RAISING NO WHITE FLAG: BATTLE AGAINST DEPRESSION

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Imagine a collection of smiles, a myriad of blissful eyes and an ambiance of serene atmosphere. Imagine how many of those smiles are true and how many of those eyes constellate the opposite of its flickers; and is the serene atmosphere really a genuine breath of fresh air?

There is more than what meets our eyes. That is how depression strikes. Depression does not solely sprout from frowns and gloomy eyes because it mirrors no face. With that, it is one of this generation’s escalating stigmas that dwell in many, especially students to the depths of suffering.

Depression does not seem a serious mental illness the first time people unaware people heard of it unlike any other mental illnesses or disorder that are foreign to our ears. However, depression is a major depressive disorder that is common to teenagers affecting a person’s feelings and thinking in various aspects.

Depression can be avoided if its symptoms are early identified and effectively prevented. While the saying prevention is better than the cure is evidently familiar, most universities in the Philippines still lack the prevention to the said mental disorder.

According to a study, frequency of smoking, frequency of drinking, not living with biological parents, dissatisfaction with one’s financial condition, level of closeness with parents, and level of closeness with peers are some of the depressive symptoms that may identify if a person if being devoured by the depression.

Though depression is a major contributor to many problems in the world, it still is a vast topic that is tough to decipher. Due to that, identifying preventive measures is still a hard thing for the universities to provide. There are several factors that can play the role of depression
namely biochemistry or the differences in brain chemicals, genes that runs through their veins, personality that denotes those who have low self-esteem and pessimistic; and many other environmental factors too.

In Philippines, those who study carries the responsibility and expectation to produce a better living that is why when their academic journey were hurdled by many problems and challenges, depression cases became salient. Academic-related matters are common causes of depression in the country making many students to succumb in depression when school-related problems and other personal issues conjoined.

And when students are devoured by depression, it is not just their academic career that is being destroyed, their holistic development also freezes into a hiatus and many other side effects might also happen just like health, family and societal problems.

Many students all over the country, the world even, are chained by the curse of depression. When it came to worse cases, depression can lead to total mental malfunction and worst is suicide. The relationship between depression and suicide is an established connection. The epidemic of suicidal cases in the country has served as an impetus to many Filipino in raising awareness and conducting studies on how to prevent depression.

It is still early to surrender the fight. As long as there are concerned people that never cease to raise awareness and help our fellows who gave birth to depression, there is no reason to raise the white flag.

There is more than what you see. But once you open your heart and listen to the souls of your friends, then you can be of great help to them. People with depression need a shoulder to cry on and a companion to help them shut the whispers of their demons.

References:

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