suicide is the leading killer in the Philippines among people ages 10-24 and it is the second largest killer for teens ages 15-19, with accidents being the first. Teen suicides are attempted by both males and females. Teen boys are five times more likely to commit suicide over girls, but the girls are more likely to attempt suicide. This is because boys tend to find more violent and successful ways.

Among 8,761 students from Grades 7-9, Year 4 in the Philippines: 11.6% among 13 to 17-year-old considered suicide 16.8% among 13 to 17-year-old attempted suicide - 2015 World Health Organization Global school-based survey. In these 12,000 deaths 2,000 of them were teens. If you can steer away from suicide, treatment is key. There are three ways that I know of to help survive depression. The better ways include family members and close loved ones because you know that they really care.

Antidepressants are drugs that alter the chemicals in your body to a neutral state, which helps with depression, but sometimes this is not the way to go since people have been known to get a little too addicted. Psychotherapy is one on one sessions with a psychiatrist who may be able to see why you were depressed and help to make you understand yourself and why you feel the ways that you do. The best way to go is Help Groups because this way you are around people that you know have gone through the same kind of thing and will understand you better.

But also, the reason that this is so good is because you are allowed to bring family and friends so that you will be able to go through it with people who care for you and whom you care about. Everywhere you go, you hear people saying that the children are the future. If these children and teens are depressed now, how will it be in 20 years when they have high ranking jobs which influence everyone so much? They may still be depressed if no one reached out for them and their needs. Don’t forget that they will be paying your social security. Somehow you will have to repay them for that, listening and helping them with their problems now will do just that. As you always hear people say,
“It’ll make the world a better place.” The sooner that these teens and children are helped the better.

In this century each generation has experienced major depressions at earlier ages, and the next generations have even higher risks.

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