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**CAUSES OF DEPRESSION IN YOUNG ADULTS**

One of the major problems we are facing in Nigeria today is depression. Every day, we tend to hear cases of young adults committing suicide as a result of depression and stuffs. Being a young adult is just like being at the tough stage of life. Earlier this year, a case of suicide was recorded in Calabar. It was reportedly known that a male student committed suicide as a result of depression and academic issues.

What is depression?

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It is also called major depressive disorder or clinical depression and can affect how one feel, think and behave and can lead to a variety of emotional and physical problems.

Depression can be seen in different stages and can be listed below:

* Major depression
* Persistent depression
* Manic depression
* Depressive psychosis
* Perinatal depression
* Situational depression
* Atypical depression
* Seasonal depression

People with depression can find it more challenging to find satisfaction in their relationships, as they may struggle with insecurities and lack the fully developed problem-solving skills necessary to work through relationship conflicts in constructive ways. They feel moody, irritable or feel like no one understands them, leading to even more withdrawal and isolation. If these issues are not sorted out earlier on, it’s also easy to carry them into adulthood.

People are social beings, and maintaining meaningful relationships with others is an essential facet of the human experience. Carrying out healthy romantic partnerships is an important skill to develop in young adulthood- which is diagnosing and learning to manage depression in a relationship context is so beneficial for young people.

**Preventing depression**

Although depression can affect anyone, people who are worried that they could become a victim of depression have several things that they can do to make it less likely.

* Exercise regularly

Exercise releases endorphins that boost ones mood, and research shows that high-intensity exercise can create positive brain change over time.

* Build social connections

Spending more time with friends and family can also help. Make new friends. Getting out of the house and connecting with people is a great way to help prevent depression.

* Minimize your stress level

Stress can lead to depression; so if possible, find ways to reduce some of the stress in life. Always learn to say no.

The following can also help in the case of depression

1. Get support

Talk trusted friends and family members and let them know what you are going through. You need support as you go through this struggle.

1. Talk to your primary care physician.

Because depression have physical causes, your doctor may be able to help by checking your physical issues connected to your depression symptoms.

1. In a crisis, get immediate help

If you are considering harming yourself or taking your own life, get help immediately. Your life is worth living, and you need help.