

DEPRESSION IS ONE OF THE GLOBAL PROBLEMS OF MODERN HUMANITY

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Annotation. *Modern society in the period of active development remains emotionally weak and mentally unstable, individual vulnerability to life's difficulties can cause depression, which today occupies a leading position among the diseases of society. Humanity, at all stages of development, goes through difficulties that can negatively affect the social situation, physical condition, psyche or other vital criteria, however, faced with such a problem as depression, not everyone understands and realizes the complexity and power of discomfort that it can create. Depression is a mental disorder that is accompanied by various emotional pathologies, such as: excessively depressed mood, low self-esteem, self-criticism of one's situation and future. Depressive disorder is accompanied by a violation of physical retardation, cognitive functions, actively developing psychosomatics.*

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Depression is the most common mental disorder of mankind, which destabilizes the psycho-emotional state, life balance, creating a passive perception of reality. Depression is accompanied by various factors and can occur depending on the conditions in which the individual is.

Depression has the ability to relapse, which can be expected at any age. Persons who have faced this problem in the past have a high chance of facing depression again, it all depends on the strength of the factor that will affect the psychological background. Introversion, depressed mood, pessimism, alienation often cause misunderstandings and conflict situations in the circle of close friends. Living with depression is often accompanied by the expression of autoaggressive behavior (abuse of psychotropic substances, alcohol), which increase suicidal thoughts and prompt attempts that can lead to tragic consequences. Depression inflicts "blows" not only on the psycho-emotional component and physiology, but also affects the development of the personality, its place in society, and success. A person who is experiencing a period of depression is faced with the problem of employment, improving qualifications, there is a lack of potential, the desire to achieve a goal and high results – a person becomes uninterested in his activities, there is no sense in making efforts.

States that establishing a diagnosis of depression is not always easy based on single criteria, it is worth realizing that there are other diseases that can cause similar symptoms and require immediate medical attention. Often, depression can be associated with somatic diseases that a person may not be aware of. For example: mood swings, depression, tearfulness, excessive irritability, often occur in people with thyroid dysfunction, which produces the hormone needed by the body in excessive or insufficient quantities: Hashimoto's thyroiditis; hypothyroidism; vitamin D deficiency; anemia.

In psychological practice, several types of depression are distinguished, which, depending on the complex of symptoms, have their own individual features of the course, namely:

- clinical depressive disorder: the classic version of the onset of the disease, accompanied by excessive sadness, hopelessness, pessimism, loss of activity and interest in the surrounding world, this disorder is divided into two main subtypes: atypical depression (excessive sleep and food consumption, especially sweet) and melancholic depression (short sleep, decreased appetite, feelings of guilt, many thoughts);
- subsyndromal depression: accompanied by unpleasant emotional feelings, however, the classic symptoms of a complex form of the disease are not fully present, the person is able to function socially while simultaneously taking medications or attending psychotherapy sessions;
- persistent depressive disorder: deterioration of the psychological state lasting about two years, accompanied by additional physiological manifestations and low mood;
- premenstrual dysphoric disorder: sudden mood swings, irritability, tearfulness, sleep disturbances, anxiety;
- bipolar depression: constant mood swings, from sadness to excessive joy, attacks of mania;
- postpartum depression: hormonal disorders that occur after childbirth, affecting the mother's perception of the child (baby blues), depressed mood, depression, feeling of spent resources, thoughts about harming the child or oneself;
- seasonal affective disorder: dependence of the emotional background on the change of seasons (autumn, winter), lack of vitamins in the body, urge to eat carbohydrates and constant sleep;
- psychotic depression: a severe form of the course of the disease, as a result of which the patient loses contact with reality (delusions, extraneous sounds, false beliefs);
- terminal illness depression: overwhelming feelings of hopelessness, especially with oncology, HIV (human immunodeficiency viruses), heart disease (Kung et al., 2021).

In psychiatry, the following typology of depression is used:

- 1) apathetic depression (loss of vitality);
- 2) adynamic depression (manifestation of indifference, physical weakness, lack of motivation);
- 3) asthenic depression (increased fatigue with minimal energy expenditure, weakness that causes irritability);
- 4) depersonalization depression (lack of adequate perception of the world and manifestation of emotional reactions);
- 5) hypochondriacal depression (somatic-vegetative disorders, unpleasant sensations of one's own body, the present belief in the presence of an incurable disease);
- 6) anancastic (dominance of obsessive manifestations, self-blame, anxious fears) (Weitbrecht and Cramer, 1980).

A person who is in a state of depression has a somewhat altered perception of space, it seems to him that the place of stay is cramped, reduced, it becomes harder to breathe, the walls are annoying. As a result of this perception, the feeling of one's own body also changes, muscle tone is lost, weakness, inactivity, laziness are felt, a person becomes a hostage of his own body, which binds him like an invisible shell and does not give him the opportunity to move forward. There is a feeling of being blocked and a mental burden, which prevents breathing on a full chest. Such symptoms emphasize a person's feeling of powerlessness and helplessness. The main paradox that will allow to start the fight against this unpleasant condition is a persistent attempt to force oneself to do something, think, act despite everything.

Thus during depression, a person is deeply immersed in himself, in his thoughts there is an inner experience of past events that turned out negatively and left a complex imprint on his memory. The negative conclusion of the lived episodes leads to self-blame and the creation of prematurely false ideas about the future, thus the person seems to destroy himself without using the minimal chances of salvation. However, it exists and is aimed not only at the fight against the disease, but also at the formation of psychological stability, clear internal attitudes and the disclosure of one's role in the world, the awareness of which allows one to lead a full and psychologically healthy life.