
IN DEPTH STUDY OF DEPRESSION AND ANXIETY IN ADOLESCENCE

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ABSTRACT

In health psychology, there is a dearth of research on the subjective experiences of adolescents with mental health issues. Depression (major depressive disorder) is a frequent and dangerous medical condition that has a detrimental impact on how you feel and behave. During manic(depression) episode, most of the people experiences negative thinking, low confidence, depressed, feeling weary or dissatisfied, uncertainty and unbelief about future. Depression is complex relationship with physical well-being. Anxiety is a typical side effect of depression. Anxiety disorders are characterised by recurrent periods of extreme sensations. Fear or terror that builds to a climax in minutes (panic attacks). The purpose of this study report is to have a more comprehensive understanding causes of depression and anxiety. It's possible that it's a natural reaction to depressed. A complex interplay of social, psychological and biological factors causes depression and anxiety. The causes of depression and anxiety have become more prevalent during the last five years. In our research article you will be able to, examine symptoms, types, treatment options, two examples of case study. Our research report sheds light on the typical yet underappreciated issues of adolescence.

Keywords: Physical, Symptoms, Frustration, Restlessness, Avoidance, Changes, Isolation, Worthlessness, Nervousness, Worrying.

I. INTRODUCTION

Depression is a feeling in which a person's self-esteem, hope, trust, and mindset begin to deteriorate. Anxiety occurs itself in a variety of ways depending on specific person experiencing it. For example: the first day of school, going to a job interview, or giving a speech may cause most of the people to feel fearful and nervous. Anxiety is a common occurrence in people's lives. People who are depressed lose their focus, have changes in their sleeping habits, continue to think critically, have low energy levels, and are unable to socialize with anyone else. There can be many reasons behind it such as relationship problems, divorce, death of closed one, job loss, financial problems, illness, unstable employment, retirement, handicap or serious accident, social issues at home, school, or work. These factors have been associated with a higher incidence of depression.

Clinical (severe)depression can cause anxiety as a side effect. Depression and anxiety, such as panic attacks, panic disorder, or separation anxiety disorder, are also common causes of depression. Anxiety disorder and clinical depression affects a large number of people. The person suffering from this illness is also irritable and bored of enduring the same circumstances, so he can attack or become enlarged over small or significant things, and he can do unexpected things such as suicide. Untreated depression and anxiety have long term prognosis of chronic health problems like heart disease. Many of the same therapies, such as psychotherapy(counselling), drugs and some natural therapy, behaviour modification, can be used to manage the symptoms of both illnesses.

Objectives

1. To understand the reasons for anxiety and depression in adolescence
2. To study how many types of disorders
3. To study the natural ways to overcome d impression and anxiety

Depression and Anxiety in Adolescence

At some point in our lives, we've all struggled with depression or anxiety. Anxiety is a sensation of worry, dread, and uneasiness; depression is a feeling of sadness and loss of interest or pleasure in daily activities. However, if these feelings continue, they will have a huge impact on adolescence.

Signs and symptoms

The symptoms of depression and anxiety can include:

Some of the signs and symptoms of depression and anxiety are similar, such as difficulty sleeping or sleeping too much, a lack of concentration, and difficulty thinking.

Anxiety symptoms include difficulty to controlling worry, a desire to avoid situations that cause anxiety, rapid breathing, sweating, and an anxious feeling. In depression, there is a change in appetite-weight loss or gain that is not connected to diets, feelings of worthlessness or guilt, thoughts of death or suicide, and an increase in purposeless physical activity such as inability to sit still, pacing, and handwringing.

Causes

The scientific world lacks a clear understanding of the causes of depression and anxiety. Traumatic events in one's life appear to trigger anxiety disorder in persons who are already prone to it. There are many probable causes, and symptoms are occasionally triggered by a combination of situations. The following are some of the factors which are likely to play a role:

- Neurotransmitter levels in the brain have changed due to hereditary factors.
- Environmental, psychological, and social factors all play a role.
- Additional conditions, such as bipolar disorder, major depression.

Types

A person who suffers from severe depression and anxiety is constantly upset and restless. They may lack concentration in usual activities. Medication and psychotherapy are frequently used in treatment.

Types of depression disorder

✓ **Persistent depressive disorders**

Persistent depressive disorder, often known as dysthymia, is characterized by symptoms that linger for at least two years. A person suffering from this condition may have major depressive episodes as well as minimal symptoms.

✓ **Bipolar disorder**

Depression is a main symptom of bipolar illness, and studies show that almost half of those diagnosed with the disorder experience depression. It can be difficult to tell the difference between bipolar illness and depression because of this.

✓ **Psychotic depression**

Some people suffer from depression and psychosis. Delusions, such as wrong beliefs and disconnection from reality, can accompany psychosis. It can also include nightmares, which are perception of things that do not exist.

Types of anxiety disorder

✓ **Anxiety disorder due to medical condition**

It includes anxiety or panic symptoms that are triggered directly by a physical health problem.

✓ **Panic disorder**

Shortness of breath, chest pain, or a racing, fluttering, or pounding heart are all possible symptoms. This involves recurring periods of extreme anxiety and terror that peak in under a minute. These panic attacks may cause you to worry about them happening again or avoid situations where they have already happened.

✓ **Separation anxiety disorder**

This is a childhood condition marked by anxiety that is excessive for the child's developmental level and is linked to separation from parents or other paternal figures.

Here are two case study on basis of depression and anxiety:

CASE STUDY 1

This is the story of a boy named Sid (not his real name), a boy who is struggling with his life. One day, Sid is in school and the incident of the first trust break happens to him, much like Sid, who used to believe that the friend he had was the best friend for him, but suddenly, one day, everything changes. Sid's friend whom he used to believe betrayed him and said to him, "You are useless, you are dumb, you cannot do any constructive thing in your life." These words stunned his heart, and he lost faith in everything. Following this incident, he began to

lose confidence in himself and began to question himself, namely, "Am I so bad that I don't have any friends, am I so bad that no one talks to me, will I really be able to do anything in my life?" And gradually, he began to be afraid of everything; if I said something to whom he would do something to me, he began to be afraid that if he had given some work, he began to wonder if it would be completed or not.

Overthinking became a problem as a result. He was dealing with the same issue, as well as others, but he never gave up. Sid and his family planned a trip one day, and he began making preparations without much enthusiasm, unaware that this trip would be more than just a trip, but one of the most significant turning points in his life. Sid and his family members arrived at the station from which they were supposed to travel to their destination. After a while, their journey began, and he began to wonder what he could do to help himself overcome this situation. They arrived at their destination in the morning, and as they exited the station, His gaze was drawn to the words written on a wall, which read, "If you are struggling with your life, you are going to the next level of life." After reading this, he began to work on himself and began to converse with himself. Then, after talking to himself, he used to examine himself and learn from his bad memories, and he used this to his advantage. This is how he got out of trouble. Not only that, but he has demonstrated to himself that nothing in the world can ever bring you back if you learn and grow. There is no disease or disorder that we cannot fight or overcome; all we need is a little courage and strength to do so.

QUESTIONS:

1. Why did the character lose his all self-respect and confidence?
2. Why does the character start doubting himself?
3. Why does a overthinking become a problem for the character?
4. How does character build up and regain his confidence?

CASE STUDY 2.

Laura is a 45-year-old mother of three children who is married. She has had various worries for years but has never before sought professional help. She has been more unhappy over the last three months, to the point that her family physician has advised she seek psychological counselling. Laura has been disturbed by intrusive, recurring concerns about the safety of her children for several months. She frequently imagined that various, serious accidents had occurred and could not put these thoughts out of her mind. For example, on one occasion she imagined that her son had broken leg playing football at school and called school to see if he was all right. She admits to being astonished when he returned home uninjured, even after discovering that he was alright. For Laura, certain numbers had taken on special significance, and her obsession with them was beginning to disrupt her regular routine. While shopping she worried if she selected the first box of cereal off the shelf, something terrible would happen to her elder child but if she selected the second box, the next elder child would be harmed, so on. To safeguard her children, she realized that if she drank one cup of coffee, she needed to drink four, and similarly, she needed to smoke four cigarettes in a succession. Her fears appeared to be valid as it seemed that, if she failed to protect the children within a few days. Lisa also expressed disappointment with her marriage and difficulties controlling her children. Although her husband jimmy was only 47years old, he suffered a several heart attack that made even normal physical exertion potentially dangerous for him. He seemed to have no choice but to abandon his work and stay at home. He entrusted practically everything to Laura and his children, including getting him a drink from the refrigerator. The children were out of control. Laura was the eldest of 3 children and was raised in New York City. A religious Catholic, Children didn't like it when their parents were inconsistent with their disciplining. Laura soon stopped going to church. She also witnessed a friend's baby getting run over by a bike and thoughts of committing suicide but prayed to god to take those bad thoughts away.

What do you suggest to help Laura? Any particular therapeutic approach or method?

answer:

- Laura looks to be suffering from a panic problem. She is worried with her children's safety and is unable to cope with her worries.
- She needs to consult a doctor.

- To do some meditation physical training, give her time to herself and that could be done by staying alone some time.
- She should involve herself in other social activities to divert her mind.

Natural Medication of Depression

Being depressed can make you feel hopeless. There's a lot you can do to fight back within your own. Natural medication of depression including changing in your behaviour, including your physical activities, lifestyle, and even your way of thinking.

✓ **Challenge Negative Thoughts**

Changing your perspective is a big part of the struggle against depression. Use logic as a natural depression therapy every next time you're feeling. Once you're sad, you rush to one of the most possible outcomes bad about yourself.

✓ **Set Goals**

In depression you may feel like you can't achieve anything. You begin to feel bad to yourself as a result of this. **Set daily goals** for yourself to help you fight back. Set a reasonable goal for personal growth, such as cleaning the tables each day." As your health improves, you can raise the difficulty of your goals.

✓ **Exercise**

Exercise momentarily increases endorphins, which are feel-good hormones. It might also help those with depression in the long run. Cook claims that regular exercise encourages the brain to reorganise itself in favourable ways.

✓ **Eat Healthy**

Eat healthy. But there's no such thing as a miracle diet that can cure stress. However, it's a good idea to keep an eye on what you consume. If you have a tendency to overeat due to depression, taking control of your food will help you feel better.

Get Enough Sleep

Sleep deprivation can make it difficult to obtain adequate rest, and too little sleep can exacerbate melancholy. What options do you have? Begin by making some lifestyle adjustments. Every day, go to bed and wake up at the same schedule. Remove all sources of distraction, including your computer and television, from your bedroom. With patience, you might feel that your lack of sleep affects.

Solution

Depression and anxiety are difficult to cope with, but they are treatable. There are a variety of treatments available. Creating a gentle daily routine will help you get back on track. You may feel as if you can't accomplish anything or that you can't do anything while you're depressed. It's easy to feel like you can't do anything when you're faced with daily obstacles that will help you fight back. You feel sick about it. Set daily goals to help you push back. When you're depressed, it's natural to desire to withdraw from life and abandon your responsibilities at home and at work. Maintaining a healthy lifestyle and assuming everyday tasks aids in the prevention of depression. You've fallen into a rut with your daily routine. Make an effort to do something else. It can also boost your self-esteem and aid in the treatment of depression. Fear causes some people to unconsciously clench their muscles and chin. It's a good idea to do a gentle relaxation exercise.

Some studies suggest that journaling and other forms of writing can help people deal with anxiety. Pets provide companionship, love, and support. Pet is useful for people with various mental health problems including anxiety. Shipments with animals can also reduce the fear and stress associated with trauma. Most of the fight against depression is spiritual — it changes your mind set. When you are anxious and depressed, you draw the worst possible conclusions. Use Logic as a natural treatment for depression each time you feel depressed. Sleep deprivation can make it difficult to obtain adequate rest, and too little sleep can exacerbate melancholy. What options do you have? Begin by making some lifestyle adjustments.

II. CONCLUSION

Over all there are several conclusions that Depression and anxiety are emotions that begin to worsen adolescent self-esteem, hope, self-confidence, and thinking. Anxiety itself manifests itself in different ways

depending on the particular person experiencing it. ;People with depression lose concentration, have altered sleep patterns, continue to think critically, have low energy levels, and are unable to connect with others. People with depression lose concentration, change their sleep patterns, continue to think critically, have low energy levels, and are unable to connect with others. There are no illnesses or obstacles that we cannot fight or overcome. All you need is a little courage and power. Teens all suffer from anxiety and depression, depressed mood, and loss of interest and joy in normal work. We all suffer from anxiety and depression, depressed mood, and loss of interest and joy in normal work. Depression is a feeling of sadness and loss of interest or pleasure in daily activities. However, if these feelings continue, they will have a huge impact on adolescence. Anxiety symptoms include anxiety that is difficult to control, the desire to avoid situations that cause anxiety, rapid breathing, sweating, and anxiety. Traumatic events in life appear to cause anxiety disorders in already vulnerable teens. Depression can make you feel hopeless. Suicide is not the right way to deal with your depression and anxiety. But it is possible to face your problems and solve them with natural solutions.

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