SIGNS OF DEPRESSION IN TEENS

by:
Michael L. Cacayan
Orani National High School Parang - Parang

Depression can hit anybody, it doesn’t matter what age group, lifestyle, or gender. For once everyone is equal. Depression has become a very familiar word today through the help of social Medias. People are slowly becoming aware of what depression is and what the symptoms are. I

Unfortunately, in the past several years, depression in young teens became really common. This can be associated to the growing influence of social media to the lives of people. If before, the factors that attributes to the manifestation of depression in teenage years are commonly peer and family pressure, as well as study stress, now the greater reason why young people develop depression is the social media platforms like Facebook and Instagram.

Social media sites are a form of entertainment, as well as a communication platform. But with the wide range influence of these sites, also comes the pressure it flung to young and developing teens. The standards that these sites promote can be very unrealistic. From lifestyle to perspectives with regards to what is beautiful and what is acceptable, social Medias raised the bars too high. It may be a simple concept but to a confused teen it can be rather fatal. Take note that during these teen years, they are trying to figure out who they are and what they want to be, and by seeing how high the scores are and by realizing how far they were to attain the ‘satisfactory image’ that they see…well this is where it begins.

The first tell-tale of depression is the change in mood. Although one may say that teens are moody by nature with all the hormones and stuff going on in their bodies. A
close adult that know the child personally can easily tell the difference between ‘normal’ and ‘something’s going on’. Be every observant and aware of the teens’ behavior. Sometimes drastic changes in the way they act or dress can also be a sign. Some may brush it off as a simple choice or whim, but the sudden change comes from something, or it can be an indication of a developing self-doubt.

Isolation is another warning sign of depression in children and teens; it can have a large impact on the relationships that teens have established. A teen’s battle with depression may not be obvious to everyone in their life, and could alienate them from persons closest to them.

Even though the most common indicators of depression are behavioral changes such as sadness, struggling in concentrating, and withdrawal, physical changes can also result from depression. Weight loss, upset stomach, and headaches are some of these examples, along with a host of other symptoms, including: low self-esteem, sudden ager, and the lost of self-preservation.

What really scary about depression is that there are times wherein there are no signs, no signals before it’s too late. That is why parents should be hyper aware of their children. The most simple indication and intervention can literally save lives.

References:

Recognizing Signs of Depression in Students

https://www.pridesurveys.com/index.php/blog/signs-of-depression-in-students/

https://www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985