

ANXIETY AND DEPRESSION

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Anxiety and Depression

 Anxiety and depression disorder are the most critical illnesses that happened in the world community. Even the successful businessman, artist, and police among others cannot guarantee their happiness. Lately, too many artists, especially from Asians, commit suicide as they cannot adapt and find the best solution to treat their anxiety and depression. Generally, anxiety and depression may occur together as it has the same features, for example, concentration, sleeping problem, poor appetite, and irritability. People with anxiety problems usually have greater depression, and those with greater depression commonly have an anxiety problem. Anxiety is more to the overwhelming of nervousness, highly concern about something or feeling of worried with the unsure result while depression is a feeling of serious sadness and has no interest in something and can disturb daily routine. [1] Depression can be classified into several types and Major Depressive Disorder is the most important analyzed form of depression. People diagnosed with Major Depressive Disorder usually experienced at least five or more symptoms of depression for more than two weeks, such as hard to sleep or oversleep, have no appetite, tired easily, have no concentration and persistent in sadness. Next, mild but chronic depression is called Persistent Depressive Disorder (PDD). Patients with this disorder always have no interest in their life, have low confidence and not in a mood consistently for about two years. PDD can be treated easily if the patient follows the plan strictly. Another type of depression is called Premenstrual Dysphoric Disorder is due to the Premenstrual Syndrome (PMS) and Seasonal Affective Disorder (SAD) due to the change in season and length of days in a certain country.

 The most crucial causes that lead to anxiety and depression is the environment. The environment can be a family problem, school, and work among others. People come from family problem tend to have a lot of problems and worries. They hardly find their own peaceful and happy as they busy to find a solution to unite their parents back. On the other hand, some parent tends to fight roughly and use a harsh word in front of the children to release their anger. In this situation, both parents and children are mentally exhausted. In the end, one side will have a bad impact on their life especially the children. Studies have shown also a significant result that young children that had lost their family and they witnessed death, where they brutally killing are the worst affected groups. It is because they were in trauma due to severe emotional shock and pain caused by an extremely upsetting experience. This will cause major depression or hallucinations.

Besides, the school environment also plays a vital role in the well-being of the students. Symptoms of bullying should be detected at an early stage to give better education and provide a healthy environment. Next, education also can affect mental illness. The examination is one of the situations that always haunt the students plus many assignments given at one time. They will feel unprepared or have a little time to study. Students who cannot adapt to this situation very well will easily get stress and mild depression. In terms of work, tight schedule, long hours due to employee cutbacks, the pressure to satisfy rising demands and afraid of being thrown away make you feel anxious, exhausted, and overwhelmed. In the end, it stops being beneficial and continues to harm your mind and body and your job performance.

Personality plays an important role to make sure the individual has higher confidence to face the challenging world. Without a better personality will lead to an unhealthy environment such as stress, sickness, and poor concentration. Thus, will lead to chronic illnesses which are anxiety and depression. Those with certain personality traits are more prone to have anxiety when they have low self-esteem, anxious, easily startled and perfectionist during childhood, adulthood and then ages. Studies show that a strict parenting style can control the production of dependent personality traits in the individual. [2] Dependent Personality Disorder (DPD) is likely to happen to men and women equally. The individual with DPD is making great efforts to please others and emotionally over-reliant on other people. Failure to make choices without the advice and reassurance of others, even daily decisions like what to wear, refusal to initiate projects or tasks due to low of self-confidence, avoiding responsibilities by acting mindlessly and silently; relying on a spouse or friend to decide where to work and where to live are the example of DPD due to personality trait.

An individual needs to get treatment due to anxiety and depression. The best solution for this problem is to seek help from psychiatrists and doctors. They have a better solution for this treatment for example talk therapy where they teach you how to change the thoughts and beliefs, give skills on how to manage the symptoms and show on how to interact well. The doctor may provide antidepressant drugs to cure both anxiety and depression according to the level and type of depression they had. All in all, the individual needs to have consistent and repeatability treatment. Besides, moral support from family and friends also important to help them to cure mental illnesses. Parents need to spare their time at least once in a week to have a meal together and listen to the problems and worries. Have a holiday either locally or overseas with the children is a great deal and the best way to cure mental illnesses. As the parent is an icon to the children, they need to show the best example at home by showing support in whatever their children do, showering with love and care and be their best friend. Thus, they will feel at ease and have someone that can rely on them.

Next, friends are important to give shoulder and hands-on when they need something, always be a good listener when they want to share their thought and problem and have fun to release stress by holiday, shopping and exercise among others. Also, a school-based program must be increased to assist in the understanding of how these illnesses affect people and can be prevented or effectively treated. Engagement by teachers and counselors can prevent depression, aggressive behaviors and substance abuse among students. Thus, each individual plays an important role to make sure people in our circle are free from anxiety and depression. It is vital to know and care about one's health to have a healthy environment and surroundings.

 Based on my point of view, anxiety and depression are the most worrying and overwhelming mental illnesses that must be treated and cure faster so that there is no one will commit suicide. Once they have thought to commit suicide, sudden action must be taken vigorously either bring them to the hospital or getting help from a psychiatrist. No other choice is other than these two. Do not let them alone in whatever they do because they tend to do anything that can hurt them, for example, scratch their hand using sharp objects and bang their head against the wall among others. I have seen a lot of successful people on television end up commit suicide due to major depressive disorder, for example, Lee Jonghyun and Sulli. They both are an artist from South Korea who end up commit suicide because constantly received bad comment from hate fans and have a higher desire to please others. End up they do not meet their satisfaction. So, in this case, I can relate that perfection can kill individual goals when it does not meet our satisfaction. The best solution is to enjoy everything in life and build confidence. Next, everyone in the world has its responsibility to help people in need. Be it financially, materials and food among others. We are willing to help others based on our ability and capability.

In a nutshell, anxiety and depression are not due to genetics but due to individuals. Depression cannot be inherited but it can continuously happen in a family. [3] We can prevent mental illness by getting enough exercise, enough nutritious food, know how to manage stress well and having fun. We must get enough exercise to maintain our health, release stress and get better sleep. Then, we also need to take time for pleasure. It can help us to reduce our stress. We have to avoid a stressful situation by not forcing yourself beyond your abilities. Do not pressure yourselves to do something impossible. If we are in a very stressful situation and cannot manage the problem, we need to seek motivation from the counselor and psychiatrist. Never feel shame to see them and share what is your thought and problem because prevention is better than cure. Thus, we also just need to enjoy everything we did just to feel that we are not be pushed to do that. We also need to be involved in sociality and make a friend. As we know friends can help us in releasing our stress. We can share our problems with them. Also, do not forget our family that we can fully rely on. Thus, will make us calmer and it will reduce our pressure.

[1] Anxiety and Depression Association of America

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[2] WebMD

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