

Cause and effect



Cause and Effect Depression is a serious medical condition, one that has found its way into the lives of thousands of teenagers throughout the world (Empfield & Bakalar 15). While depression is a mental disorder, one caused by irregularities in the brain, there are also external causes for depression. In teenagers, the most common causes for depression are parents, society, and media. These all play vital roles in how teenagers view themselves, which then present the possibility of bringing about depression as teenagers struggle to conform to the expectations laid down before them by these three external factors. In middle- and upper-class families, parents often encourage their children to be successful; indeed, many parents become too involved in their teenagers' lives, pushing them to overachieve and not allowing them to live or accomplish life on their own. This not only causes stress in these teenagers' lives, but it also causes them to often feel like they are falling short of their parents' expectations. They begin to feel that they are not good enough, which leads to the teenager feeling depressed. When the teenager is unsuccessful in making their parents happy, they tend to take it out on themselves, often by telling themselves that they are worthless or helpless. Another way in which parents can cause depression in their teenagers is if they are going through a divorce, or are otherwise constantly fighting with one another, which puts undue stress on the younger members of their family. In many cases, especially after a divorce, teenagers feel as though they are at fault for the actions of their parents. Unfortunately, in many cases, these fears are not put to rest. During the teenage years, people are concerned with how others view them, which affects the way they view themselves. Pressure is put upon teenagers to act a certain way, aim for certain goals, look a specific way, et cetera. These

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requirements are often increased in a school setting, where teenagers are influenced, often negatively, by their fellow classmates. With so many expectations put into place by society, teenagers find it difficult to please everybody while still remaining happy with themselves. In the process of pleasing others and trying to fit in, teenagers begin to feel unhappy with themselves. Teenagers feel rejection when they are unable to successfully conform with society's expectations. This feeling of rejection, as well as the feeling of being unhappy with how they have turned out, can lead to teenagers becoming depressed. Similarly, media plays a large role in the expectations of teenagers, though the teenagers are the ones to bring these expectations on themselves. Media displays people, including an array of teenagers, in such a light that regular, nonfictional teenagers find themselves falling short of this ideal image. This image can involve idealized weight, physical appearance or attractiveness, or even intelligence or overall success in school. Media paints a picture that normal, everyday teenagers are seldom able to reach, though that does not stop them from trying. In their journey to reach the unrealistic goals portrayed by media, teenagers are often met with depression, as well as an array of other illnesses such as eating or personality disorders. Again, the feeling of rejection or not being good enough causes mental and emotional stress in teenagers. Teenagers are very influential, wanting to fit in with others of their own age. At the same time, they attempt to remain as true to themselves as possible. Parents, society, and media make it almost impossible to achieve both goals, which can cause teenagers to become depressed as they begin to lose sight of themselves. It all comes down to teenagers feeling as though they are not good enough for anybody - their parents, their peers, or society as a whole.

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Works Cited Empfield, Maureen, and Nick Bakalar. Understanding Teenage Depression: A Guide to Diagnosis, Treatment, and Management. New York: Henry Holt & Company, Inc, 2001. Print.