

TEEN DEPRESSION AND FUTURE CHOICE OF WORK

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ABSTRACT

Teenage is when we begin to understand the complexity of our surroundings, the pressure they might have to handle is not something that can be taken lightly in this competitive world where the teens are forced to take up the pressure. Sometimes changes in the environment, parental pressure and expectation of the society makes the teens want to run away from it. This might cause depression in them. When taken care of, at an early phase the depression can be overcome. If it is left untreated it might cause teens serious damage and they might also suffer from eating disorders, sleeping disorders, lack of confidence, anxiety and even lead to self-harm. Teen depression should be addressed by society. This research paper attempts to study teen depression and future choice of work. The period of survey was conducted during the period extending from January 2023 to February 2023. Teen depression is rapidly increasing. We must take a good look into this matter where there are lots of misconceptions in society about teen depression.

Keywords: Teenagers, Mental stress, Clinical depression,

Introduction

Depression is undoubtedly one of the most common mental illnesses in the world. It kills silently, without provocation, retribution, or even pity. Depression is a mental disease that causes an excruciatingly strong sense of sadness. A persistent sense of sadness and distant behavior are symptoms of depression, a mood disorder. Clinical depression and major depressive disorder are other names for it. It can cause several mental and physical issues and has an impact on how a person feels, thinks, and behaves. A depressed individual may find it difficult to carry out routine daily tasks, and they may occasionally feel as though life is pointless and act cynically. Depression frequently lasts despite a change in circumstances and results in strong, negative sentiments. Depression is a mood disorder that causes a persistent feeling of sadness and aloof behavior. It is also called major depressive disorder or clinical depression. It affects how a person feels, thinks, and behaves and can lead to a variety of emotional and physical problems. A depressed person may have trouble doing normal day-to-day activities, and sometimes they may feel as if life is not worth living and behave in a cynical manner.

Adolescent depression is where children between the age group of 13-19 go through depression. Teen depression is a complex and multidimensional phenomenon that strikes adolescence in a variety of ways at various intensities. A chronic sorrow and loss of interest in activities are symptoms of teen depression, a serious mental health issue. It has an impact on a teen's thoughts, feelings, and behaviour and can lead to emotional, functional, and physical issues. Teenagers might have a lot of ups and downs due to factors including peer pressure, scholastic expectations, relationship problems, anticipatory anxiety, rebellious conduct, and changing bodies. However, for some teenagers, the lows are more than just passing emotions; they are a sign of depression. Teenage depression requires long-term treatment and can have catastrophic implications. It is neither a sign of weakness nor something that can be conquered by effort. It affects how a teenager thinks, feels, and behaves, and it can cause emotional, functional, and physical problems. Issues such as peer pressure, academic expectations, relationship issues, anticipatory anxiety, rebellious behavior, and changing bodies can bring a lot of ups and downs for teens. But for some teens, the lows are more than just temporary feelings — they are a symptom of depression. Teen depression isn't a weakness or something that can be overcome with willpower it can have serious consequences and requires long-term treatment. If left untreated, it may lead to suicidal thoughts, addiction to substances or drugs, high levels of stress and anxiety. Depression in teens needs to be treated in an early stage to avoid any major loss. Teens are more prone to depression due to changes in hormones.

Review of Literature

Centre for disease control and prevention (2018) concluded that despite numerous efforts and interventions, depression and suicide continue to afflict a sizeable percentage of youth each year. In the past year, 28.5% of

teens were depressed and 15.89% had seriously considered attempting suicide. Miller (2009) stated that Depression and suicide are intricately intertwined among teens, with untreated depression being a leading cause of teen suicide. Teens experiencing depression are 12 times more likely to attempt suicide than teens not experiencing depression and greater than half who complete suicide had major depression.

WHO (2015) reports that worldwide, over 350 million people suffer from depression, making it the leading cause of disability and contributor to the overall global burden of disease. It is critical to recognize symptoms of depression to make early treatment possible and prevent pain, suffering, and possible death.

Lewinsohn & Clarke (1999) connection between teen depression and career choice is examined in this review of the research. Adolescence is a crucial developmental era during which people decide what they want to study and do for a living. Teenagers' future employment decisions may be significantly impacted by depression because it may have an impact on their motivation, aspirations, and general well-being. Designing effective interventions and support systems to assist youngsters in effectively navigating their career trajectories requires an understanding of the transition.

Tonge & Rowe (2003) analysed the connection between teen depression and future career choice. It analyses existing data to show how depression affects motivation, goals, and academic performance all of which have a big impact on how people choose careers. The study also emphasises how crucial it is to spot depression in teenagers early on and intervene to give them the assistance they need while they consider their options for a profession and make decisions about it. The results provide insightful information, it is important to keep in mind that every person's experiences and circumstances are unique. Future studies should focus on identifying the precise processes by which teen depression affects job decisions and evaluating the efficacy of different therapies in fostering successful career outcomes for this cohort.

Ainsworth et al., (1978) described three attachment styles, in accordance with the child's response to the presence, absence, and return of the mother (or main caregiver): feeling safe, avoiding worry, and overcoming worry. The least secure attachment patterns can lead to traumatic childhood events, which can then cause the emergence of depressive symptoms.

Hesse and Main (2000) studied the main factor controlling an infant's emotional survival is proximity to attachment figures, or people who can help the youngster deal with stressful experiences. Using Ainsworth's unusual circumstance approach, the researchers discovered that abused children exhibited more disorderly, disruptive, hostile, and dissociative behaviours during both their childhood and adolescence. Insecure attachment, psychological disorientation, and clinical disorders are all common in patients with clinical disorders, according to the study.

Blatt (2004) distinguished two types of depression that, though sharing a common set of symptoms, have completely different causes: (2) Interjective depression, which results from thoughts of failure and worthlessness, and (1) anaclitic depression, which is brought on by feelings of loneliness and abandonment. This distinction is in line with psychoanalytic formulations, which see dependence/vulnerability and desperation/negative self-concept as the two main factors in depression.

Brazelton et al. (1975), newborns begin to exhibit a variety of interactive behaviours from the age of three weeks when their mothers interact with them face-to-face. These behaviours, which could cause baby distress, were not observed in more disordered interactions. Bigelow et al. (2018) examined infants at ages 6 weeks, 4 months, and 12 months and discovered that mothers who are at risk for depression soon after giving birth to their child may struggle to respond appropriately to their infant's attachment needs, leading to disorganised attachment and all the potential psychological repercussions that may follow.

Beeghly et al. (2017), boys are more susceptible than girls to early caregiving risks like maternal depression, which can have detrimental effects on mother-child attachment security during toddlerhood. They also discovered that greater maternal social support was linked to decreasing levels of maternal depressive symptoms over time.

Shedler and Westen (2004) attempted to find solutions to the issues relating to the DSM diagnostic categories by creating the Shedler Westen Assessment Procedure (SWAP-200) to capture the wealth and complexity of clinical personality descriptions and to identify potential diagnostic criteria that may better define personality disorders. Ju and Lee (2018) make the case that peer attachment lowers depression levels in children at risk and also emphasise the therapeutic value of peer attachment.

Statement of the Problem

When a child enters the ‘Teenage’ phase of his life, the expectations, behavior, and role the people and society expect from the child change. The bodily changes, the difference in thoughts, and hormonal changes make teenagers the primary victim of depression. The study focuses on finding whether teen depression would affect the teen’s choice of work in the future.

Objectives of the study

1. To find whether the respondent is depressed or not
2. To find their most sought escape route to overcome depression
3. To analyze whether teen depression and choice of work are related or not
4. To find out their outlook on jobs they look for.

Research Methodology

Population of the study: Teenagers aged from 13 to 19

Sample Collection Method: Sample survey method- a convenient sampling method was chosen.

Technique of data collection: Google forms questionnaire technique

The questionnaire was framed with 23 questions adhering to the study topic. The questionnaire was designed with multiple-choice questions. The questions were associated with the causes of depression in teens and the stress level of the job they would prefer in the future.

The demographic profile of the respondents was collected for the study purpose from January 2023 to February 2023. The results are tabulated for more insights into the study.

Sample size: Questionnaires were sent to 200 respondents. But, only 110 respondents filled out the form and the same is used for statistical analysis and interpretation.

Types of data: Both Primary and Secondary data were used

Statistical package: SPSS package has been used for Data Analysis

Statistical tools applied

- Frequency Table
- Percentage analysis
- Friedman test
- Correlation analysis
- Bar chart

Data Analysis

Frequency table

GENDER	FREQUENCY	PERCENTAGE
Female	54	49.1
Male	56	50.9
Total	110	100

Table 1: Demographic Analysis Table of the Respondents

Source: Primary Data

AGE(IN YEARS)	FREQUENCY	PERCENTAGE
13-14	22	20
15-16	22	20
17-18	24	21.8

19	42	38.2
TOTAL	110	100

Table 2: Demographic Analysis Table of the Respondents
Source: Primary Data

Inference

According to the study conducted, 49.1% of the respondents were Females and 50.9% of the respondents were Males. The majority of the respondents were from the age group of 19 years.

EFFECTS OF DEPRESSION	MEAN RANKS	RANK ORDER
EATING DISORDER	2.73	1
SLEEPING DISORDER	2.67	2
HEADACHES	2.30	3
PEER PRESSURE	2.30	3

Table 3: Showing Friedman Test for significant difference between mean rank keeping main effects of depression as a base:

Test Statistics	
N	110
Chi-Square	13.849
df	3
Asymp. Sig.	0.003
Friedman Test	

Table 4:

Inference

Since the P value is less than 0.05, the null hypothesis is rejected. There's a statistically significant difference between mean ranks regarding the causes which lead to teen depression were $\chi^2(2) = 13.849$ and $p = 0.003$. Based on the Mean Ranks relating to causes of depression among teenagers, Eating Disorders(2.73) are ranked 1st followed by Sleeping Disorders(2.67) in second place, and Headache and peer pressure(2.30) in last place.

BASIS	MEAN RANKS	RANK ORDER
SATISFACTION IN LIFE	2.15	1
FEAR OF MEETING EXPECTATIONS	2.08	2
AGE FACTOR	1.77	3

Table 5: Showing Friedman Test for significant difference between mean rank keeping factors influencing teen depression as a base:

Test Statistics	
N	110
Chi-Square	11.521
df	2
Asymp. Sig.	0.003
Friedman Test	

Table 6: Results of the Friedman Test

Inference

Since the P value is less than 0.05, the null hypothesis is rejected. There’s a statistically significant difference between mean ranks regarding the causes which lead to teen depression were $\chi^2(2)=11.521$ and $p=.003$. Based on the Mean Ranks relating to factors of depression among teenagers, Satisfaction in life (2.15) is ranked 1st based on the factors of depression influencing the teen’s life followed by Fear of meeting expectations (2.08) in second place, and age factor (1.77) in last place.

Correlation analysis

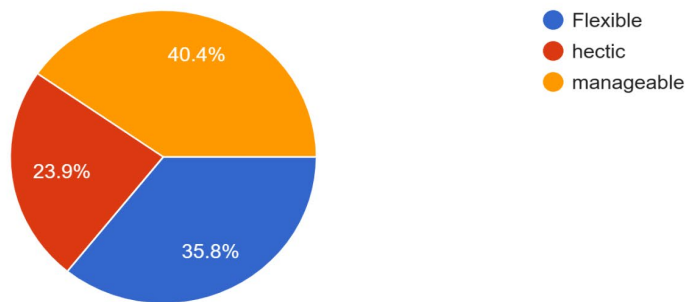
Null Hypothesis (H0): There is no significant relationship between the work-life the teen wants to lead and the satisfaction in the life of the teen.
Alternative Hypothesis (H1): There is a significant relationship between the work-life the teen wants to lead and the satisfaction in the life of the teen.

		23. How do you expect your work to be?	18. Are you happy and Satisfied with you life?
23. How do you expect your work to be?	Pearson Correlation	1	-0.250**
	Sig. (2-tailed)		0.009
	N	110	110
18. Are you happy and Satisfied with you life?	Pearson Correlation	-0.250**	1
	Sig. (2-tailed)	0.009	
	N	110	110

Table 7: Correlation between future work lifestyle and the present lifestyle
Source: Primary Data
**Correlation is significant at the 0.01 level (2-tailed)

Inference

The table shows Pearson's coefficient of correlation value of -.250. There is a negative correlation between the future work lifestyle the teen wants and the present life they lead. This can be because of the changing times and circumstances the teen goes through and their varying thoughts.



Pie Chart 1: Pie-chart showing the frequency distribution of the work lifestyle the teen would prefer in the future:

Inference

As per the above pie chart, the majority of the respondents (40.4%) would like to have a manageable job in the future, while 35.8% of the respondents want to have a flexible work life and the rest 23.9% of the respondents would prefer a hectic work life.

Findings

- Majority of the respondents are male (50.1%)
- Most of the respondents were from the age group of 19 years (38.18%)
- According to the mean ranks regarding effects of depression, eating disorders are the main effect of depression among teens.
- Based on the mean ranks regarding the factors of depression, satisfaction in life is ranked first and is the foremost factor of teen depression. A dissatisfied teen is more vulnerable to depression.

- There is a negative correlation between the work-life the teen wants to lead and the present life the teen leads.
- Majority of teens want to have a manageable work-life in the future

Suggestions

Eating disorders are the main effect of teen depression. Teenagers should be given a comfortable positive atmosphere that enables them to have an optimistic view of life. It is suggested that satisfaction in teen life should be given more importance. Society should give more importance to teens' mental health and parents should give more importance to their young teen's mental health. They should closely watch whether their young ones show signs of depression. Teen depression should be addressed by society and people so that teens can overcome it with ease.

Conclusion

The study concluded that teen depression and future choice of work are related. They do affect the future choices of the teen. Hence depression is not something to be taken lightly and teens who have shown symptoms of depression need to analyze their thoughts with or without the help of others to overcome this phase. When attention is given at an early stage it will not cause any major damage to the overall well-being of the teens and they will also have a clear view. Overcoming depression is not something to be taken lightly. They vary from person to person; some might overcome it with willpower, with friends and family help but some might find it hard to overcome this and might as well need medical attention. Some might also need physical care to overcome this depression. There is no definite way to prevent teen depression but it is only increasing as days go on. But steps can be taken to prevent depression in teens and to protect their interests. So the above research will give you a clear view of teen depression and how they affect the future workforce.

Limitations of the study & scope for further research

This study is limited to 110 respondents and conducted in Chennai city colleges and schools only. This study covers depression among teens and the future workforce in Chennai and this study does not cover depression in children, and young adults. Each respondent is given the same questionnaire to answer and this is only applicable to the respondent of the study. It may or may not suit other teens from different cities or states. This research is done based on the information given in the questionnaire and the information might be reliable to some point it may or may not be accurate. It still has wide scope for further study. Any researcher can follow this research to compare the depression level in teens on a wide scale. Depression in teens is vast, hence teenage is the turning point of one's life there may be positive and negative encounters in life. . . This research can also be used to compare depression among teens in different cities and stages. Hence teens are more prone to depression. There is a need for it to be identified and treated though not all teens need clinical help. Every teen has their own phase to overcome the depression that will affect their work in the future. They need to mold themselves and overcome depression. This is common in teens who are experiencing bodily changes and mental growth.

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