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MATRIC NUMBER: 19/MHS04/001

COURSE: GST 122.

DEPRESSION AND TEENAGE BLUES(USING SUICIDE AND RAPE AS A CASE STUDY).

I think it has been observed in our country and the world at large that there are so many factors affecting us. One of these major nuisances is concerning the emotional and mental imbalance of people which might be as a result of depression or in teenagers regarded as blues.

What then can we say is depression or what can we describe teenage blues as? Depression is simply a state of mind that produces serious, long term lowering of enjoyments of life or rather we could just state it as a period of unhappiness or low morale which lasts longer than several weeks and gradually leads to psychological breakdown. Teenage blues on the other hand is basically one's life experience especially as a teenager or youth which includes the hardship that one has faced. It could also include negative emotional state based on the situation one finds his/herself or just a feeling of sadness or depression.

It is then very clear that the two go hand in hand. The causes are not so far fetched either. For someone to go into depression or experience certain hardships or difficulty, something must have triggered it. It could possibly be the state of mind of such person, lack of happiness in such person's life, poverty or even unemployment, trauma or instability due to past and painful experiences, feeling of rage and revenge towards someone can cause mental imbalance and gradually lead to depression or even blues generally.

However such outlook has diverse effects on the person's life and even the environment generally. Let us use these two case studies as examples;

suicide and rape. Suicide is the intentional killing of oneself but how does this relate to depression or mere teenagers with difficulties? When one's state of mind is in a phase of emotional breakdown and pains, the ideation of self-inflicted injuries sets in and gradually such person will become uneasy with his own living and feels like the best thing to do is take his/her own life in a bid that all the pains and agony will end.

Perhaps people also wonder why some in will try to force a opposite sex into having a sexual intercourse with them or against their will. After all, sex should be a enjoyable intimacy. This then all goes back to the emotional and mental imbalance of such individuals. For an ordinary human to have the motive of forcing another human(opposite sex) to have sex is something really appalling. It clearly shows that such a person is unstable and has psychological issues. Many of these rape cases when traced back have found their origin to be as a result of maybe depression or as stated earlier blues.

The effects and consequences of this is beyond grave. Take suicide for instance. 90% of the people who attempt suicide always end up losing their lives. If not at the suicidal point but also towards the point of revival. Same might not necessarily apply for rape but the victims involved carry along this stigma which will eventually lead to low self-esteem or even the thoughts of committing suicide. More often than not rape victims are also killed by their rapists which brings innocent lives to be lost.

As far as all of this is concerned, it is a big danger to the country and even the world at large. So many individuals who are lost or cannot get themselves together end up falling victims or prey of this injurious act. Asides the negative effect it has in the individual, it also affects the people connected to such person as of the case of suicide and even rape. The rapist in some cases are not properly allowed to face the music but rather allowed to roam free which should not be the case. This even poses a bigger threat because such individual will still engage in such crimes again if not curtailed or properly dealt with and someone who wants to attempt

suicide but does not get it right the first time can always do it again if not properly counselled.

This issues will still be elevated if not properly detracted. First and foremost, the government or country generally should pay rapt attention to this endangering cases of rape and do justice right by punishing the rapists as they should be punished. Most of the victims should not be neglected either, they should be counselled and tried to be compensated likewise. It is not guaranteed that this issues can be fully eradicated but we can all do the little we can starting from the small environment, our friends, loved ones, moving on to the society at large. Schools, learning institutions should provide room for counsellors. That should be the least we can all do. Most of this issues are taken for granted which should not be so but a greater change awaits us and it starts from you and I.