**Causes and Effects of Depression on Teenagers**

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| **According to a research report of WHO (World health organization) published in Harvard Medical school journal 2013, the teenagers experiencing irritability and hopelessness can easily fall prey to anxiety. They don’t enjoy their childhood and don’t indulge in activities which most of their coetaneous do. They withdraw themselves from their social circle and become involved in risky behaviors such as substance use and eventually become depressed. Depression affects lives of teenagers by increasing their academic problems, social isolation and damaging their physical health. It fosters absenteeism and poor academic performance among them.**    **Academic problems which consist of absenteeism and poor academic performance are the main challenges which depressed teenagers have to face. In case of absenteeism,** depression makes it difficult for them to focus on schoolwork and to sit still in class. As a result, they lose energy or motivation to go to school. In case of academic performance, they have negative thoughts about themselves, such as "I'm a failure." These thoughts make it difficult for them to succeed in school which results into poor academic performance. Academic problems further affect their life by raising fear of rejection and decreased self-esteem among them.  Depressed teenagers become socially isolated due to fear of rejection and decreased self-esteem. The fear of rejection leads teenagers to self-isolate. They may avoid making new friends, participating in social activities as they anticipate negative judgments from others. In case of reduced self-esteem, they criticize themselves, focus on their flaws, and underestimate their abilities. This self-criticism reinforces feelings of low self-worth. Social isolation makes them ill by weakening their immune system and increases the risk of getting abdominal disorders.  Physical health of depressed teenagers is also compromised as depression greatly affects the immune system of the body and increases the chances of abdominal related diseases. Their bodies release a hormone “cortisol” which kills white blood cells. It results in weakening of their immunity. They face difficulty while having a healthy diet. Thus, they engage in unhealthy behaviors such as smoking, drinking alcohol and using drugs which ultimately lead to several stomach disorders like irritable bowel syndrome.  In conclusion, depression affects live of teenagers by increasing their academic problems, social isolation and damaging their physical health. It is imperative that society along with parents, educators and healthcare professionals provide them support and access to health resources. In this way, they will be able to lead a healthier and happier life. | The introductory paragraph of the essay includes a report by WHO which is a factual reader’s hook to grab the reader’s attention.  The lead-in statement consists of two sentences which further connects the reader to the main idea of the essay.  Thesis statement presents the main idea of the essay and introduces the three major point of the essay:   * Academic problems * Social Isolation * Health vulnerability   The last line of the paragraph which is the transitional hook connects the reader to the 1st body paragraph and includes the keywords like “Poor Academic Performance” and “Absenteeism”.  The first line is a reverse hook which continuous the discussion in the previous paragraph.  Next sentence is the first major detail of the 1st body paragraph and to support the idea minor detail is also given. Then the 2nd major detail is given and to support the idea “negative thoughts” which arise in the students are given.  The last sentence of the 1st body paragraph is a transitional hook and includes the keywords like “rejection” and decreased self-esteem.  The first sentence of 2nd body paragraph which is topic sentence includes our two major points. Second sentence is the explanation of our first major detail which is fear of rejection and then there is a minor detail. Then there is a second major detail in third sentence and after this there is minor detail of decreased self-esteem. Last sentence is the transitional hook for third body paragraph which include keywords such as “weakening their immune system” and “abdominal disorders”.  First line of third body paragraph introduces the two major details of weakened immunity and abdominal related diseases.  Second sentence discusses about the cause of weak immune system which is also the minor detail.  Then there is second minor detail which states the reasons of getting abdominal related diseases to depressed teenagers.  In conclusion we restate our thesis that depression affects the life of teenagers by many factors. In the last line of concluding paragraph, we are giving our opinion that this critical issue must be resolved by proper counselling otherwise the ratio of depression among teenagers will be much higher. |