

## Depression- As a cause of suicides of the unspoken words

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### Abstract

Depression has prevailed identified as a silent disease that affects all individual irrespective of his or her physical and biological health. The condition openly affects more than 40% of the society. Depression has become a worrying trend that does not only affect the psychological wellbeing of an individual but withal the physical wellbeing of a person. It has often prevailed idealized as a phrenic illness looking into questionnaires analysed, the data collected it is quite clear that there is progressively will look into the methods in which it is often prevented also as treated within the online setup also because the immediate society that's affected. The data was analysed utilizing thematic analysis that helped establish the specific view of the respondents without the researcher's point of view.

**Key words:** Biological; wellbeing; researchers point; questionnaires.

### Introduction

Depression has prevailed identified as a major factor leading to suicide. Suicides are considered as secondary deaths due to their nature. This is by virtue of an individual who commits suicide has often lost the will to live, which leads to the death of their inner vigor and their facility to subsist effectively in the society. Depression is a significant factor when it comes to the psychological well-being of an individual. It makes affects the phrenic, physical and emotional abilities of a person. When affected by depression an individual tends to have fatigue affecting their facility to carry out their day to day activities, mood swings affecting their association with others and absent mindedness that can lead to accidents.

Depression is considered to be one of the most prevalent diseases in the world today. It is a disease that affects all people irrespective of their convivial status, educational background gender or race. Albeit depression has no bias it is clear that more women are treated for depression than men. This doesn't mean it affects women more but thanks to their emotional nature women's depression is definitely detected.

Depression is a mood disorder that affects an individual's feelings and adjustment to how they feel. It doesn't mean that they are doing not feel but depressive feelings are often time-based and may change all of sudden or thought process. This makes it infeasible to pinpoint which specific emotion can be identified as an emotion of depression.

Depression has prevailed identified as a major trend in the society. It affects 40% of society. Albeit such a astronomically immense number suffer from depression very few people have gone to hospital for treatment. This makes depression a major cause of concern. On the opposite hand individuals who receive treatment rely largely on medicine. There are two ways of treating depression with emphasis on the level on severity.

- i. Through medication.
- ii. Through counselling or psychotherapy.

Albeit both methods can be used it is not often that an individual dealing with depression will adopt both methods to achieve recovery. Consequently how does depression lead to suicidal tendency?

Suicide is the intentional will to die. This denotes an individual tries to kill him or herself and succeeds are considered as suicide victims. If the endeavor is not successful it is identified as attempted suicide. Depression has prevailed outlined as a phrenic disorder characterised by sadness, loss of interest as a supposititious succedaneum pleasure, feelings of guilt as a supposititious succedaneum low self-esteem, disturbed slumber as a supposititious succedaneum appetite, feelings of tiredness and poor concentration.

It was emphasised that stressful life events that occur in an individual's life have a role in the development of depression. In addition, they may lead to an individual committing suicide. Stress associated events incline to make an individual unable to control emotions. When the stressful event become continuous and uncontrolled it becomes hard to associate effectively with others. Most victims of depression incline to become increasingly irritated, may drink alcohol excessively, loss appetite, or have an increased appetite or cull to seclude themselves from the society. This is by virtue of the stress affects the body and mind, thus causing distress in the body functions. The stress level on the body can cause illness. This may lead to wrongful medication as well as further distress. Extreme distress that is not solved may lead to depression. The symptoms of depression are withal linked to those of stress by virtue of they are interrelated. When stress affects the body it interferes with mundane functions such as the physical and emotional functions. When the psychological functions are affected, both mind and body react irrationally. These forms of irrational behaviours are the result of depression. The behaviours include insomnia, bouts of anger, sadness, seclusion from others, unwillingness to victual or excessive eating, fighting, and mood swings

- i. Maintaining good academic grades
- ii. Homesickness.
- iii. Financial challenge.

Consequently, the students are under immeasurably voluminous stress that may lead to depression in some. They feel they cannot control their own lives. This may lead to missing classes, crying a lot, as a supposititious succedaneum isolating them. The prevalence of depression is very high among university students due to adjustment into adulthood and the incipient expected responsibilities in the incipient stage of their lives.

### **Literature Review**

Literature review section is used to outline existing literature concerning the study area. The literature review is based on different section. These are:

- i. What is Depression?

Depression is a prevalent phrenic disorder that presents with depressive mood, loss of appetite loss of interest as a supposititious succedaneum pleasure, decreased energy, feelings of guilt as a supposititious succedaneum low self worth, disturbed slumber, and poor concentration. More over depression often comes with symptoms of anxiety. These quandaries can become chronic leading to substantial impairment of an individual's facility to effectively function in the society. At its worst, depression has prevailed kenned to lead to suicide and suicidal behaviour.

The world health organization 2012,outlines that "almost 1 million lives are lost to society yearly , these translates to 3000 suicide deaths daily. For each individual who commits suicide, 20 or more individuals endeavor to end their lives. " looking at the above statistics it is quite clear that depression is a factor that needs to be highlighted so as to avail reduce the incidences of suicide and suicide behaviour.

- ii. Cognitive theory of Depression

Aaron beck (1960) developed the cognitive theory of depression that outlined that mans negativity develops a dysfunctional beliefs are mainly the cause of depression. There is a direct relationship between the level of depression and the severity of the negative noetic conceptions. If an individual keeps having negative noetic conceptions the level of depression will consequently grow.

Beck establishes three main dysfunctional beliefs themes that dominate depressed people's thinking. These are:-

- I am inadequate
- All of my experiences results in defeats or failures,
- The future is hopeless

These three themes constitute the cognitive triad. Aaron beck believed that the cognitive triad could illustrate the way during which depression developed. He noted that depressed individuals

incline to pay only selective emphasis some areas. These may lead to depression. On the other hand, it is noted that the thought process can only develop as a result of convivial expectations and systems of belief. For instance, the cognitive triad establishes that a depressed individual tends to believe that they're inadequate, failures also having a hopeless future. An individual may harbour these feelings as a results of activities that they involve themselves in. If these activities aren't effectively administered a private will successively have feelings of failure and inability.

#### iii. Sociology theory of Suicide

The second theory we will look at is the sociological theory of suicide. The sociological theory of suicide was developed by Durkheim in 1867. Durkheim believed that the convivial forces around an individual affect the overall suicide rate. The sociological theory outlines that areas with high convivial forces have higher possibility of an individual committing suicide. Consequently the sociological theory simply establishes that the main causes of suicide in the society were a result of social pressure.

According to Durkheim (1951), "the risks of suicide are higher when society's influence over the individual is either excessive or insufficient. This denotes that when an individual is highly integrated and an expected outcome is not produced the individual may either feel alienated. These feelings of extreme progressively will perform are often displayed along with the fear of failure. Clarke (2003) believed that urban dwellers incline to be less religious compared to their rural counterparts. This same ideology claims that there are more suicide cases in urban areas compared to rural areas.

The belief is mainly based on the societal concept of communities that we live in. for instance urban societies incline to isolate individuals in their own space. This results from incipient environments that are created as well as the different individuals that come from different cultures. It consequently becomes hard for individuals to associate facilely, and most university students belong to this group of urban dwellers. These students leave their homes to join a incipient community that have set rules and expectations. The adjustment from their antecedent lives is not an facile journey and it is often hindered by sundry factors such as culture shock, shyness, introvert personalities and fear. These may lead to segregation as well as loneliness and eventually depression.

Some of the factors that have prevailed noted to avail individuals associate with others are religion and convivial events. To this end, universities incline to have orientation weeks to endeavor and avail the students learn the university environment as well as meet with other students.

Holmes and Holmes (2004), suggest that folks who attend religious ceremonies regularly are six fold less likely to kill than those that don't.

#### iv. Symptoms of Depression and Suicide

Symptoms of Depression:

- Feeling bad about you.
- Change in sleeping pattern.
- Change in appetite.
- Feeling overwhelmed by pessimism, anger, guilt, irritability and anxiey.
- Varying emotions throughout the day, for example, feeling worse in he morning and happy as the day progress.
- Poor concentration.
- Feeling exhausted.
- Reduced performance.

Symptoms of Suicide:

- Talking about suicide and death
- Alcohol and drug abuse.
- Quitting activities that were previously important.
- Adopting an 'I no longer care attitude' and engaging in self destructive behaviour such as wreck less driving, promiscuity, violence and breaking the law.

- Physically causing them harm.
- Sitting around with objects which they intend to use to kill themselves the most common is to keep counting the stock of pills or playing with knives or ropes.
- Making final arrangements or putting affairs in order- giving away prized possessions and allotting all their earthly belongings to other person.
- Elderly and sick persons may begin to buy large amounts of medicine and store them in preparation for the suicide.
- Some people begin to refuse to take prescription medicine and turn to taking drugs not prescribed to them.
- Writing suicide note/letters, goodbye letter or poems.
- Talking about how pointless life is.
- Talking about how they have feelings of hopelessness, anger guilt, sadness, shame, desperation, worthlessness and self-hatred.
- Tendency to isolate themselves.
- Adopting a self hatred attitude and saying things like everyone would be better off without me.
- Drastic neglect of duties at work, home or school.
- May begin not caring about physical appearance.

Looking at the above symptoms it is clear that depression and suicide are proximately interrelated. This does not mean that all depressed individuals commit or endeavor suicide. However, it shows that depression, if not treated, could lead to suicidal behaviour.

### **Materials and Method**

The research was conducted via questionnaires. The questionnaires were used to accumulate students' opinions and observations in regard to suicidal behaviour as a supposititious succedaneum ideation. The questions sought to capture causes of suicide. The study was made up of both qualitative and quantitative methods of data collection and analysis. Due to the sensitivity of the topic it was paramount for the study to capture and provide an in-depth understanding of depression.

### **Subjects**

The target population for the study was drawn from online survey and phrenic health practitioner. The students were approached on arbitrary patterns. The respondents were both male and female.

### **Instrument**

An online questionnaire has been formed with limited no of questions. The questionnaires were composed of two sections. The first involved a tick box question concerning behaviours that have been noted. The second section involved questions that were open-ended. They asked for the student opinion concerning suicide.

### **Methods of data analysis**

Thematic analysis was used to analyse the data collected.

### **Conclusion and Discussion**

Depression has prevailed identified as a major factor leading to suicide among online survey. It has prevailed outlined as a phrenic disorder that affects women more than men. Further, it is a phenomenon that affects all people irrespective of their convivial class, education level, age, race or religion. It is believed to affect more women than men due to the fact that women are more emotional.

One of the major challenges of treating depression is the fact that it is not considered an illness. It mainly affects the youth thanks to their high expectations of themselves and therefore the society. Due to the lack of recognition, depression is categorised as a phrenic disorder or illness rather than a disease. This has consequently led to a great deal of mis-diagnosis of suicide cases. Many blame

suicide to phrenic illness since depression has prevailed classified as a phrenic health case. Depression has withal prevailed identified as prevalent among youth who have family history of depression, are apprehensive and those unable to establish positive convivial relationships, have conduct disorder, misuse drugs and alcohol, have concerns about their sexuality, or that suffer negative life experience like bullying, domestic disharmony, or physical, sexual, or and emotional abuse. Traumatic life events are factors that have prevailed identified as leading factors of major depression ad well as suicidal tendencies.

The causes of depression in Students have been identified as:

#### I. Academic performance :

Academic performance is an integral part of the university attendance and when the performance at the university level is not adhered to it may lead to depression. One of the major expectations of joining university is the academic capability and this capability is withal needed for continuation of the university study. When the tutorial performance goes down the scholar feels pressured. This pressure may cause depression if not addressed. Often college freshmen face academic pressures and expectations that are considered more preponderant than what they had experienced in high school.

#### II. Fitting in:

Universities are incipient environments to most students. It is an incipient place where students go to gain higher education. The progressively will fit in and make friends leads to anxiety and stress. When an individual joins the university and feels left out and lonely it may become a quandary due to lack of company and confidants. This denotes that the student may become stressed and unable to associate well. It may cause peer conflict, bullying, alcoholic abuse , fighting, Separation from their well established convivial networks has prevailed identified as a stressor for college freshmen. When students leave home to commence college, they leave behind the people with whom they are familiar.

#### III. Homesickness

Homesickness is that the distress or impairment caused by an actual or anticipated separation from home. Its cognitive hallmark is preoccupying noetic conceptions of home and attachment objects. Home-sickness may be a factor that arises along all age groups. Albeit it is prevalent it tends to affect the youth more due to the change in responsibility. The responsibilities arise as a result of age change from childhood to adulthood. Home-sickness results from the progressively will have familiarity that tends to lack when an individual moves to a incipient environment. This feeling of home sickness can lead to depression if the individual does not feel wanted or unable to fit in the existing society.

#### IV. Finances

Financial issues may withal be a significant stressor for students. In the university set up the students are expected to support them and establish an existing budget. The budget is based on what the student may have. But it has prevailed noted that often the students incline to have bigger costs than what they can afford due to the progressively will fit in with others. "Major financial crisis requiring a student to go without pabulum or other essential items due to lack of mazuma. The results demonstrated that financial difficulties had a significant effect on the development of symptoms of both depression and anxiety in the students.

Looking at depression it's quite clear that the scholars are at a high risk of suffering depression. It is consequently obligatory that both the students and the institution find ways to deal with it. Depression affects all students. Consequently there is need for the university to provided support to the students from the juncture they are enrolled to the juncture they graduate. By providing adequate support the universities will be able to avail prevent suicide cases among the students.

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