Causes of Depression

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 Position Statement

 Depression is caused by external factors such as specific incidents and happenings in our lives. It disturbs the whole body of a person and internal chemical reactions. These reactions may cause many complications to the human body.

 Depression is the mental disorder which causes the patient the symptoms of sadness, loss of interest in the material world, lack of concentration and focus, tiredness and pain in the body, reluctant to socialise, loss appetite, lower self-esteem and feeling guilt (Rungreangkulkij et al., 2018). The reasons that cause depression are financial problems, unemployment, other major medical illness, significant changes in life, loss of a loved one, and work stress. These are some of the major causes of this mental issue that mostly lead to suicidal ideation and other serious diseases. According to Young and Morgan (2018), Japan is one of the least depressed countries in the world, having the rate of diagnoses less than 2.5 per cent.

Here We will discuss the biological, and hormonal disturbance created in our body due to depression (Albert, 2015). Depression in women is higher than men because of the estrogen the female sex hormones, at the stage of puberty the menstruation, and then the pregnancy could cause depression ultimately to a woman (Willard et al., 2009). These estrogens are also found as well, but not dominant, so comparatively men face less depression as compared to women. Kendler andGardner, (2014) revealed that dizygotic twins, a girl shows more sensitivity and better interpersonal relations with her family. While the boy is found less sensitive toward his surrounding, Depression can make the Amygdala (part of the brain) more active due to the tension and worries. Amygdala activates when a person recalls its frightening conditions, sorrows, problems, and depression (Bennabi, 2015).

**Summary**

 Depression is a significant mental health disease that could lead to several physical disorders as well. The mind is the central processor of the body, and the brain and hormones control our moods, reactions, attitudes. Depression is caused by several factors, and here we discussed the psychosocial factor which is because of the loss of someone or something. The physical excursion has a great effect on the depression control (Knapen et al., 2015). Financial crises are strongly correlated with depression. Moreover, depression in women is higher than men because of the different challenges associated with woman.

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