

Is depression the
main cause of
suicide?



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The Oxford Dictionary defines suicide as the act of killing oneself intentionally. Over millions people commit suicide each year, making it the tenth-leading cause of death worldwide. People who attempt suicide are often trying to get away from a life problems that seemed impossible to deal with. (Oxford Dictionary , N. D)

Suicide is a main public health problem. It is the eleventh leading cause of death in the U. S for 2006, approximately 33, 300 deaths. 1 The overall rate was 10. 9 suicide deaths per 100, 000 people.

Teenagers are the main victims. Adolescence is a time of emotional turmoil, mood instability and gloominess,. Suicidal thoughts can emerge easily if no suitable steps are taken to prevent them.

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1. 2 Methods

Hanging, pesticide poisoning, and firearms are the common methods. Drug abuse and poisoning are also commonly carried out by suicidal teens as well, mainly because of the friend's influence. In some extreme situations, teenagers may also deliberately aggravate another person into administering lethal action against them, as in suicide by cops.

1. 3 Symptoms

Teenagers who attempt suicide often display obvious and drastic change of behavior and attitude. They display symptoms such as changes in eating and sleep habits. For example, eating very little and refuse to sleep, Furthermore, withdrawal from friends, family and regular activities are also

significant. They do not want to hang out with friends, neither do they spend their time with family.

1. 4 Aim of the report

To investigate if depression is the main cause of suicide.

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2. Is depression the number one cause for suicide?

Depression, bipolar disorder, schizophrenia are some untreatable mental illness, there are the main cause for suicide. Depression often receives false impressions whereby one individual feels sad for only a day or two. In fact, depression occurs when one experiences a prolonged period of sadness which affects his/her ability to perform.

Adolescence years are hard, but most teens balance angst with good friends, success in school or outside activities. Depression is bad, and can overwhelm a teenager, and can ruin his/her personality and behavior, creating feelings of helplessness.

Some of the events which can trigger depression are:

2. 1 Relationship problem
2. 2 Poor academic performance
2. 3 Pressure from peers and parent
2. 4 A serious illness

2. 5 Low self-esteem

2. 6 The death of a loved one.

2. 7 Domestic violence

Percentage of suicide cases

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2. 1 Relationship problem

Jerry Johnston, an evangelist states that relationship problem is one of the main causes of depression. Relationship problem plays a big role in misleading teenager to commit suicide. For example, not able to find a suitable partner, being cheated on, breaking up with the loved one and more. When these problems occur, teenager will be subjected to sadness and depression.

Teenagers nowadays live under their parents, and hope that friendships and romance will be great and last forever, when those relationships end; they despair, and become depressed. Most teenagers think that their life is ruined when a romantic relationship ends. They will become confused and turn desperate, and at this point, suicide seems to be like the only way out. Apart from that, teens might be betrayed by friends, losing something that was greatly desired can also mislead a teenager to commit suicide. (Jerry Johnston, ND)

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2. 2 Poor academic performance

Parents nowadays emphasize more on the students academic's success.

Sometimes, these students fail to meet their parent's requirements.

According to a study from University of Missouri researchers, children who perform badly in the exam has negative self-perceptions and depression symptoms. (Nancy Schimelpfening, ND)

In the research, it was found that those students who had exhibited negative self-beliefs and depression because they struggled with core subjects in the first grade exam. (Nancy Schimelpfening, ND)

Children with poor academic skills assume they have less potential on crucial outcomes in their life. Poor academic skills can manipulate how children see themselves as students so it is necessary to explore and emphasize more on the other assets in students, mainly those with lower academic skill relative to their peers." (Nancy Schimelpfening, ND)

2. 3 Peer pressure

Any grown-up, who can remember the pressure they felt in high school to fit in, will be able to relate their experience to the pressure teens of today are facing. (Mohit Joshi, 2008) According to various studies, peer pressure is one of the greatest motivators of youth today. To ensure that they do not get left out and to gain acceptance, teens will do just about anything to fit in with the group. Even a good teen that has been raised with values and is generally good in conduct, will occasionally do ridiculous things to gain acceptance (Mohit Joshi, 2008)

Teenagers are in such a haste to look fashionable and attractive, that they are turning to binge drinking and drugs, and slowly becoming vulnerable to such mental disorders (Mohit Joshi, 2008)

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2. 4 A serious illness

The pain undergone by a person through serious illness may cause the person to be depressed which leads to suicide. Depression is one of the most common complications of chronic illness. (Cleveland Clinic ND) It is estimated that up to one-third of individuals with a serious medical condition experience symptoms of depression. People diagnosed with chronic illnesses must adjust to the demands of the illness as well as to its treatment. The illness may affect a person's mobility and independence, and change the way a person lives, sees him- or herself, and/or relates to others. These requirements can be stressful and cause a certain amount of despair or sadness that is normal. (Cleveland Clinic ND)

In some cases, having a chronic illness can trigger clinically significant depression, a potentially serious but treatable illness itself. The challenge for the doctor and the patient is to decide whether symptoms of depression are just a normal reaction to the stress of having a chronic medical condition, or so intense or disabling that they require additional specific antidepressant treatment (Cleveland Clinic ND)

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2. 5 Low self-esteem

People who have low self esteem become depressed because they lose faith easily and think negatively of everything in themselves. They are incapable of meeting life's challenges and unworthy of happiness. (M. E. Arbaugh Mac 2006).

People often criticize one as useless. Phrases like, “ Let me do that, you are making a mess, you never do anything right,” demotivate and discourage them indirectly. (M. E. Arbaugh Mac 2006). Furthermore, feeling of low self esteem can emerge easily when compared to the siblings, parents or anyone who are already successful. (M. E. Arbaugh Mac 2006). Our culture used to place high regard on inner beauty, but recently the societies seemingly emphasize more on the physical appearance. Children tend to be teased or made fun of in school if they do not follow the current trend of looks or so-called beauty-ideas (M. E. Arbaugh Mac 2006).

2. 6 Death of the loved one

Depression can be caused by the death of a loved one. Loved ones can be family members or even pets. (Jeanne Segal, 2007) For example in the case of a love partner, it may cause depression because the teenager seemingly believes that there is no one left to accompany him/her and/or because of loving his/her partner too much. Therefore, he loses his motivation to continue living. These are feelings of grief but can also be feelings of depression (Loren Park , ND)

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2. 7 Domestic violence

Domestic abuse occurs when one person in marriage tries to control the other through violence.

Domestic violence occurred when one person wants to gain or maintain total control over the others. An abuser does not comply to fair play. Through fear and pressure, an abuser can wear you down and dominate you. (Domestic abuse, 2008) The abuser may go to an extent on threatening or even hurt people and loved ones around you. (Domestic abuse, 2008)

Domestic violence happens among couples and in same-sex relationship. It occurs within all age ranges, ethnic backgrounds, and economic levels. (Domestic abuse, 2008) Women are usually the victims. Men can also be abused, particularly in emotional affairs. Whether it is coming from a man, a woman, or a teenager, abusive behavior is not acceptable. (Domestic abuse, 2008)

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3. 0 Methods to overcome

3. 1 Provide alternative activities

Alternative activities can fill up the free time and reduce our stress.

Exercises like aerobic can increase endorphin levels in your brain. (H. C. Hisel ND) Endorphins can make our brain feel better. Working out with friends can make the exercise more fun. Interacting with a friend stimulates your mind, makes exercise more enjoyable and provides you with emotional support. Jogging, swimming and cycling are excellent and ideal aerobic

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activities. (H. C. Hisel ND) 30 minutes of aerobic exercise at least three times in a week are necessary. Start with a shorter length of period and slowly increase up to 30 minutes If 30 minutes of exercise is too hard for you. In addition, deep breathing exercise can help us in reducing depression too. (H. C. Hisel ND)

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3. 2 Moral and religious teaching

Moral and religious teaching plays a crucial role in eradicating depression. Moral intelligence of the young adolescent are often been neglected in the current social. (Michele Borba 2001) Moral intelligence consists of the personal, social, mental, emotional, and moral skills that creates a great character. It teaches us to distinguish right from wrong. Moral intelligence is important for young adolescents to encounter negative pressures, stress and depression and do what's right with or without adult guidance. Educating moral intelligence is our best hope. According to research, a strong moral character can be learned and enhances our students' personalities, behaviors and replace all the negative ones. (Michele Borba 2001)

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3. 3 Talk to a private therapist or counselor

Teen's depression can be cured by visiting family doctors or specialists. In some serious cases, parents should make an immediate appointment for their depressed teen to see a doctor for a treatment. (Jeanne Segal, 2007) Psychologist or psychiatrists who specialize in children and adolescents are the people whom we can refer to when encountering such problems. Teen's

depression can be complicated. A professional is needed in such case. A well-trained and experienced mental health professional is what a depressed teenager required the most. (Jeanne Segal, 2007) However, teenager's will and opinions are the main priority when choosing a doctor or specialist as teenagers nowadays are very dependant and rely on parents. Furthermore, we can talk to a counselor. A qualified counselor will be able to guide depressed teens to overcome their obstacles in life (Jeanne Segal, 2007)

3. 4 Positive parental skills

Positive parental skills are important as well. There are lot things a parent can do in the process of guiding their depressed children. (James Lehman December 2008)

Parents can always provide them a quiet room as a quiet room allowed the children to calm themselves down. Furthermore, life is filled with ups and downs. Appropriate and positive parenting skills play a big role in aiding children to overcome emotional obstacles in life. (James Lehman December 2008)

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3. 5 Parental love

Parents play a big and crucial role in eradicating depression within teenagers. In case of any suspicious suicidal thoughts or behavior, the parents should be in alert at all times to guide their children. (Jeanne Segal 2010) Parents should talk to them in a loving and non judgmental way to show their children how much they care and love them. Offer support, listen to them without lecturing, offer the teenagers with suitable advises and the <https://assignbuster.com/is-depression-the-main-cause-of-suicide/>

assurance of love. Besides, the teenagers may be confused and not believe they are under depression. The parents must keep an eye on their children at all times, if there are any signs of depression, immediate seek help from a professional (Jeanne Segal 2010)

3. 6 Special treatment

Special treatment can include medication treatments for depression.

Antidepressants are commonly used in the treatment of depression.

(Antidepressants, 2004) Antidepressant increases the levels of certain neurotransmitters in the brain and helps us to improve or release stress and depression. Furthermore, it is not addictive and possesses no side effect.

(Antidepressants, 2004)

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4. 0 Conclusion

Depression is the main cause of suicide. People who attempt suicide often undergo depression. Relationship problems, poor academic performance, pressure from peers and parent, serious illness, low self-esteem, the death of a loved one and domestic violence are the main causes of depression. These causes of depression must be eradicated as soon as possible to prevent the situation from getting worst. Alternative activities, moral and religious teachings, seeking help from a professional, positive parental skills, parental love and special treatment are some of the efficient ways to overcome these problems. As we all know depression is the main root of the problem, we all must work together to overcome this problem.

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