



# Depression is a Mental State Characterized by Depressed Mood and Aversion to an Activity

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## INTRODUCTION

Depression affects more than 280 million people of all ages. Classified medically considered a mental and behavioral disorder, suffers from depression it influences thoughts, behavior, motivation, feelings and meaning welfare. Anhedonia would be the main symptom of depression refers to a loss of interest or pleasure in certain activities that bring joy to people in general. A depressed mood is a symptom of a certain mental state disorders such as major depressive disorder and dysthymia; It is normal a transient response to life events. The loss of a loved one; and be also a symptom of some physical diseases and a side effect of some medications. May have sadness, difficulty thinking and Concentration and a marked increase or decrease in appetite and time spent sleep. Depressed people can feel depressed, despair and suicidal thoughts.

## DESCRIPTION

It can be both short-term and long-term. Bad luck in childhood, such as grief, abandonment, emotional abuse, physical abuse; Sexual abuse or unequal treatment of siblings by parents can contribute to depression Adulthood. Particularly severe physical or sexual abuse in childhood correlates with the likelihood of depression relative to a survivor Life. Life events and changes that may affect depressed mood include: Child-birth, menopause, financial hardship, unemployment, stress work, education, family, living conditions, medical diagnosis abuse, loss of a loved one, natural disasters, social isolation, rape, relationship problems, jealousy, breakup, or catastrophic injury. Adolescents can be particularly vulnerable to depressive moods social rejection, peer pressure or bullying. This study

shows a clear correlation Life events are related to the development of depression. Alcohol can be a depressant slows down certain areas of the brain, like the prefrontal and temporal cortex negative impact on rationality and memory. Also lower the level serotonin in the brain, potentially leading to an increased risk of depression state of mind. The relationship between the amount of alcohol consumed and the level depressed mood and its impact on the risk of consequences of alcoholism, was examined in a study of college students. Proof uses 4 hidden and different profiles with different consumption and alcohol content Depression; mild to moderate depression and heavy drinkers. Other there were also indicators composed of social factors and individual behaviors considered in the research. The results showed that the level Depression as an emotion had a negative impact on the number of risky behaviors e Consequence of drinking alcohol, although it has an inverse relationship to protection Behavioral strategies, which are behavioral actions taken by oneself to protect oneself the relative harmfulness of alcohol consumption.

## CONCLUSION

Have high levels of depression Mood therefore leads to greater consequences of alcohol consumption. Social violence, such as bullying is defined as acts of individuation and harm sensitive people. To record the daily observation Relationship between the devastating effects of social violence and the victim mental health and depressed mood, a study was conducted to find out if people they reportedly have higher levels of depressed mood when exposed to daily activities negative behavior. The result showed daily exposure to abuse Behaviors such as bullying have a positive relationship with depressed mood same day.

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