

Prevention of Depression among Youth

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Short Communication

Abstract

In this 21st century we are very much familiar with the term 'Mood'. Every normal individual experience a wide range of mood variations during their lifetime. Mood may be normal, elevated or depressed. When an individual experiences elevated mood, he/she shows expansiveness, flight of ideas, high self-esteem and grandiose ideas. On the contrary, an individual with depressed mood expresses lack of energy, low self-esteem, loss of interest and thoughts of death. Major depressive disorder, commonly referred to as 'depression,' can severely disrupt one's life, affecting appetite, sleep, work, and relationships. Depression is an emotional state of dejection, feeling of worthlessness, guilt accompanied by apprehension. Depression can be of two types- Endogenous and Exogenous. Endogenous depression is self-made, largely of one's own making without any apparent reason. Endogenous or reactive depression is due to factors beyond one control such as noise, environment and so on. Depression is rightly known as silent disease because it slowly affects an individual and the individual remain unknown at the initial stage. Most of the people get depressed from time to time. With the advancement of the society in science and technology, life has become more complicated and we have to face competition everywhere. When people cannot cope with the stressful situation, when peoples' needs are not fulfilled, they eventually fall prey to depression.

Biography

Anjana Bhattacharjee is working at Tripura University, India.

Citation: Anjana Bhattacharjee; Prevention of Depression among Youth; Webinar on Depression;
May 07, 2021