

## Depression Among Adolescents

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### ABSTRACT

Depression is a "psychological problem that affects everyone on the planet and is inescapable." In contrast to "the many large-scale universal issues and answers for the sadness is within reach which is useful and financially savvy medicines are accessible to improve" the wellbeing and lives of those who are "globally experiencing sadness and on a personal network and national level, and the time" has come to educate ourselves and psychological issues. Symptoms of depression may include difficulty sleeping or excessive daydreaming, changes in appetite and a withdrawal from activities once enjoyed, feelings of resentment, sadness, and despair, as well as difficulty concentrating on academic tasks. We concluded that depression is marked by at least two weeks of low mood.

**Keywords:** *Adolescents, Major Depressive Disorder, School Work, Low Mood*

**D**epression is a mood disorder that grounds a persistent sense of grief and loss of attention for at minimum two weeks or more. It is not just about the melancholy or a sign of feebleness, and you cannot just merely "snap out" of depression. College students face encounters, pressures, and anxieties that can cause them to feel speechless. They might feel nostalgic and sometimes homesick. Often for the first time in their lives, they are active on their own without any restrictions on their sleep routines, the type of food they select to eat, and the time they spend on indoor activities such as video games or social media websites.

As per American Psychological Association (APA) despondency or a noteworthy burdensome issue, is a typical and genuine mental or restorative sickness that influences an individual's method of inclination, thinking, and method for acting, in a negative way. Despondency is an inclination of forlornness, pity, and loss of enthusiasm for doing new things. It can likewise be related to musings about suicide. Discouragement among teenagers is a genuine mental issue and for the most part, it is looked at by the youthful youngsters.

They are also adapting to new working patterns and assignments, trying to adjust to their lives and with their room partners, and supposing how to belong. Money and relationships also can oblige as the main causes of stress. Production with these variations during the evolution from teenage years to parenthood can generate or reveal depression during college in approximately young adults.

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Many college students sporadically feel miserable or concerned. These feelings usually come within a few days. But depression disturbs how a person's sensations, thinking, and behavior and can lead to a change of sensitivity and physical difficulties.

The signs and symptoms that a student might be undergoing depression throughout college include Feelings of unhappiness, tearfulness, desolation, or impossibility. Touchiness, frustration, and even anger upsurges, amount to the problem.

Signs and indications of depression might be difficult to recognize if your child is not residing at home. College students can also have trouble looking for help for depression out of residing the awkwardness or anxiety of not getting suitable for it.

Some colleges propose mental health services, though by that they may be in limit. Colleges may not offer long-term help but may be able to provide evidence on local doctors and therapists who can help them. Depression might get worst if it is not treated on time. Unprocessed depression can develop into other mental and physical health problems or issues in school and other areas of life.

The emotional state of a person can lead him or her to depression and then it can get in the way of your child's academic competition. They can also increase the chances of risky behaviors, such as binge eating and binge drinking, other substance abuse, and having unprotected sex, and upsurge the risk of suicide. A mental disorder that is characterized by at least two weeks of low mood that is present across most situations. This is known as depression. It is followed by low self-esteem; no interest in any kind of activity especially in which he or she plays more; loss of pleasure; feelings of guilt and worthiness and; low energy and; many more. Major depressive disorder is also called depression. Major depressive disorder or depression can negatively affect the personal life; educational life; and; work life, like eating habits; not taking proper sleep, or insomnia; of a person. And even physical and mental health can also affect depression. Generally, we saw that; between 3-8 % of adults with major depression, die by suicide; and; about 50% of people who die by suicide, are more likely to suffer from depression, or another type of mood disorder. Depression in adolescence is a serious mental health problem that causes frequent feelings of sadness; loss of interest in many activities; low self-esteem; low confidence level; etc. It also affects how a teenager thinks, feels, and behaves. It can also cause mental and physical problems. Although depression can occur at any time in life; symptoms may be different between teenagers and adults like peer pressure and academic expectations etc. Depression in adolescence is not a weakness, but something that could be overcome with the willpower of the person itself. It can have serious consequences and might require long-term treatment in some cases.

The term depression defines an extensive span of emotional highs and lows, from mere sadness to the heavy suicide state of a person, it is a dual mental state that comes across in our day-to-day stress-related lives. Usually, a person who is miserably or very down or feeling sad should be back to the normal emotional state of a person within a proper period. There are times when this "emotional state of wretchedness or unhappiness may continue to such a grade and for such a long period that it far compensates the consequence of the hastening factor". The victim continues to be in "a protracted state of sorrow and inhibited from his or her personal, social, and occupational happenings. In such circumstances, a judgment of depression should be always considered. continues to be in a protracted state of sorrow and inhibited from his or her personal, social, and occupational happenings. In such circumstances, a judgment of depression should be always considered". Adolescence which

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is “the intermediate period from childhood to adulthood is a period of an individual’s emotional instability making them susceptible to depression. The state of an individual’s emotional instability fallouts from complications in launching self-identity and self-esteem leading to struggles within the family and their peer groups”. In the adolescence period of a person and “this may be a part of the adolescent growing process, resultant from the giving up of childlike safety in the drive for parting and unconventionality”.

The “Significances of depression in this age group are extraordinary than that of others. It can undesirably impact the peer or family relationships of an individual. Reasonable to the extreme can disturb the academic performance of adolescents”. And there is also a of students picking up “habits like the procedure of substances of abuse to get over depression”. Main depressing disorder is also found to be a “foremost concern of youth suicidal behaviors and suicide. Adolescent depression disorder often has a very long-lasting polishing and a very diminishing course and there is a two to four folds risk of depression persevering into adulthood”.

### *Common Symptoms of Depression*

- The individual may encounter nervousness, misery, loss of delight in exercises, temperament swings, and bitterness.
- The person may encounter some conduct changes additionally like disturbance, unreasonable crying, fractiousness, anxiety, or social confinement.
- Changes in dozing designs – early arousing, abundance drowsiness, a sleeping disorder, or anxious rest.
- Effects on an entire assortment of despondency – intemperate yearning, weakness, or loss of craving.
- Cognitive impacts of despondency – the absence of focus, gradualness in action, or considerations or suicide.
- Some changes in weight-weight increase or misfortune.
- Some different side effects poor craving or more than once going over musings.

### *Treatment for Depression*

The two most common therapies used for treating depression are:

- **Cognitive Behavioral Therapy (CBT)**  
In this type of therapy, an individual who is suffering learns to identify and manage negative thoughts and behavior patterns that may contribute to their depression. CBT helps the individual to identify unhelpful or negative thinking, helps in changing inaccurate beliefs, changes the behavior that may make depression worse, and helps interact with others more positively.
- **Interpersonal Therapy (IPT)**  
In this type of therapy, the individual learns to improve their relationships with others by expressing their emotions in a better way and solving their problems in healthier ways. IPT may help the individual to resolve or adapt to troubling life events, helps to build social skills, and organize relationships to increase support for coping with depressive symptoms and life stressors. Therapists work very closely with their patients to create tailored treatments to address their unique needs and concerns. Psychotherapy helps the individual to learn better ways to cope with stress and manage their symptoms of depression.

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- **Psychotherapy**

This therapy also known as talk therapy, is many times used for treating mild depression, and for moderate and severe depression antidepressant medications are also prescribed along with psychotherapy. The most effective therapy for treating depression is believed to be cognitive behavioral therapy, it is a form of therapy that is used for presenting problems and solving problems. CBT emphasizes recognizing distorted thinking and then improving the behavior and thinking.

- **4.Electroconvulsive Therapy**

ECT is a technique most commonly used for patients having severe major depression for those who have not responded effectively to other treatments. It involves a brief electrical stimulation to the patient while he/she is under anesthesia. A person receives at least 2-3 ECT in 6 to 12 months of treatment. ECT is usually managed by a professionally trained team of medical practitioners which involves a psychiatrist, an anesthesiologist, and a nurse or assistant.

### SELF-HELP AND COPING

There are several steps that a person can take help to reduce the symptoms of depression regular exercise can help to create positive feelings and thinking and improves mood swings. Regulating a healthy diet and eating stress-busting food and avoiding alcohol which is a depressant can also help to reduce symptoms of depression very effectively.

People who are facing a noticeable change in their behavior or can sense the above symptoms in them should seek immediate evaluation for themselves. They should either visit their regular physician or psychiatrist and self-report the symptoms faced by the individual. This is the first and major step to recognize and seek for help. Immediate treatment can help the diagnosed person from falling deeper into depression.

#### *Aim:*

Examine the impact of depression on adolescents.

### REVIEW OF LITERATURE

*Ehrlich. B. K.; Chen. E et al., (2019)*, examine a study, on how exposure is predictive of later physical health problems. Analyses revealed that parental depression in adolescence was associated with a composite score reflecting metabolic syndrome components in early adulthood.

*Baker. C.E.,(2018)*, founded a study, on effortful control (EC) and repetitive negative thinking (RNT) and also on depression in adolescence. The purpose of this study is to understand, the relationship between EC and RNT. The study concluded, that there are high changes in symptoms of depression due to repetitive negative symptoms (RNT).

*Brouillard C, Brebdgen M, Vitaro F, Dionne G, (2018)*, To analyze the job of contention in association with mother and father of teenagers burdensome side effects over 1 year. This investigation depended on an example of 121 monozygotic and 88 dizygotic same-sex twin matches that is 418 people. They gauged the burdensome manifestations and the parent-youngster relationship quality, utilizing oneself report polls. The examination presumed that parent-youngster relationships having an absence of help and significant clashes anticipated elevated levels of melancholy side effects.

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*Jha.; Nirala., (2017)*, Prevalence among college going students in an urban area. Depression is one of the most common global mental well-being glitches. In adolescents, it is one of the under-recognized well-being glitches due to the incapability to unveil their feelings and indifference to seek psychiatric assistance. In the last century(100 years), the medicinal community did not receive the genuineness of depressive grievances in children. It was theoretical that children are missing the established psychological and reasoning structure required to experience indications related to depressing disorders. However, a mounting body of indications proved that children not only knowledge the whole range of mood disorders but also agonize over noteworthy illnesses and humanity allied with them.

*Sequeira .E.M. ; Lewis . J.S.; and et al.,(2017)*, conducted a study, on the associations between high levels of depression and menarche. The purpose of this study is to find out whether, where menarche is a risk factor for depression or not. The method of this study is done by using randomization-analysis techniques. The study concludes that menarche is a risk factor or associated with high depression generally, at the age of 14.

*Padda. ; Gupta.,(2016)*, observed that Depression is one of the supreme underdiagnosed and underneath stated in primary health set-ups. To approximate the occurrence of depression, To, control associated influences amongst college-going students. An expressive cross-sectional study showed amongst the college going students. Partial of the colleges were designated randomly and example size was disseminated on the foundation of likelihood comparative to scope. “Assigned number of students from each college was selected by simple random sampling”.

*Salk .etal.,(2016)*, observed the gender difference and similarities in adolescents in depression in development and chronicity. The method used in this study is the contemporary longitudinal sample of U.S. adolescents. The purpose is, to capture the chronicity burden of clinical depression. The study shows that there is a gender difference at the age of 13. And according to the latent growth-curve modeling of depression that shows that girls experienced more depression as compared to boys. It also shows; that there is a similarity in gender in the burden of clinical depression.

*Agerup .T.; Lyersen .S.; and Wallander .J. in 2015* researched, associations between the course of depression and parental attachment in adolescence and young adulthood. 242 adolescents completed a kiddie schedule of schizophrenia at the age of 15-20. The results show that parents’ relationships might influence depression.

*Beiter and Nash.,(2015)*, The results designated that the top three anxieties were academic presentation, weight to prosper, and post-graduation tactics. Demographically, the most harassed, anxious, and miserable students were broadcasts, upperclassmen, and those breathing off-campus. With the inclination for mental health matters to hamper the achievement of college students, it is vigorous that colleges frequently appraise the mental health of their students and modify treatment agendas to precisely target their requirements.

*Tandoc and Ferrucci., (2015)*, examined that Facebook use jealousy and depression among college scholars: Is Facebooking depressing? It is not—except it activates feelings of resentment. This study uses the agenda of the social rank philosophy of depression and hypothesizes Facebook bitterness as a conceivable link between Facebook investigation use and depression among college students. “Using a survey of 736 college students, we found that the effect of surveillance use of Facebook on depression is mediated by Facebook envy”.

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However, when Facebook jealousy is skillful, Facebook uses essentially diminishes depression.

*Kaur and Srivastava (2014)* researched the Occurrence and associates of depression among college-going scholars of the Region. Depression labels a wide variety of emotional slumps from mere grief to a compulsive suicidal national. It can touch all ages, societies, and races. The occurrence of depressive indications has been cumulative among college students. We assumed this schoolwork to control the commonness and associates of depression among college successful scholars of the District Amritsar, Punjab. Demographic antiquity, various risk influences, and pervasiveness of depression were evaluated using a patient health opinion poll.

*Naushad and Farooqui (2014)*. Founded The term depression explains a variety of emotional high and lows, from mere grief to a compulsive suicidal state. This is a mutual mental problem that comes across in day-to-day strain-occupied life. Usually, an unhappy person should reappear to standard emotional steadiness within a sensible period. There are areas when this state of sadness or unhappiness may endure to such a gradation and for such a measurement of time that it far overshadows the implication of the hastening factor. The victim endures being in a protracted state of sadness and reserved from his/her personal, social, and work-related activities. In such circumstances, a judgment of depression should be measured.

*Panicker and Sachdev (2014)* studied Debauched evolution and informal admittance to the Internet have simplified its inspiration on the teenagers' way of life. As well as its numerous assistances, this industrial tool is focused on the problem of employment which has become ostensible after "Internet Addiction". College-going students are predominantly susceptible groups to "Problematic Internet Use (PIU)". "The sample consisted of 84 junior college students studying in various colleges in and around Ulhasnagar". "Data was composed using the Connected online Cognition Scale (OCS), UCLA Loneliness Scale, Depression, Anxiety and Stress Scale (DASS 21)". The data was examined using connection examination. The gender alterations were strong-minded using the test. The insinuation of the conclusions is deliberated.

*Samaranayake and "Arroll (2014)*. Observed a count no. of university scholars are sorrow from noteworthy sleep indications. "Mood disorders, substance use, and circadian rhythm disorders can greatly contribute to sleep difficulties in this population group". The study shows that damaging alcohol and drug use was mutual among this populace group and is related to clinically noteworthy depressions and anxieties. Precise diagnosis using distinct morals will authorize definite conduct for these conditions that inspire importantly on the superiority of life.

*Dzurec and Engler (2013)*. Conducted a study This education used gratified examination and hermeneutics to examine 53 first-year nursing students' surmised reasons for their own or their peers' experiences of feeling down or depressed". Study data were intimate e-mail answers to the inquiry, "If you or another student you know has been feeling down or depressed, can you describe a reason?" Gratified examination reproduced defendants' intelligence of their understanding of the knowledge; an overall intelligence of consciousness of the incidence of feeling down or miserable among students; recommended details, from overall to precise, for those bits of knowledge among students; and intelligence of possession, from self to others to persons unnamed, as they labeled the knowledge of sensation down or

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unhappy amongst school students. “Hermeneutic analysis revealed seven themes characterizing student experiences of feeling down or depressed”. The writer’s speech on the setting of unhappiness is often related to university pupil life.

*Kumarswamy (2013)* conducted a study on Theoretical stress, anxiety, and depression among college students as a reason for concern. Every state capitalizes a ration of money on teaching. Attention stress amongst college students, the countryside of psychiatric illness, emotional glitches and alteration, mental glitches of college students. Emphasizing how therapy will help scholars with expressive glitches and also optional defensive actions to be occupied by colleges such as the location of student therapy centers, create consciousness among college scholars in looking for help with therapy centers. It is also recommended to have counselor mentees programmed forcibly in all colleges. A student fitness group should be shaped in each college with mental health specialists as its memberships.

*Wright and Rosenberg (2013)* researched This schoolwork and scrutinized the impact of the social interacting site Facebook and uncompromising support systems on despair among college scholars. The writers used the Social Well-being Communication Capability Perfect as an agenda for investigating the inspiration of announcement capability on communal provision net gratification and depression. Moreover, they inspected the inspiration of social and social integrative causes as exogenous variables. Based on earlier exertion, the novelists offer and examine a hypothetical model using mechanical equation modeling. The fallouts specified observed support for the model, with relational grounds foreknowing amplified inflexible and computer-mediated competence, augmented communal provision gratification with direct, and subordinate misery slashes.

## DISCUSSION

Puberty is an extremely troublesome time for young people. Misery influences grown-ups and youth alike and has broad ramifications when youngsters experience the ill effects of melancholy as they don't have a clue how to deal with the downturn.

After seeing the indications of sadness, it is critical to comprehend the foundation of your downturn and get the assistance that is required.

Here are some regular circumstances which depict some basic components of sadness:

- **Academic stress:** Teenagers are constantly under an incredible strain to prevail in the scholarly field. Worrying over classes, evaluations and tests can make any youth become discouraged.
- **Social anxiety and peer pressure:** Prevalence is a significant thing in the life of a pre-adult and the absence of it tends to irritate. The weight from companions to enjoy medications, liquor, and other related things for the exploratory reason very well may discourage those youths who are not willing to give in such encounters.
- **Separating of divorcing parents:** The disintegration of family and detachment of guardians or the guilty pleasure of step-parent can likewise be a noteworthy instance of misery.
- **Family financial struggle:** Regardless of whether an adolescent isn't a provider in the family or in charge of adjusting the spending limit, that doesn't imply that they are not influenced by the money-related circumstances inside the family.
- **Feelings of helplessness:** Realizing that you will be hurt or influenced by the things that you can't control effectively takes you descending into the downturn.

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How is sadness caused in young people because of family clashes? Research on parental hazard elements and family conditions are the main considerations in understanding sorrow in young people. In the examination, psychosocial parent and family factors are significant and are analyzed. The exploration shows that a wide exhibit of parent and family factors is related to youth's chance for sorrow, going from the parental relational relationship, parent-pre-adult relations, and family enthusiastic atmosphere. From the above, we came to know that, there are several authors, and researchers, who have done many studies and research in different years like. In 2015 also, a study was done on restoring and re-analyzing the study – 329, the efficacy and harms of imipramine; and; paroxetine in the treatment of major depression in adolescence. He performed this study with the help of participants in which, there, were 275 adolescents suffering from major depression who were randomized for at least eight weeks of double-blind treatment with paroxetine, and, imipramine. In 2017, research was conducted on the associations between high levels of menarche and depression. The purpose of this study is to find out whether menarche is a risk factor for depression or not. The study concludes that menarche is a risk factor or associated with high depression generally, at the age of 14. A researcher named A group. T. studied in the year 2015 the associations of the course of parental attachment and depression in young adulthood and adolescence. In 2018, a study was conducted on repetitive negative thinking (RNT) effortful control (EC), and depression in adolescents.

### CONCLUSION

Depression is a “psychological issue that is unavoidable on the planet and influences all of us”. Dissimilar to “the numerous largescale universal issues and answers for the sadness is within reach which is useful and financially savvy medicines are accessible to improve” the wellbeing and the lives of the number of individuals around the “globe experiencing sadness and on a personal network and national level and the time” has come to teach ourselves and psychological issues. Depression is an ailment that can influence an understudy's capacity to work, study, connect with friends, or deal with themselves. Side effects of depression may include trouble resting or dozing excessively craving changes and pulling back from partaking in exercises once delighted in, sentiments of bitterness and misery and despondency, and trouble focusing on school work. Manifestations of depression can likewise prompt contemplations of suicide. From all this, we concluded that depression is a mental disorder, which is characterized by at least two weeks of low mood that is present across situations. It is also known as major depressive disorder (MDD). Bipolar and Persistent disorders are types of depression. Its symptoms are:- less self-esteem, loss of sleepiness or insomnia, feelings of guilt and worthiness, feelings of sadness, change in mood, no interest in any kind of activities, etc.

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### Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Jain, R. (2023). Depression Among Adolescents. *International Journal of Indian Psychology*, 11(4), 2413-2422. DIP:18.01.224.20231104, DOI:10.25215/1104.224