**Dealing with depression on teenagers**

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Do you know that a lot of young people at this moment are going through many emotional issues like depression, and hopeless?. That's why I choose this topic to talk about because sometimes we ignore what is happening to the teenager and most of them feel depressed. The main purpose of this publication is to offer some hope to those young people how doesn't have any by getting them involved in programs and other activities like sports. Identify what is causing that emotional issue and how to get out of that situation. Having good relationships with friends helps a lot to deal with the pressure that teenager goings through. Also, playing a sport helps them to avoid those feeling of depression. Those activities I mentioned before may help teenagers deal with anxiety and depression but also may cause those emotional feeling of depression. For example, let us think that you have a really good best friend and that friend betray you how you going to feel?. Another example imagines that you play baseball and you're having a bad season in that year that's going to make you feel so bad. Also according to a web site called Web MD says “School performance, social status with peers, [sexual orientation](https://www.webmd.com/sex-relationships/guide/sexual-orientation), or family life can each have a major effect on how a teen feels. Sometimes, teen depression may result from environmental stress. this is a piece of clear evidence about how can a teenager get depressed by his environment around furthermore Because of that, I think that teenager going throw a lot of pressure in their lives trying to fit in society and being recognized by society.

A big part of the problem is the music what teenagers are hearing on these days. The situation I'm seeing in society these days is very desperate in my opinion. That why is my urgency to encourage people to read this publication and try to reach those teenagers that feel isolated and depressed. In the world we live, almost 90% of the people like music, and according to Discover Music say it at loud state that “Songs are such powerful things: they can reassure, soothe, inspire and educate us – and that’s just for starters. this quote support the idea that music has the power to make us feel inspire or make us feel depressed”; for example in my case I love music but, I don't hear all type of music, I always heard Christian songs for example “ Estoy de Pie”, by a Christian singer name Marcos Yaroides he is knowing by the Christian community and also he is known by his beautiful and faithful songs, that inspires all kind of people men, women, teenagers, even child not to give up in life just to keep moving forward and do not look back. because it helps me when I feel week or depressed it makes me feel better. I think that music has a big impact on our society, According to AAP News & Gateway state “ Research on popular music has explored its effects on schoolwork, social interactions, mood and effect, and particularly behavior”. This support what i said before the big impact that music has on society mostly we can see it on teenagers the type of music that they heard the messages that the singer like Bad Bunny, Anuel and others provide very explicit content to young people in these days like encouraging young people to kill others to prove that you are a real “men” or also having sex out of the time established (when you get married), with all women makes you more a man according to the society we're living. These songs are harming the future of the world teenagers and not just that is also causing depression on teenagers why do I say that?. For

example, a teen heard one song singing that he has a lot of money or have like 32 nice cars in his garage or they see their social media, those who hear it will want to have the same or will think that all of that is the real happiness but is not.

 What I want the young people to know in this article is that there's, no excuse to be depressed no matter how big might be the issue you going through there always going to be a solution. The audience I'm trying to reach with this publication is those young people who feel depressed that nobody cares about them. The main purpose of this article is to help those young people that are going throw a lot of emotional issue or personal problems.  We don't pay attention but around us, a lot of teenagers has emotional problem in their lives or economic problem in their home with so many debts, most of them have to work early to help their parents economically. All those debts bring depression to the life of the person even some teenagers tend to commit suicide as a way out of the problems. According to the Oxford Academy say that “ For adolescents (although, there is a paucity of truly global epidemiological data available3,4), suicide continues to be a leading cause of mortality worldwide and remains a major public health concern.5,6 The highest prevalence of adolescent suicide across genders is evidenced in

Southeast Asia7 and Eastern Europe,8,9 while it is the second leading cause of mortality in USA for teenagers between 15 and 19 years.10 As a result of the depression and the pressure the going through young people when their feeling bad, as a way out try to commit suicide that why the statistics are too high on teenagers committing suicide.



In this article, we already talk about what is harming teenager and what are the main causes of depression to the teenagers but the important question here is how to deal with the depression. According to the Child Mind Institute says One of the most important things you can do for your teen is to work on strengthening your relationship. Try to build empathy and understanding by putting yourself in his shoes.

When a teenager feel depressed what they want is somebody that he can trust to talk about what is causing the isolation or the depression on their life, that they can feel support by their parent and friends. How the evidence says trying to create empathy to the person that way he can trust you and talk about what is making feel them depressed. Keeping your mind busy doing some activities like sport, exercises, even science, after-school programs, part times jobs help teenagers relieve the feeling of depression according to Informed health NCBI. The point is to keep the young people doing the activities that way there no space in their mind to feel alone or depressed. In conclusion, we have to pay attention to the people around us because sometime you might see it happy but inside might be going through depressive feeling or trying to commit suicide as a way out of the problems.

