

# Research Paper on Causes Of Depression

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**ABSTRACT:** Depression is the biggest disorder and can be most focused point of research for researchers in India. Over the last 60-70 years, huge number of studies has been published from India proving various aspects of this commonly disorder. humans can be sad and worried in their life because of situation occurring in their life such as exams, issue with family or friends, financial problem, health issue. If the feelings of unhappiness go on for weeks or months and affect their life everyday, then person may have depression. Symptoms of depression in people be feeling grumpy, trouble sleeping, feeling useless or guilty. Here, In this Research Paper we will review data on depression with various aspect of it.

- Difficulty in making decision.
- Sleeping Problem
- Lost of appetite or eating more due to that gaining or reducing weight.
- Feeling to die or suicide.
- Restlessness or irritation
- Physical issue such as headache or chronic pain.

## 1. INTRODUCTION

Depression is a most common, worldwide, and weakening public health problem. Study by the World Health Organization (WHO) stated that depression reports for more disability universally than any other health condition during the years of adulthood. In fact, most depressive disease is now increasing because of disability worldwide. For some people with depressive episodes, periods of depression may take few weeks or months to resolve. Depression can be harmful for anyone, but the major of its effect goes beyond the affected person to the broader family and especially if depression is having kid it will impact their child also, who are dependent on their parent for their growth and development. Under these environments, depression becomes a multigenerational disorder that can have critical biological, psychological, behavioral, especially for children who are dependent on a parent. Effective medical treatments can reduce or eliminate depression among person.

## 2. SYMPTOMS

There are number of symptoms for depression it can vary from one person to another based on person's mental ability and health condition. Common symptoms include:

- constant sad mood
- Feelings of hopelessness
- Feelings of guilt or worthlessness
- Lost of interest in doing anything.
- Low energy, fatigue, weakness.
- Unable to concentrate on things.

## 3. CAUSES OF DEPRESSION

In most families, major depression can occur in each generation. However, Depression should not occur due to family history. People who have low self-confidence, who consistently view themselves and the world with pessimism or who are already having stress, are also prone to depression. People with medical issues such as stroke, a heart attack, cancer, or hormonal disorders can experience depression as well. These symptoms may make depressed person's medical condition worst which can take more time to recover. A critical loss, relationship problem, financial issue, or any stressful event occur in life can change in life patterns and also trigger a depressive episode.

There are so many different reasons of depression and which are not always preventable. Factors that can take part in depression include:

- Brain chemistry
- Genetics
- medical conditions
- Female Sex Hormones
- Poor nutrition
- Stress
- Substance use

### 3.1 Brain Chemistry Imbalances

One major biological reason of depression is a neurotransmitters which are imbalanced and involved in mood regulation. Certain neurotransmitters like serotonin, and norepinephrine, dopamine play major role in mood.

These Neurotransmitters are chemical substances that help brain to communicate with different areas of the brain. if certain neurotransmitters are in short supply, it may lead to the clinical depression.

Theory of depression concludes that having too much or too little amount of neurotransmitters can causes, or at least contributes to, depression.

Medical treatment of depression can focus on altering the amount of certain chemicals in the brain. Few of these treatments include selective serotonin reuptake inhibitors (SSRIs), monoamine oxidase inhibitors (MAOIs), and tricyclic antidepressants (TCAs), serotonin-norepinephrine reuptake inhibitors (SNRIs).

Increased very faster during this lockdown period. Internet was the best option left out to carry out our task during this pandemic when we are isolated from workplaces.

### 3.2 Family History & Genetics

A family history of depression is another risk factor to cause a depression. You can experience more likely symptoms of depression if other members in your family also have any kind of depression or any another type of mood disorder. few research estimates that depression is approximately 40% caused by genetics. Adoption, twin and family studies have connected depression to genetics.

While many research studies suggest that there is a genetic component, researchers are not yet confirming about all the genetic risk factors for depression. Researchers have found that if your parent and grandparent having depression that may doubles the risk of depression.

It is still not clear exactly which genes causes depression and other type of mood disorders, but as per the researchers there are many different genes that can play a role. By better understanding how genes function in depression we hope gene researchers can find more effective treatment for depression. genetic factors may be an important risk factor, but genes scientists also believe that genes and the environment interact to control exactly how these genes are expressed.

### 3.3 Physical Health & Certain Medical Conditions

If you are suffering with certain medical condition such as chronic illness, sleep disorder, or thyroid then you might experience symptoms of depression. Depression rates can be seen higher among people who have diabetes, chronic pain, cancer and multiple sclerosis.

The mind and the body are clearly connected with each other. If you are suffering with physical health issues, you may experience changes in your mental health as well.

Sickness is related to depression in two ways. The stress of having a chronic illness may cause an episode of major depression. In addition, certain health issues, such as

Addison's disease, thyroid disorders and liver disease, can cause depression.

### 3.4 Female Sex Hormones

It has been widely known that women experience more depression about twice as often as men. peaks during women's reproductive years, Because of the incidence of depressive disorders it is believed that hormonal risk factors can play major role.

Women are especially liable to depressive disorders during times when their hormones are in flux, such as at the time of their menstrual period, pregnancy, childbirth, and perimenopause.

Hormone changes caused by childbirth and thyroid problem can also be cause to depression. Postpartum depression may occur after a woman has given birth to her child and it is prone that rapid hormonal changes can take place immediately after giving birth.

Research studies also stated that a woman's depression risk declines after she goes through menopause.

### 3.5 Poor Nutrition

A poor diet can contribute to depression in different ways. A variety of mineral deficiencies and vitamin are known to reason of depression.

Some research studies have estimated that diets either low in omega-3 fatty acids or with an imbalanced amount of omega-6 to omega-3 can become the reason of depression. Also, diets including high sugar have been associated with depression. Study reveals a connection between few diets and their impact on mental health. researchers say, Poor diet play a major role in worsening mood disorders, such as depression and anxiety. diets rich in vegetables and olive oil, such as the Mediterranean diet, can help us to reduce symptoms of depression and anxiety

### 3.6 Stress

Stressful life events can also be a cause of depression. The relation between stress and depression is quite complex and circular. People who are stressed they might not follow healthy lifestyle. They may drink, smoke more than limit and neglect regular exercise. Stress leads to behaviours and patterns that can turn to a chronic stress burden and increase the risk of major depression.

Losing a job and because of that loss of social contacts can buffer against depression. many of the changes in the mental health during a depression resemble the effects of stress, anxiety, sadness.

### 3.7 Substance Intake

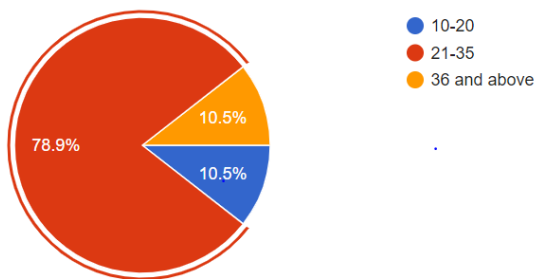
Depression is common among people who are addicted to drugs or alcohol. Intaking Drugs and alcohol can contribute to depression. Substance Intake can trigger the feelings of

sadness, hopelessness and loneliness often associated with depression. As per the researchers one-third of people with major depression also have an alcohol problem. For those who are struggling in their life are depressed they feel there is no solution to their problem, then for them drugs and alcohol may sometimes appear to be an easy solution to their problems. These substances can be temporary replacement to any emotional pain and bring about a sense of happiness and taking substances can become addictive. The more you consume the substance, the more dependent your body will become on their effects.

#### 4. DATA & SURVEY RESULTS

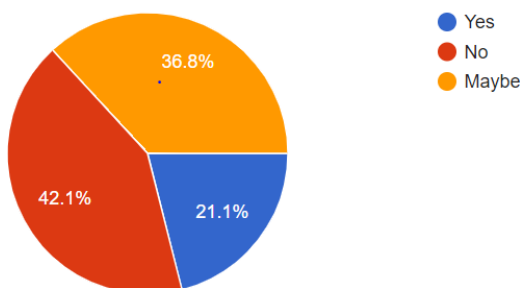
I have created one Survey form to collect the information from the people to know how Depression is impacting their life. I took the survey based on person's Age to Know which generation is suffering with more depression and what they do to overcome their depression.

##### Age Range of people having Depression



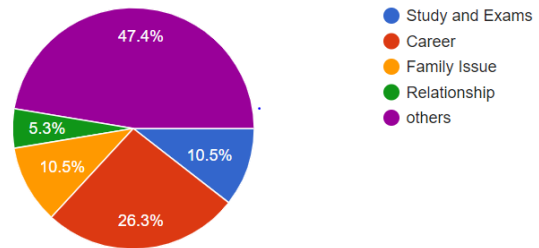
As we can see in above pie chart 78.9% youngster between age 21-35 are suffering from most of the depression. 10.5% people between age 10 to 20 and 36 and above are facing the depression. So that we can say that our country's younger generation is more depressed now a days.

Q.1 Do you feel Depressed?



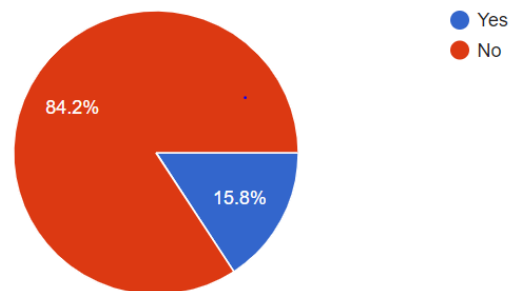
As per the survey 42.1% people are depressed 21.1% are not feeling depressed means they are at good state of mind and 36.8% people are not sure whether they are depressed or not.

Q.2 What is the cause of your depression?



I asked people what reason behind their depression in that 47.4% people are depressed because of the reason which they don't want to disclose and 26.3% of people are worried about their career and job which causing them to be depressed whereas 10.5% is people are depressed because of their studies and exams and another 10.5% are depressed because of family issue and 5.3% persons are depressed because of their relationship.

Q.3 have you ever thought of suicide because of your depression?

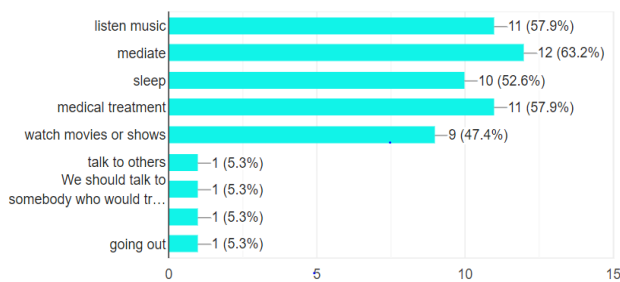


For this question most of the persons never thought for suicide option to overcome their depression. As per the pie chart we can say that 84.2% people keep mindset of fighting always in any situation whereas 15.8% persons thinks that suicide can resolve their all problem which is very incorrect mindset.

Q4. Do you think suicide is correct option to deal with your depression, Yes or no explain below?

For the above question which I have asked I am quite happy to see the responses as everyone's answer is No for this. As per responses I received they are saying never go for suicide because God has given us one life and depression is just one phase of life it is not whole life. It's just a temporary solution for any problem as after ending up life people are just bothered for some days but it takes the person's whole life. Instead of this the individual should think about how to deal with the situation and making it better rather than choosing suicide as an alternative.

Q.5 If a person is in depression what do you think they should do?



From above graph we can see that people are finding many ways to overcome their depression. 63.2% people feels mediating is best way to overcome the depression and 57.9% of people are saying listening music can reduce depression another 57.9% people prefer for medical treatment to deal with their depression and 52.6% feels that sleeping is good option to take relief from all the depression whereas 47.4% people prefer to watch movies or different entertainment shows to reduce their depression and 5.3% people thinks that going out and talking to our friends and closed ones can helps us to overcome the depression.

## 5. CONCLUSION

Now a Days, Depression is one of the most common disorder in primary care, but is often undiagnosed, unrecognized and untreated. rate of morbidity and mortality is higher because of Depression when left untreated. Most patients suffering from depression do not share that they are feeling depressed, but their sadness and anxiety explained symptoms. All Doctor should be alert to effectively screen for depression in their patients. There are many screening tools available for depression that are feasible and effective in primary care settings. Patient's mental and physical history, basic lab evaluation, and examination can helps the physician while treating the depressed person with the correct depressive spectrum disorder along with bipolar disorder. Primary care physicians should treat their patients carefully if the facing severe depression disorder and having thoughts for suicide. Patients who are older when they feel first episode of depression have a relatively higher of developing chronic and recurring depression. The diagnosis for recovery is same in young and old patients, although it may take longer period to achieve in older patients. Patients, who are suffering with depression, and their family and friends, have immense challenges to overcome. Primary care physicians can provide psychiatric monitoring, important education, social support, reassurance, and advice to these patients and their loved ones.

## 6. ACKNOWLEDGMENT

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