LOADS OF WORK EMBRACED BY STUDENTS

by:
Rio Liezel Pineda Yambao, LPT

We get very upset about school papers, as well we should. Students experience assignments to pass, projects to submit, thesis to write, and schedules to beat, as essentially student need to underpass. But as serious as this misfortune, it is linked by another school related tragedy, suicide.

Suicidal thoughts and depression are two of frightening things a person can face in their lifetime. In fact, suicide is currently the second most common cause of death among students ages 15 to 24. High School students’ emotional level can get easily unstable as well as those of college students’. A load of paper works can be triggering to a student’s mental health. Mental breakdowns are commonly experienced by the students; it is a feeling of loneliness and isolation. Wherein, students doubt themselves, lose trust, and are afraid to speak up.

Sharing it to everyone may petrify who suffer from major depressive disorder because of the fear of being judged. It might lead to killing themselves with razor blades and rope tied to their neck as they are already numb; numb from all the crying, numb from those who don’t appreciate their efforts, and numb of doing things that cause them pain. But people who attempt suicide enunciate that they wanted to live. They really didn’t want to die; they are just tested and simply didn’t see other options.

What causes such a strong emotion? What leads to that dead-end, no way out scenario? There are many reasons that someone might contemplate suicide thoughts. They are bombarded with feelings of hopelessness; they are being attacked by tons of
problems, fear of isolation, and hatred toward themselves. Inside the school, the common cause is stress. There are lots of teachers who act like a major subject yet they are only a minor subject consisting of only 0.2% in grading system. In that way, students whining about tons of handouts to make and getting grades that does not deserve from the efforts they made.

It is crazy to think what pain can do to people. However, only people can only solve this tragedy. People do better if they received care from their parents, friends, teacher, and classmates- to the people who are designated to listen. These disorders are immensely treatable; people don’t need sympathy or empathy. What they need is to survive.

References:
https://www/nimb.nih.gov
https://www/verywellmind.com