

CAUSES OF DEPRESSION IN A PERSON

Khosiyatxon Aliyeva

Master's student of Kokan DPI Pedagogy and Psychology



Annotation: In this article, depression manifests differently at different ages. About loss of appetite, cessation of weight gain, moodiness and sluggishness of movements in young children.

Key words: Depression, psychology, anxiety, panic, mood, despair, sadness.

For many educators and parents, the problem of depression in students remains an important issue. This topic covers the problems of children growing up in families who are left alone after the divorce or death of one of their parents, such as children without parental care, unfavorable family conditions. Unfortun Once upon a time, psychiatrists debated whether a child could fall into a state of depression. Sadness, depression, loss of interest, decreased general tone, avoidance of communication, lethargy - these are typical manifestations of "adult" depression. Distinguishing such aspects in children is complicated, first of all, because of their uncertainty, and secondly, because the child is not always able to give a full report about his emotional experiences. Depression in a child is always "masked": it's anxiety, not doing well at school, a breakdown in relationships with peers, worries about one's health, and fear of losing loved ones.

The most characteristic feature of depression in children is "masking", atypicality. Educators and parents need to know that depression is always accompanied by health complaints. Complaining of heart palpitations, dizziness, nausea, weakness, sleep disturbances, various pains accompanied by laziness (legs and arms are getting heavy, "I can't walk, I can barely see my briefcase "here I am"), the change in the appearance of the child creates a picture of a serious physical

illness, and in the first months (and even years) it remains the subject of attention of pediatricians and surgeons. Ately, today there is not enough qua In medical analysis, the absence of a certain disease does not mean that there are no real mental difficulties that the child is experiencing, but it indicates that his emotional state is disturbed, and for adults it should serve as a sign that the child is mentally unhealthy. Infirmities of this form can be different, often replacing each other, or, on the contrary, they can be different, constantly accompanied by the same complaints. In children of preschool age, it often manifests itself in the form of a complaint of abdominal pain, and in children of junior school age - in the form of a complaint of a headache. lified and excellent literature on this topic. The works of A.A. Severny "Depression in children and adolescents" and A.O. Drobinskaya "Difficulties of non-standard children at school" were studied.

In medical analysis, the absence of a certain disease does not mean that there are no real mental difficulties that the child is experiencing, but it indicates that his emotional state is disturbed, and for adults it should serve as a sign that the child is mentally unhealthy. Infirmities of this form can be different, often replacing each other, or, on the contrary, they can be different, constantly accompanied by the same complaints. In children of preschool age, it often manifests itself in the form of a complaint of abdominal pain, and in children of junior school age - in the form of a complaint of a headache.

Often students are convinced that they have an incurable disease (hypochondriacal disorder). In this child, anxiety increases even when talking about someone's illness or death, and they themselves begin to use medical terms that they have heard somewhere, from someone, without even being familiar with the basic aspects of the disease. Including cancer, AIDS, leprosy, collapse, meningitis, etc. Many children have clearly expressed anxiety and fear, which usually worsens in the evening and in the evening. Vague, unexplained anxiety is usually short-lived and passes quickly, but soon turns into a clear panic: being left alone, losing his

mother, the child is afraid that his mother will not take him from kindergarten, he fears that his mother will be hit by a car or killed by thugs on her way home from work. In addition, he worries about himself, his health, his life, his future: "What if I grow up and suddenly become a bad person, become a thug and end up in prison? What if a war suddenly breaks out, all living things die, and there is no air, water, or food? How will I live if my parents die?" The highest level of anxiety is a general, diffuse and unreasonable anxiety in the state of danger from everything around. There is also a possibility of confusional disorders: feeling of heart palpitations, pains in the area of the heart, dizziness, nausea, convulsions, shortness of breath. This condition is often accompanied by a well-defined fear of death, a fear of being trapped in a closed place.

Depression manifests itself differently at different ages. In young children, parents pay attention to the loss of appetite, the cessation of weight gain, moodiness and sluggishness of movements. Preschool age is mainly a change in the state of health, and at the same time the usual symptoms of depression come to the fore: a low voice, a sad facial expression, a lack of facial movements, an old-fashioned gait.

In school children of younger age, the following conditions are more noticeable: apathy, indifference, loss of enthusiasm for games, tired mood. However, complaints related to "sadness" or "tightness" can be heard from children under 12-13 years old very rarely. Children often complain that they are "bored", "everything is boring", "it is unbearable", "they are crying", "there is a stone in their heart", "it is a dark wall". It should be mentioned that the child's complaint of "boredom", which indicates a decrease in interest in the life around him, is one of the most common aspects of depression in children. In contrast to depressed adults, the younger the child, the higher the level of crying or constant readiness to cry.

Depressed children cry even for trivial reasons: when they are hurt, scolded or praised, when a stranger comes to the house. Also, strong emotionality, cheerfulness (children can even cry over a broken flower, a sawed-down fir tree, a killed ant), and

List of used literature:

1. Sarzhveladze N. I. "Personality and its interaction with the social environment." Tbilisi, 1989.
- Leontiev A. N. "Activity. Consciousness. Personality." M.: Politizdat, 1977.
- Pavlovsky L.S. "Text on the development of the child's personality and
- W
- Craig G. "Developmental Psychology
- r
- l
- d
- v
- i
- e
- w
- "
- .
- /
- L
- .
- S
- .
- V