

Juvenile care
Event Name : Instrospect

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The Problematic Issues Faced By Today's Youth :

1. Juvenile Delinquency
2. Bullying
3. Raised by Single Parents
4. Physical Image
5. Lack of Quality Education
6. Depression

There are many more problems related to the issues faced by today's youth, but I have main focussed on the depression.

Depression is just like a mood disorder. By the other way it can be defined as a feelings of sadness, loss, or anger that interfere with a person's everyday activities.

But Youth experience depression in different ways. This leads to your daily work, resulting in lost time and lower productivity in a day. So these can also involve in the relationships and some chronic health conditions.

Conditions that you get into the worse due to depression include:

- Arthritis
- Asthma
- Cardiovascular Disease
- Cancer
- Obesity many more

Depression is involved more and more in the adult age group. The CDC Pvt Lmt says that more than 8.1 percent of Indian adults ages over 20 and over had

more depression when compared other age groups. Unfortunately, the rate of the depression is getting more and more in adults.

The Current situation also takes a toll on youths physical condition and leads to other well known issue Obesity which leads to the depression case.

According to the CDC Pvt Lmt an about of 20 Percent of the age group from12- to 19 are obese, with the hispanic and the black children more likely to be overweight or obese when compared to others.

Aside from the fact that overweight teens are often targeted by bullies, obese kids are also get involved in many health problems, such as diabetes, arthritis, cancer, and heart disease as mentioned above. And also they were struggle with body size issues or developing the eating disorders in a unhealthy way of changing the appearance and also make them victims to body shaming which in turn causes peer pressure.

These statistics show how the youth is developing the obesity depression and other health problems are more alarming than you think. Absence of physical activity, bad food, and an overall unhealthy, sedentary lifestyle are to be blamed.

The main cause of the depression is the family problems, brain structure, medical conditions and drug use..

To overcome these types of problems there are few solutions which reduces the depression :

- Medications : Because these provide antianxiety, antidepressants and antipsychotic medications. It has the benefits and potential risks to overcome the depression.
- Exercise : Do exercise for more than 30 minutes of physical activity between 3 to 5 days a week. Because exercise can increase your body's produces the endorphins it helps to improve your mood.
- Avoid alcohol and drugs : Drinking alcohol and using the drugs may make you feel better for a little bit of time. But for life long, these substances can get you into the depression and anxiety symptoms worse.
- Take care of yourself : Improve your symptoms of depression by taking care of yourself. Because these involves in getting much more of sleep , eating healthy foods, avoiding the wrong people, and get involved in the

enjoyable activities.

- Prevent over thinking.
- Attention to the children words which makes you happy.

So when the depression persons follow the above solution then he/she can overcome the depression problems.

Then what is the easy step to overcome the depression problems?

According to my opinion to overcome the problem by the youth is :

- Regular exercise
- Getting plenty of sleep
- Maintaining treatments
- Reducing the stress
- Building strong relationships with others.

My conclusion is be happy and face the difficulty in a easy manner. So don't worry about the difficulty. If you gone into depression then think about the time because time is very precious than any other. **For all the Youth, Work like a run machine.**