HIGH SCHOOL DEPRESSION

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Disturbing news about teenage suicide is prevalent either local or worldwide. It’s a social stigma to take mental disorders so easy as cold and flu, and committing suicide is a sin that many could judge easily. One in every four high school students were found to have experienced symptoms of depression and other emotional and psychological disturbing conditions. As reported by the University of the Philippines (2019), many are hesitant to seek clinical support and medications. Clinical depression is a type of mood disorder which put students at risk of self-harm and even suicide. Parents and teachers should be observant and take actions not to deal, but refer potential students to counselors and mental health professionals.

Parker (2018) conducted a study among high school students related to mood and anxiety. It reveals that a high significant number of students have had history of self-harms, suicidal thoughts and history of being bullied. The study pointed out depression as the major psychiatric conditions that put adolescents at risk of suicide. However, other related conditions such as social anxiety, panic attacks, and post-traumatic stress disorder among high school students were also observed. Among those students who had experienced clinical depression, about twenty nine percent had performed self-mutilation or self-harm, and about fifty nine percent had experienced suicidal thoughts. It was emphasized that clinical depression may lead to melancholic type or bipolar disorder.

Teenagers may also feel pressure not only in study, family, but also along with social media, and other forms of technology. Depression in school may all be impacted
by different factors. Some of the depressing issues encounter by high school students are the following:

First, many teens experience some sort of academic pressure at school including tough competition.

Second, high school is the perfect time for students to experience romantic relationship which is considered to be an important part of adolescent personal and social development, yet this could be very emotionally challenging. Support and guidance are very critical at this stage.

Third, many students lack coping skills with challenges and have fewer chance to build resilience. Overprotective parents conquer the opportunity for teenagers to learn and grow from their own failures and disappointments.

Fourth, depression sometimes be rooted biological. Impulses, hormones and brain controls necessary for self-regulation are not yet developed among teens which leads to risky decisions such as alcohol and substance abuse, and negative sexual preferences that impact mental stability.

Fifth, the pressure coming from the society and places where teenagers spend most of their time. Some teens might get too explorative with their surrounding or sometimes feel isolated.

Lastly, bullying directly correlates to prevalence of depression among adolescents.

Teens’ parents and teachers need to be educated with mental illness to counteract depression in schools and stigma in society so appropriate help and support will be at reach and more lives can be saved.
References:


Gordon Parker. The Risk of Suicide and Self-Harm in Adolescents Is Influenced by the “type of Mood Disorder”, The Journal of Nervous and Mental Disease. 2018