

RESILIENCE AND DEPRESSION

by:
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Adversity is a fact of life according to Psychology Today. Resilience is that ineffable quality that allows some people to be knocked down by life and come back at least as strong as before. Rather than allowing problems or failure to deplete their determination, they find a method to overcome them. Psychologists have identified some of the factors that make a person resilient, such as a positive attitude, optimism, and the ability to control emotions and see failure as a kind of constructive criticism. In the aftermath of a distressing situation, research reveals that optimism can help reduce the impact of stress on the mind and body. This offers people access their cognitive resources, allowing for objective analysis of what went wrong and consideration of an alternative productive behavioral path.

Being resilient does not guarantee that a person will not face challenges or distress. Emotional pain and tension are typical in those who have experienced substantial difficulty or tragedy in their lives. In reality, emotional distress is likely to precede the journey to resilience. While certain conditions may make some people more resilient than others, resilience is not necessarily a personality attribute shared by all. Resilience, on the other hand, is a set of behaviors, attitudes, and actions that everyone can learn and improve.

A study found that mental toughness plays a mitigating role between high stress and depressive symptoms. Depression, according to the Mental Health Foundation, is a frequent mental health disorder that produces low mood, lack of interest or pleasure, guilt or low self-worth, interrupted sleep or food, low energy, and poor attention. Depression is a complicated disorder with many unknown causes. However, various

contributing factors can lead to depression. Biological variables (for example, heredity or physical sickness or injury) can be combined with psychological or social elements (experiences dating back to childhood, unemployment, bereavement, or life-changing events such as pregnancy). An increased risk of depression has been linked to having a long-term or life-threatening condition, such as heart disease, back discomfort, or cancer.

Adolescent depression is on the rise. According to the National Institute of Mental Health that approximately 3.2 million 12- to 17-year-olds have had at least one major depressive episode within the past 12 months. Depressed teenagers frequently battle with anxiety and substance usage, which is why early detection of the mood disorder can be tricky.

According to a study published in the Journal of Abnormal Psychology, the number of teenagers with mental health disorders has more than doubled in the last decade. The data used in this study came from the National Survey on Drug Use and Health, which has collected data on drug and alcohol use and mental health issues in America since 1971. Between 2005 and 2017, survey responses from over 200,000 kids aged 12 to 17 and almost 400,000 adults were analyzed, and what researchers discovered was disturbing. Major depression in adolescents climbed 52 percent from 2005 to 2017 – from 8.7% to 13.2% – and it increased 63 percent in young people aged 18 to 25 from 2009 (8.1%) to 2017 (13.2 percent).

In an interview with Dr. Constantine Chua, chief resident of the Philippine General Hospital (PGH) Department of Psychiatry and Behavioral Medicine, said, "At least one every day will come in the emergency room for a suicide attempt, one young person." Dr. Norieta Balderrama of the PGH Child Protection Unit also stated that she and over 80 other child psychiatrists across the country have shared experiences from their practices indicating an increase in young patients with suicidal thoughts or attempts.

Recent studies suggest that resilience potentially moderates depression. It was found out that that resilience potentially moderates the risk of depression and anxiety symptoms on suicidal ideation in patients with depression and/or anxiety disorders. For suicide prevention, a resilience assessment and intervention focused on resilience enhancement is recommended. Another study found out that resilience did not significantly moderate the relationship between interpersonal violence victimization and any associated mental health outcomes. Subgroup analyses, on the other hand, reveal significant interaction effects between resilience and IPV within specific racial and ethnic minority subgroups, implying that resilience's attenuating effects on mental health symptoms (i.e., depression and psychological distress) associated with IPV likely vary by race and ethnicity. Research result indicates that resilience does moderate depressive symptoms in adults who have experienced trauma as children. However there are still research gap on the relationship between resilience and depression among students specifically the age, gender and their socio-economic status.

Adolescence is a difficult stage of a person's life when they are transitioning from a child to an adult and experiencing many physical, psychological, and emotional changes. They go through a slew of academic, social, and family events that have a significant impact on their emotions and physical behavior. When these teenagers experienced rejections at various phases, they overreact and their mood swings as a result. They may feel worse and confused at the time, resulting in a shift in their physical and mental conduct. Today teenage depression is increasing an alarming rate which will be surely increased in the coming generations than now.

Education systems possess certain characteristics that make them particularly well-suited to fostering individual, community, and systemic resilience. Education keeps high public value and demand in difficult times, reaches large populations, and acts as a crucial center for knowledge transmission.

It takes time and a thorough approach to develop resilience of the youth. But the school can do a lot to help them develop resilience to lead to an improved academic, social, and emotional result.

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