

## TODAY'S ERA: THE HEALTH BEHAVIOR AND RISK FACTORS WITH DEPRESSION

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### ABSTRACT

Health is defined as the state of complete physical, mental, social, and spiritual well being and not merely the absence of any disease or infirmity.(WHO) but in today's busy life style, Mental, behavioral and social health problems are an increasing part of health problems all over the world. Depression is a common mental disorder usually starts in early adulthood that presents with depressed mood loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. It usually occurs as a result of adverse life events, such as: losses of a significant person, object, relationship or health, stressful life, sedentary life and lack of occupation but it can also occur due to no apparent cause. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her every day responsibilities As a psychiatric illness, depression exists in all countries across the globe. WHO has identified depression as the number one psychiatric cause of disability in the world and projected that it would rank second in the world as a cause of disability by 2020. (WHO) Depression may affect the person's socialization, family relations, and performance at school and work place, often with potentially serious long-term consequences. Adolescents with depression are at risk for increased hospitalizations, recurrent depressions, psychosocial impairment, alcohol abuse, and antisocial behaviors as they grow up. Depression is associated with poor academic achievement, social dysfunction, teenage pregnancy and substance abuse. It is also closely linked to attempted and completed suicide. This makes depression not only a burden of disease to the patients who are suffering from it, but also for their family, friends and for society as a whole.

**KEYWORDS:** Depression, Health Behavior, Risk Factors.

### INTRODUCTION

Mental and behavioral disorders are found in people of all ages, regions, all countries and all societies and it causes significant distress or impairment of personal functioning. Depression is the common cold of mental disorder and it affects most people in their lives either directly or indirectly.

Depression is a common illness worldwide, with more than 264 million people affected. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds. (WHO).

In this modern era we are having lots of burden in the life such as long unemployment, social isolation, loss of loved ones, any stressful life events which results from person's lack of concentration, lack of learning, sadness of mood and feeling of helplessness and hopelessness and affect the person's daily life activities.

### Definition of depression

Depression is an illness that involve the body, mood, and thoughts and that affect the way a person eat, sleeps, feels about himself or herself, and thinks about things. The sign and symptoms of depression include loss of interest in activities, loss of appetite, with weight loss, or overeating, with weight gain, loss of emotional expression, a persistent sad, anxious, or empty mood, and feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness. (William C.Shiel).

Depression is an alteration in mood that is expressed by feelings of sadness, despair, and pessimism. There is a

loss of interest in usual activities, and somatic symptoms may be evident. Changes in appetite and sleep pattern are common.

Depression is a mental condition which involves sadness of mood, decrease physical activity, and poverty of ideas. It affects the person physically as well as emotionally and also affects the day to day life activities.

### Symptoms of Depression

- Low mood or irritable mood most of the time
- Trouble sleeping or sleeping too much
- Increase or decrease appetite
- Feeling of helplessness, hopelessness and worthlessness
- Tiredness or lack of energy
- Lack of activity and avoiding usual activities
- Repeated thoughts of suicide and death
- Lack of pleasure in all activities

### Types of Depression

**Major depression:** - It occurs when feelings of sadness, loss, anger, or frustration affect daily life for weeks or longer period of times.

**Persistent depressive disorder:** This is a depressed mood that lasts 2 years. Over that length of time, you may have periods of major depression, with times when your symptoms are milder.

### Other common forms of depression include

**Postpartum depression:** Many women feel somewhat down after having a baby. However, true postpartum depression is more severe and includes the symptoms of major depression.

**Premenstrual dysphonic disorder (PMDD):** Symptoms of depression occur 1 week before your period and disappear after you menstruate.

**Seasonal affective disorder (SAD):**-This occurs most often during fall and winter, and disappears during spring and summer. It is most likely due to a lack of sunlight.

**Major depression with psychotic features:-** This occurs when a person has depression and loss of touch with reality (psychosis).

**Coping Strategies for Depression:-** Best possible coping strategies are available to cope with depressive behavior. Some copying strategies are as follows

#### 1. Stay connected from others

10 tips for staying connected

- a. Talk to one person about your feelings
- b. Help someone else by volunteering
- c. Have lunch or coffee with a friend
- d. Ask a loved one to check in with you regularly
- e. Accompany someone to the movies, a concert, or a small get-together

- f. Call or email an old friend
- g. Go for a walk with a workout buddy
- h. Schedule a weekly dinner date
- i. Meet new people by taking a class or joining a club
- j. Confide in a clergy member, teacher, or sports coach

#### 2. Things that make you feel good

To overcome depression, you have to do things that relax and energize you. This includes a healthy lifestyle, daily exercise, learning how to better manage stress, and scheduling fun activities into your day.

#### 3. Eat a healthy, depression-fighting diet

What you eat has a direct impact on the way you feel. Reduce your intake of foods that can adversely affect your brain and mood, such as caffeine, alcohol, Trans fats, and foods with high levels of chemical preservatives or hormones such as certain meats).

#### 4. Don't skip meals

Going too long between meals can make you feel irritable and tired, so aim to eat something at least every three to four hours.

#### 5. Minimize sugar and refined carbs

You may crave sugary snacks, baked goods, or comfort foods such as pasta or French fries, but these "feel-good" foods quickly lead to a crash in mood and energy.

#### 6. Boost your B vitamins

Deficiencies in B vitamins such as folic acid and B-12 can trigger depression. To get more, take a B-complex vitamin supplement or eat more citrus fruit, leafy greens, beans, chicken, and eggs.

#### 7. Boost your mood with foods rich in omega-3 fatty acids

Omega-3 fatty acids play an essential role in stabilizing mood. The best sources are fatty fish such as salmon, herring, mackerel, anchovies, sardines, tuna, and some cold-water fish oil supplements.

**8. Get a daily dose of sunlight:** Sunlight can help to boost serotonin levels and improve your mood. Whenever possible, get outside and expose yourself to the sun for at least 15 minutes a day. Remove sunglasses (but never stare directly at the sun) and use sunscreen as needed.

- Take a walk on your lunch break, have your coffee outside, spend time at gardening.
- Exercising outside. Try hiking, walking in a local park, or playing golf or tennis with a friend.
- Increase the amount of natural light in your home and workplace by opening blinds and drapes and sitting near windows.
- If you live somewhere with little winter sunshine, try using a light therapy box.

#### 9. Challenge negative thinking

To avoid negative thinking try cognitive therapy and relaxed your mind. It is helpful to understand, recognize and find the way to overcome with their situation.

### Some studies related to health behavior and risk factors with depression

**R Dhanasekara Pandian et. Al. (2017) Karnataka, India** conducted a study to assess the Prevalence of Depression among 1500 Young Adults in South India and the study result showed that 34.4% felt minimal depression, 38.0% felt mild depression, 13. 2% had moderate depression, 4.5% had moderate to severe depression and 1.7% had severe depression and this study also concluded the common mental disorder of depression is common among young adults

**O' Hara, M.W. (2009) New York** was conducted a study on the Life events, social support and depression about current findings regarding social stress and support in clinical depression. Comparisons of recent life events at depressive onset and in general population controls show consistently raised event rates. The events span a range of threatening and undesirable experiences, with limited selectivity to exit events and interpersonal losses. Events are also related to outcome and to relapse. Effects are moderate in degree, but relatively short-term of over six months to a year. For social support there are greater problems in the extent to which social support may be determined by the individual's own behavior. Absence of social support appears to be associated with onset and relapse of depression, both acting independently and modifying effects of life events. Social stress findings have implications for prevention. The occurrence of major life events signals a period of increased risk when supportive interventions may prevent evolution of distress to disorder.

**Hamalanien et. al., (2005),U.S.** conducted a study of major depressive episode related to long unemployment and frequent alcohol intoxication among 5993 subjects and the study concluded that long time unemployment is associated with increased risk of major depressive episode. Frequent alcohol intoxication among long term unemployed individuals greatly increases the risk of depression.

**Alice Walton (2018) LOS ANGELES** conducted a study to assess the behavioral risk factors for depression varied among three age group younger (18-39 year old), middle aged (40-59),and older (60-99) adults .and collected data from more than 30,000 respondents who answers question about their life style including smoking weight physical activity and diet, as well as history of depression The study result revealed that 16% of all participants had a prior diagnosis of depression. Younger smokers had 2.7 times greater odds of having depression while middle age and older smokers had 1.8 times the odds ,compared to nonsmokers of the corresponding age and who had little physical activity and less healthy diet was linked to depression to depression in the middle aged and older groups only.

**Gitanjali Saluja (2004) united states** conducted a study to assess prevalence of and risk factors for depressive

symptoms among 9863 young adolescents The study results revealed that 18% of youths reported symptoms of depression. A higher proportion of females (25%) reported depressive symptoms than male (10%). Prevalence of depressive symptoms increased by age for both male and female. Among American Indian youth 29% reported depressive symptoms as compared with 22% of Hispanic, 18% of white,17% of Asian American ,and 15% of African American youth.<sup>[9]</sup>

**Stephen E. Gilman, (2003) America** was conducted a study to assess the risk of adult depression with family disruption the study revealed that Family disruption and low socioeconomic status in early childhood increase the long-term risk for major depression. Reducing childhood disadvantages may be one avenue for prevention of depression. Identification of modifiable pathways linking aspects of the early childhood environment to adult mental health is needed to mitigate the long-term consequences of childhood disadvantage.

**Darius S. Tandon, Barry S. Solomon (2008),** conducted a cross-sectional study to identify the Risk and Protective Factors associated with Depressive Symptoms among 467 Urban African American youth in Baltimore Maryland. and the study result revealed that the that female gender, living with an adult with a substance abuse problem, greater exposure to physical violence, and greater peer delinquency were associated with higher depressive symptoms. Greater home assets and self-awareness were associated with lower depressive symptoms.

**Je-Yeon Yun et.al. (2019)** A study was conducted to assess the Prevalence and associated factors of depression among 1991 Korean youth and the study result revealed that out Of the 1,991 students, 271 (13.6%) reported recent depression , defined as feelings of sadness or hopelessness for more than 2 weeks (during the last 12 months) that interfered with everyday functioning.

**Kunal Kishor Jha et al. (2016) BIHAR INDIA** a cross sectional study was conducted on prevalence of depression among the 1412 students and the result revealed that the prevalence of depression was found to be 49.2%, wherein the prevalence of severe depression was 7.7%. The overall prevalence of depression was significantly higher among girls (55.1%) than boys (45.8%).Elder students were found to be more depressed than younger students

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