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Research on Causes of Depression in Adolescents

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Abstract: In adolescence, the development of individual physiological characteristics is often very fast, while the psychological development is relatively slow, which leads to a state of disequilibrium of the body and mind, and in some serious cases, even internal imbalance, resulting in a variety of negative emotional expressions such as mental distress, despair, pessimism, and helplessness, as well as other internal stress psychological problems such as mental depression and anxiety. In recent years, there has been a significant increase in the number of cases in which adolescents in China have withdrawn from school, become depressed, or even committed suicide due to academic pressure and family factors in high school. These facts have prompted adolescent education scholars to pay continuous attention to the underlying causes of depressive behaviors and their countermeasures among adolescents.

Keywords: depression in adolescents, causes, countermeasures

1. Introduction

The latest clinical related social professional survey and statistical data research in China show that the depression population is showing a new trend of younger people in recent years. Various family reasons may be the pathogenic factors that cause some adolescents to suffer from depression, and further promote the influence of depression in the adolescent population. Therefore, parents play a key role in the detection and early identification of depression in children, as well as in creating a harmonious family atmosphere by improving parent-child relationship. In addition to improving the family living environment, adolescents' own development and physical and mental health are also closely related to the daily emotional care, habit training and mental health care that their parents carry out in life. How to make Chinese teenagers stay away from psychological emotions and depression as soon as possible has become an unavoidable major focus topic faced by parents, schools and society across the country in recent years. This requires the government and the educational and cultural system to make overall use of all social resources to reduce the incidence of psychological problems among adolescents, and to build a relaxed, warm and happy space for the growth and development of adolescents across the country. This paper analyzes the causes of adolescent depression and proposes corresponding strategies.

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2. Educational Stress

2.1. Family

2.1.1. Parents Only Focus on Their Children's Grades

Many of the children who are plagued by depression are top students in the top schools and have excellent grades and high self-esteem. Once the test results are not as good as expected, they will be unable to contain their rage, anxiety, depression, and even suicidal tendencies. This stress makes children feel anxiety and stress at a very high level, but the repairing power of the minor is much less than that of adults, so these negative emotions are difficult to control and relieve. This is one of the direct causes of autism in children and emotional depression episodes in adolescents [1]. A large proportion of parents are overly concerned with their children's homeschooling, and poor early parent-child relationships can significantly hinder children's development of their own independence, interpersonal skills, and social skills. The complete breakdown of the early parent-child relationship (or the loss of a parent) will eventually lead to a breakdown of the parent-child attachment relationship, which is a major risk factor for depression and anxiety in adolescents.

2.1.2. Parental Behavior Control

Parental behavior control is essential to eliminate emotional problems in adolescents. Parents who are proactive in caring for their children and noticing changes in their child's behavior and speech can detect emotional problems in advance. However, if parents achieve total control by intruding on the child's inner self, the child will subconsciously be in a psychological state of avoidance of the parent-child relationship, which often leads to internal conflict in adolescents. In addition, parents of children who are overly authoritarian will keep their children under strong dependence and strict discipline for a long time, which will gradually make the minor children feel the loss of freedom and also produce a series of emotional reactions such as anxiety, fear, and anger. Moreover, there is no place to release the repressed emotional state of the minor, which leads to the long-term accumulation of emotions and further depression [2].

2.1.3. Mental Health Status of Parents

The development of a child's physical and mental health depends on the environment in which he or she lives, especially the mental health of the caregivers who play a major role. The presence of a parent with a psychological disorder can lead to a stressful environment for many adolescents, which can be detrimental to the child's psychological development. Also, parental psychological disorders can be inherited from one generation to the next.

2.1.4. Stressful Events in the Family

Some major emotional events such as marital divorce between parents, death of one parent, domestic violence, abandonment, or early emotional trauma can lead to unhealthy psychological development in adolescents.

2.2. Educational Stress

Adolescents' pursuit of academic achievement leads to a dramatic increase in academic stress, which can lead to frustration, irritability, and further depression. As a result of increased academic pressure, students will have less time for after-school activities and physical activity. It also reduces

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the opportunity for students to adjust their mindsets. The expectations of parents, teachers, and schools will correspondingly increase the psychosocial pressure on these students themselves. For example, the disappointment, pessimism, or anxiety shown by parents and teachers when they fail an exam can be directly transmitted to students and cause negative psychological effects and negative emotions to emerge.

3. Personality Emotional Stress

3.1. Extroverted Personality

Personality is only one of the factors influencing depression, and people with extroverted personalities are usually at a lower risk of depression. However, extroverted personalities can make them more likely to conceal depressive tendencies because of their innate personality reasons. When an extroverted personality is depressed and would like to express the true feelings, they will be taken as a joke by others. And this is when the helplessness of not being understood will be even more intense. On the other hand, an extrovert may be afraid to ask for help in order to maintain the impression of being outgoing and cheerful, hiding suppressed negative emotions. Others may miss the best opportunity to help because they do not receive the signal to ask for help [3].

3.2. Introverted Personality

Introverted teens have difficulty expressing their feelings, and communication with friends is one of the main ways to express them. However, the interpersonal problems that come with it are also a cause of distress for teenagers. Introverts have a higher cost of communication in establishing relationships, so it is difficult to establish new relationships in a short period of time, and thus they tend to feel marginalized in the group. This prolonged interpersonal stress can also cause depression if adolescents do not have the right ways to cope with it.

4. Social Environment Pressure

Most Chinese adolescents are keen on using social media for instant communication, which can help adolescents share aspects of their growth with their peers in order to perceive social support [4]. In addition, it has been found that social support and subjective well-being are significantly and positively related. The more support adolescents received from their families, friends and groups, the more respect and understanding they experienced, and the higher their subjective well-being. Parental spoiling, excessive protection and support given by family members, and poor peer relationships can negatively affect adolescents' mental health [5-6].

5. Strategies for Coping with Adolescent Depression

5.1. Family

Persistent deterioration of a child's mood disorder requires seeking timely and symptomatic treatment by professionals. Good parenting practices are also important in the prevention of depression and in the treatment of depression in adolescents. Academic and interpersonal pressures during adolescence, among other things, can overwhelm adolescents. Parents should consider taking effective measures to lower their expectations of their children and learn to spend time and communicate with them. It is also recommended that parents adopt a relaxed and democratic approach to parenting, create a healthy and harmonious family atmosphere, and treat their teenager as an important member of the family. Respect the child's wishes and choices but do not coddle them. At the same time, parents should give their teenagers enough psychological support and

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encouragement to cultivate their ability to express their personal ideas and handle problems calmly, as well as their self-confidence, optimism, courage, and positive character. Parents also need to take a comprehensive and rational view of academic performance and focus on the mental health of adolescents to prevent the occurrence of some psychological problems [7].

5.2. Teenager

Adolescents need the ability to understand themselves correctly. When encountering problems, they need to learn to look at them from a different perspective. When a negative problem arises, it can be adjusted by shifting attention. At the same time, teenager can actively participate in various activities in and out of school, express the inner thoughts, and properly handle conflicts with classmates and friends. Teenager should also take the initiative to communicate with their parents and teachers to find the best solution when they encounter problems. Finally, the social should pay attention to the psychological and sports health courses, and consciously develop the ability to regulate our emotions.

5.3. School

School teachers can offer counseling courses related to depression to give students a better understanding of depression. Mental health lectures can also give young people a clearer understanding of the value of their own lives. At the same time, by opening a network counseling room, school can provide personalized counseling and training services for adolescents when student face depression crises or other psychological problems. Secondly, in accordance with national requirements, schools can regularly screen students for depression and pay attention to the psychological and health status of each student [8].

5.4. Society

The government should pay attention to the problem of depression among adolescents and cooperate with medical institutions to promote medical knowledge on the prevention of depression and help adolescents to form an objective and complete understanding of the disease. In addition, support should be given to adolescents with mental illnesses to make them feel warm at all times, such as the establishment of love huts and counseling rooms to disseminate information about the illness.

6. Conclusion

In recent years, the current state of mental health of most adolescents in China has become more and more alarming. This paper analyzes the causes of adolescent mental illness and the measures to deal with it. Education, social environment, and individuals must pay more attention to adolescent mental health and create an open and inclusive interpersonal environment for adolescent depression. It is important to create an open and inclusive interpersonal climate for adolescents' depression so that adolescents can seek effective social help when they encounter major problems in the future, and so that they can grow up healthy and happy.

However, this paper mainly analyzes it through literature review and lacks empirical analysis, such as questionnaire survey and correlation analysis. This paper will be further improved in the future.

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