

A STUDY ON TYPES OF DEPRESSION AMONG YOUNGSTERS

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ABSTRACT

Depression is a growing common problem in today's society. It is often a major contributing factor for most adolescent problems. The statistics about teenage runaways, alcoholism, pregnancy, drug problems, eating disorder and suicide. The common link to all of these crises is often depression. Depression can be described in many ways. Its main description is that it a serious mental disorder in which a person suffers.

Keywords; *Depression, stress, black hole, Psychotic, Bipolar etc*



INTRODUCTION

Depression is a cruel disease that can affect anyone. It is very easy, once the symptoms begin, for a person to slide down the black hole of depression where the symptoms spiral and feed off of each other, increasing in severity

TYPES OF DEPRESSION:

1. Bipolar Disorder
2. Seasonal Affective Disorder[SAD]
3. Psychotic Depression
4. Situational depression
5. A typical depression
6. Postpartum depression
- 7.

EXPLANATIONS

1) BIPOLAR DISORDER

Another type of depressive illness is 'Bipolar Disorder'. 'Bi' means 'two'. As the name indicates, this type of depressions deals with two kinds of depressions. *Bipolar Disorder* is characterized by cycling mood changes: severe highs and low depression, often with periods of normal mood in between. Sometimes the mood switches are dramatic and rapid, but usually they are gradual. There are four basic types of bipolar disorder.



1. Bipolar I Disorder
2. Bipolar II Disorder
3. Bipolar Disorder specified
4. Cyclothymic Disorder

2) SEASONAL AFFECTIVE DISORDER

A depression starting in the winter months, usually stemming from low natural sunlight and often lifting in the summer months. SAD may be effectively treated with light therapy.

3) PSYCHOTIC DEPRESSION

A severe depression where the person has some form of psychosis along with other symptoms. This psychosis can include having disturbing false beliefs or a break with reality [delusion], or hearing or seeing upsetting things that others cannot hear or see [hallucinations]

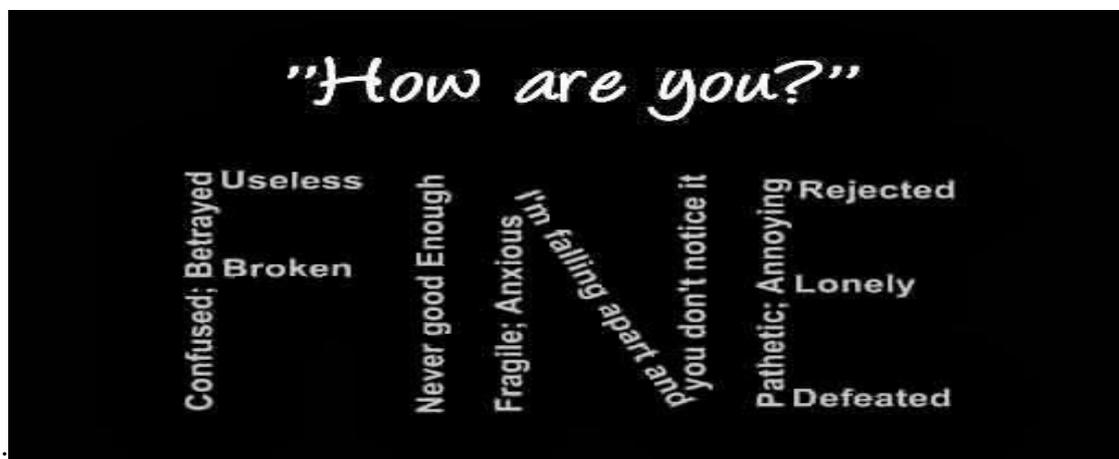
4) SITUATIONAL DEPRESSION

Psychotherapy can often help you to get through a period of depression that related to a stressful situation



ATYPICAL DEPRESSION

This type is different than the persistent sadness of typical depression. Other symptoms of atypical depression include...



- Increased appetite
- Sleeping more than usual
- Feeling of heaviness in your arm
- Over sensitive to criticism

POSTPARTUM DEPRESSION

This depression occurs right after giving birth. It much more than the "baby blues" that many women experience after giving birth, when hormonal and physical changes and the new

- Face you fears
- Stop the negative self talk
- Get enough sleep
- Share with friends, members of family, relatives etc.
- Consult with a Psychiatrist

CONCLUSION:

The research evidences that depression can be a result of an external or internal influence. Depression can last for minute or years. Helping recovery from depression through reading, listen music, positive thinking, try to talk therapy, belief others. Every individual should have of opinions like 'all the things or issues happen not to depress us; but to strengthen us only to prove our individuality' Once, it is understood by all, people may deal with the depression easily instead of being alone, crying etc. So, they should be more active than ever before to overcome the depression they experience.

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