



## Depression Among Young Adults

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### ABSTRACT:

Depression among young adults is a critical public health issue with significant impacts on individuals, families, and society. Prevalence studies indicate that depression affects a considerable number of young adults, with women being more susceptible than men. This mental health condition can lead to poor academic performance, strained relationships, and even suicide. Causes can include genetic, biological, environmental, and psychological factors, with major life events sometimes triggering the onset of depression. Although there is no definitive cure, early treatment, primarily a combination of medication and psychotherapy, can aid in recovery and reduce the risk of relapse. The longer an individual experiences depression, the more challenging it can be to treat. Despite the availability of effective treatments, many people do not receive appropriate care, emphasizing the need for better prevention and intervention strategies.

For the study the researcher employed quantitative method using descriptive research design, probability method with simple random sampling was used for the research study. The researcher selected 15 respondents for the study and the collected data are analysed and interpreted using SPSS.

**Keyword:** Depression; young adult

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### 1. INTRODUCTION

Depressive disorder (also known as depression) is a common mental disorder. It involves a depressed mood or loss of pleasure or interest in activities for long periods of time.

Depression is different from regular mood changes and feelings about everyday life. It can affect all aspects of life, including relationships with family, friends and community. It can result from or lead to problems at school and at work. [1]

Young Adulthood, ages 18-24, is a developmental stage of late adolescence when young people are transitioning out of child/adolescent focused systems and into adult focused systems. [2]

The prevalence, causes, and impact of depression among young adults necessitate a comprehensive understanding of this critical public health issue. The transition from adolescence to young adulthood is a developmental period marked by high susceptibility to depression due to the numerous challenges that individuals face during this time. In a rapidly changing world, young adults must cope with academic pressure, social expectations, and identity formation, which can lead to stress, anxiety, and mental health issues.

Depression in young adults can be attributed to an interplay of various factors, including biological, environmental, and psychological influences. Genetics, brain chemistry, and hormonal imbalances can contribute to the risk of depression. At the same time, environmental factors such as childhood trauma, peer pressure, and significant life events can also trigger depression. Moreover, social media usage and the comparison of one's life to idealized representations have been found to contribute to depressive symptoms.

Moreover, social media usage and the comparison of one's life to idealized representations have been found to contribute to depressive symptoms. Notably, the prevalence of depression among young adults is higher in those with co-occurring mental health conditions, such as anxiety, eating disorders, or substance abuse disorders. The consequences of untreated depression can be severe, leading to poor academic performance, strained relationships, reduced quality of life, and even suicide.

Therefore, addressing depression among young adults requires targeted interventions and support systems that consider the unique challenges of this developmental stage. Healthcare professionals, policymakers, and researchers must collaborate to prioritize mental health and provide access to appropriate screening, treatment, and prevention measures. This includes developing interventions that address the complex factors that contribute to depression, promoting mental health awareness, and reducing the stigma associated with mental health issues. Ultimately, addressing depression in young adults requires a concerted effort to create a supportive environment that promotes mental health and well-being, empowering young adults to adapt to the challenges of their developmental stage and achieve their full potential.

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## 2. OBJECTIVES OF THE STUDY:

### GENERAL OBJECTIVES

- To study on the challenges and depression faced among young adults

### SPECIFIC OBJECTIVES

1. To study the demographic profile of the respondent.
2. To understand the challenges and problem faced by the respondents.
3. To know and identify the risk factor of depression faced by the young adult.

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## 3. DEPRESSION AMONG YOUNG ADULTS:

Gerald L. Klerman's research explores the rising prevalence of depression among adolescents and young adults, reflecting on the phenomenon of "Youthful Melancholia." The study, likely conducted at Cornell University Medical Center, investigates this trend by analysing data on mental health among this demographic.

Klerman's findings highlight a concerning increase in depression rates among youths, with implications for public health and mental health services. The research seeks to provide a comprehensive understanding of the factors contributing to this rise, offering insights into potential causes such as societal changes, technological influences, and socio-economic factors affecting the mental well-being of young people. The research aims to raise awareness about this growing issue and calls for action in terms of prevention, early intervention, and treatment strategies tailored to address the unique challenges faced by adolescents and young adults. Klerman's work likely emphasizes the urgency of addressing mental health concerns among youth and advocates for further research to develop effective strategies for mitigating depression in this vulnerable population. [3]

Simon M. Rice, Joanne Goodall, Sarah E. Hetrick, and colleagues conducted a systematic review examining the effectiveness of online and social networking interventions for treating depression in young people. Published in September 2014, this study aimed to assess the potential of digital platforms in delivering mental health interventions to youth. The authors systematically reviewed existing literature on interventions utilizing online platforms and social networking sites for depression treatment among young individuals. They evaluated various types of interventions, including web-based therapies, mobile applications, and interventions incorporating social networking features. The findings highlighted promising outcomes, suggesting that online and social networking interventions can be effective in reducing depressive symptoms among young people. Several studies demonstrated positive impacts on depression severity, treatment adherence, and engagement compared to traditional face-to-face interventions. However, the review also identified challenges and limitations, such as the need for more rigorous research methodologies, concerns about privacy and confidentiality on social platforms, and issues related to participant retention and engagement. Overall, the study underscores the potential of digital technologies to enhance access to mental health care for young individuals with depression. The findings advocate for further research and development in this area, emphasizing the importance of evidence-based approaches to optimize the effectiveness and scalability of online interventions for youth mental health. [4]

Shefaly Shorey, Esperanza Debby Ng, and Celine H. J. Wong conducted a systematic review and meta-analysis to assess the global prevalence of depression and elevated depressive symptoms among adolescents. Published in September 2021, this study aimed to provide a comprehensive understanding of the burden of depression in this age group. The researchers synthesized data from numerous studies worldwide, analysing the prevalence rates of depression and elevated depressive symptoms among adolescents. They employed rigorous methodology to identify relevant studies and extract data for meta-analysis. The findings of the review revealed a substantial global burden of depression among adolescents, with an estimated prevalence rate of approximately 15%. The prevalence varied across regions, with higher rates observed in certain geographic areas. Factors such as gender and socio-economic status were also found to influence the prevalence of depressive symptoms. The study highlighted the importance of addressing adolescent depression as a public health priority. Early detection and intervention strategies are crucial for mitigating the impact of depression on adolescents' well-being and long-term outcomes. The authors emphasized the need for tailored interventions that consider cultural and contextual factors influencing adolescent mental health. Overall, this systematic review and meta-analysis underscored the significance of understanding the global prevalence of adolescent depression to inform targeted interventions and policies aimed at promoting mental health and well-being in this vulnerable population. [5]

### IMPACT OF SOCIO ECONOMIC AND FACTORS ON ANXIETY AND DEPRESSION DURING THE PANDEMIC:

Catherine Porter and colleagues conducted a cohort study to investigate the impact of the COVID-19 pandemic on anxiety and depression symptoms among young people in the global south. The study, which likely spanned multiple countries, aimed to assess how the pandemic and associated disruptions affected mental health outcomes in this population. Using longitudinal data from four countries in the global south, the researchers examined changes in anxiety and depression symptoms before and during the pandemic. They utilized validated measures to assess mental health outcomes, capturing the nuances of how young people were affected by the unprecedented challenges brought about by COVID-19. The findings of the study revealed a notable increase in anxiety and depression symptoms among young individuals in the global south during the pandemic period. Factors such as economic hardship, social isolation, and disruptions to education and daily routines likely contributed to these heightened mental health concerns. The study underscores the urgent need for targeted interventions and support systems to address the mental health impact of the pandemic on young people in resource-constrained settings. Policy recommendations may include enhancing access to mental health services, implementing socio-economic support measures, and fostering

community resilience to mitigate the long-term effects of anxiety and depression in this vulnerable population. The findings contribute valuable insights for public health efforts aimed at promoting mental well-being among young individuals in the global south amidst ongoing pandemic [6]

Nan Zou Bakkeli and colleagues conducted a study to investigate the role of socioeconomic factors in predicting psychological distress during the COVID-19 pandemic. Published in Volume 41, Issue 4, the research aimed to understand how economic status and related factors influence mental health outcomes during this global crisis. Using survey data collected during the pandemic, the researchers analysed the impact of various socioeconomic indicators, such as income level, employment status, and educational attainment, on psychological distress. They employed statistical methods to assess the relationship between these factors and mental health outcomes, controlling for other relevant variables. The findings of the study revealed significant associations between socioeconomic factors and psychological distress. Individuals with lower income, unstable employment, and lower educational attainment were more likely to experience higher levels of psychological distress during the pandemic. Economic hardships, financial worries, and limited access to resources emerged as key contributors to mental health challenges. The study underscores the importance of addressing socioeconomic disparities in mitigating psychological distress during public health crises like COVID-19. Policy interventions aimed at supporting vulnerable populations, enhancing economic security, and ensuring equitable access to healthcare and social services are essential for promoting mental well-being during times of crisis. The findings contribute valuable insights to inform targeted interventions and public health strategies that prioritize the socioeconomically disadvantaged in pandemic response efforts. [7]

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#### 4. CONCLUSION:

In conclusion, the prevalence and impact of depression among young adults highlight the critical need for comprehensive and targeted interventions to address this significant public health issue. The transition from adolescence to young adulthood is marked by various challenges and stressors, including academic pressures, social expectations, and identity formation, which can contribute to the onset or exacerbation of depressive symptoms. This developmental period is characterized by increased vulnerability to mental health issues, necessitating a nuanced understanding of the multifaceted causes of depression in young adults.

Biological, environmental, and psychological factors interact to influence the risk of depression among young adults. Genetic predispositions, brain chemistry, childhood trauma, peer pressure, and social media comparisons all play roles in shaping mental health outcomes. Moreover, the presence of co-occurring mental health conditions can further exacerbate depressive symptoms and their consequences.

To effectively address depression in young adults, collaborative efforts are required from healthcare professionals, policymakers, and researchers. It is imperative to prioritize mental health awareness, reduce stigma, and enhance access to screening, treatment, and prevention measures tailored specifically for this age group. By creating supportive environments that empower young adults to navigate the challenges of young adulthood, we can promote mental well-being and enable them to reach their full potential. Addressing depression among young adults is essential for fostering healthier communities and ensuring the holistic development of future generations.

#### 5. REFERENCE

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