Background of the Study:  
  
 While we all experience sadness, moodiness, or depression from time to time, some people experience these emotions intensely, for extended periods (weeks, months, or even years), and sometimes for no apparent reason. Depression is a serious medical condition that affects both your physical and mental health. Depression affects how you feel about yourself and makes day-to-day life more difficult to manage. It is a widespread but serious mood disorder. It causes severe symptoms that interfere with how you feel, thinks, and handle daily activities like sleeping, eating, and working. The good news is that there are a variety of depression treatments, health professionals, and services available to help with depression, as well as information on what you can do to help yourself. This paper mainly focuses on defining what is all about depression, how it affects the lives of students, the signs and symptoms, and what are the possible ways or treatments how to cure such a mental disorder. Due to the signs and symptoms. I have studied these past few weeks and will address in this paper, I have slowly realized, as I perform this research, that I suffer from depression or clinical depression. To better understand me and to help my fellow students understand themselves and gain respect from others—or perhaps to understand their classmates, friends, and families who suffer from such disorders—I place a high value on creating this paper. I am hoping that this paper will help open their eyes and help them better understand themselves.  
  
Preliminary Literature Review:

Depression, according to Holland (1980), is the sentiment of hopelessness, unworthiness, and grief that frequently develops in the wake of real or perceived failure, loss, or disaster. Depression that is neurotic differs from depression that is not. It lasts far longer and is much more intense. Neurotically depressed people experience constant sadness, worthlessness, unlovability, inadequateness, and loneliness. The person's eating and sleeping patterns frequently shift; sometimes they sleep too much and other times they have trouble falling asleep. Apathy and fatigue become constants in life. The only option the individual will occasionally contemplate to alleviate their suffering is suicide. Although we have all experienced depression at some point in our lives, a person who is experiencing neurotic depression struggles constantly in life, in relationships, and at work. It is challenging to lead a fulfilling life when you experience extreme sadness, feelings of worthlessness, and low self-esteem.

              It is a condition of the mind. A consistently depressed mood, a sense of sadness, and a loss of interest are the hallmarks of this mood disorder. Depression is a chronic issue rather than a transient one; a depressive episode typically lasts 6 to 8 months. It is distinct from the mood swings that people encounter in everyday life. Depression does not include transient emotional reactions to life's hardships. Similarly, even the grief brought on by the loss of a loved one is not depression in and of itself if it does not last. However, sadness and mourning are sometimes linked; when depression occurs after a loss, psychologists. Depression can, however, be related to bereavement - when depression follows a loss, psychologists call it “complicated bereavement.” ([www.medicalnewstoday.com/kc/depression-causes-symptoms-treatments-8933](http://www.medicalnewstoday.com/kc/depression-causes-symptoms-treatments-8933)).

              Children are among the most vulnerable groups when it comes to disorders like these. Two of the most prevalent issues affecting adolescents and young adults are anxiety and depression, and they are starting to have a significant negative impact on the classroom. According to the Anxiety and Depression Association of America (ADAA), 1 in every 8 children has anxiety. Although there are medications and treatments for both depression and anxiety, “80% of children with an anxiety disorder and 60% of children with depression are not receiving treatment”. (bcces.org/blog/2019/05/01/impact-anxiety-depression-student-progress/). Because there are so many kids and teens with untreated anxiety or depression, this can have a severe effect on how well they learn and how much they like school. Undiagnosed anxiety and depression put students' mental health at risk, which can result in social and behavioral issues, poor academic performance, neglected hygiene, subpar self-care habits, and low self-esteem.