WARNING SIGNS: THE INITIAL SIGNS OF DEPRESSION IN STUDENTS

by:
Anna Maria V. Chin
Orani National High School Parang - Parang

Being a teacher does not end after the day is done. Being a teacher being involve in the lives of the students even outside the school grounds especially if concerns their welfare.

Often the signs of depression are missed by those around the person until it true manifest in a drastic breakdown or in some cases too late to even count. There are numerous factors that leads to depression, but the signs are often the same. Although some may mistake depression as mere sadness or being down, it truth depression is a whirlwind of emotion all at once. A person that suffers depression is not sad or down all the time. Though as depression progress and worsen the surfacing emotion turns negative. In school students that underwent depression often keep to themselves, they participate in class less and in worse cases they absent from class often.

These are the reasons why the teachers must be sensitive to the behavior of their students. Even the slightest of shift should rise a flag that something must be wrong. Depression is not always the cause of behavioral changes but inquiring about it helps in analyzing the root of it. There are also instances that depression manifest as over zeal and transpire as being boisterous and laud. These are the more difficult case since it is very easy to disregard it as being characteristic to that person. But it is can also be identified by observation. People who use cheerfulness as a mask usually acts differently when around people and when they are alone. If cases do arise it is vital to communicate with the parent and if the parents or guardians refuse to intervene (it happens more than it
should) the teachers must mediate in order to lead the child to correct network of people that can help them overcome what they are going through.

It is unimaginable how many teenagers commit suicide everyday all over the world. There are those who actually broadcast the act online through livestreams and Facebook live. Some of these episodes happen without anyone close to the victim ever realizing something was wrong. It is a matter of observation and mediation especially to those around the person often. It is true that depression is not something that can be fixed by other people because all the offence lives within the person in question. But it will make a whole lot of difference if someone from the outside will give a helping hand. Because in the pitch darkness the way out can be a little spark of light.

References:

Keith Ablow, Published January 21, 2011