Intro:

I will carry on the further causes of depression. The next cause is called Bio- chemistry, now we have already heard that term in Chemistry and that gave depression to me at that time but anyways here it is not anything related to chemistry in fact here it actually means the biological reasons behind the depression. Now I am going to use some of the very disturbing biological terms to explain this to you.

1. First is the unbalance amount of Serotonin. Serotonin is a cell. The function of cell is to send signals from one part of the body to other and this exactly what Serotonin do. It controls various parts of body which also includes our nervous system.
2. The second thing is the deficiency of noradrenaline. Noradrenaline is basically a hormone and its deficiency decreases the energy level and ultimately makes the person depressed.
3. Another important factor is the dopamine. The dopamine is created by our brain and it actually plays an important part when we think and plan for doing things. I think I lack in dopamine otherwise I would’ve thought before taking admission in FAST.
4. Low dopamine level also effects on how you feel the things. People usually with low dopamine level don’t find the outcomes of the thing or other people interesting. Therefore all of you who don’t find me interesting is depressed.
5. Sleeping also decrease the dopamine level in your body.

Then comes the role of personality. There are certain aspects in a person’s personality which make him more depressed.

1. The first in this regard is Neuroticism or Negative Emotionality. This includes being sad, feeling anxiety like the way we feel when we see a notification of new assignment from google classroom or someone in the WhatsApp group tells about uploading of marks on flex.
2. The second is the extraversion or Positive Emotionality, now you would be thinking how the negative and positive emotionality both in causes of depression. Well I also thought the same and I searched but couldn’t find the answer so let’s just agree to it then. Extraversion is derived from the word extrovert, meaning a person who is very social, talkative and enthusiastic. According to a research these type of people try to hide their depression by acting all energetic and happy.
3. The last is conscientiousness. It means how well you do the things and how good decisions you make in life. If a person lacks in conscientiousness and made wrong calls, there is a high chance that the consequences will make him depressed.