

What causes depression? essay



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Depression is a terrible signal of an unstable society or an unsettled mind.

It is a medical condition that may warrant simple control measures of the advice of medical practitioner/psychiatrist. In its extreme, it can lead to suicide. The depressed individual presents with symptoms like anorexia, cachexia, headache, reduced metabolic rate, inactivity, increased inertia and reluctance to work, non-sensitivity to situations around, depressed mood, insomnia or hypersomnia, psychomotor agitation or retardation feelings of worthlessness or excessive guilt, impaired thinking or concentration, and in severe depression suicidal thoughts/thoughts of death. Its prevalence in the society is high; and this brings to mind the question of what might be responsible in the increased prevalence of depression and prescription and consumption of antidepressant drugs. Actually no one knows what the exact cause of depression is. What is known today are just speculative works of neurochemistry, which holds that depression is linked to the reduced production of neurotransmitters like serotonin and dopamine in the brain.

Others assert that depression can also be linked psychological alterations within and/or outside the individual's environment. I believe depression can be caused by a number of factors. These can be called risk factors and they propel development of depression when there is a trigger. Certain early life experiences can be so hurting that when one remembers due to a repeat or an exposure to a similar experience can trigger depression. Apart some individual who are inherently introverted are more likely to become depressed than the extroverts; besides, this kind of life style, others like alcoholic intoxication, restriction from family support can initiate a bout of depression. And there is variation in individuals, as people react to events in

different ways based on experiences and expectations. Drug abuse, family history of depression, loneliness and even unemployment or indebtedness are other things I consider as probable causes of depression.