

Depression among students

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Introduction

Currently a growing number of young adults have untreated depression the symptoms of which are often not recognized by teachers, parents or even physicians. As a result they don't receive proper mental counseling or treatment.

Aim of the study

To find out what students know about depression, how best to help and attract more public attention to the problem.

Materials and Methods

We assessed the data obtained from the interview, arranged them in tables and made a review of recent scientific articles and Internet sites devoted to this problem.

Results

We interviewed 73 students of different Belarusian universities, aged 17- 25. The obtained findings were as follows:

- 1) Have you ever been depressed? yes – 63%; no – 37%
- 2) What were the reasons of your depression? Problems with friends – 15.1%; death of a close person – 19.2%; problems with studies – 15.1%; family problems – 17,1%; others 33.5%
- 3) What advice would you give to a depressed person?

The majority of respondents showed their awareness in the problem and advised a depressed person to see a psychiatrist. On the other hand, there were such options as to forget about depression and move on.

Conclusion

The findings of our research have revealed that students' awareness of mental health problems is not high enough and they are not sufficiently informed about the importance of mental health counseling or treatment. The overwhelming majority of respondents expressed their opinion that they would like to raise public awareness about depression in a society and the media, which was one of our research goals. We are also sure that the causes lying behind its rise should be investigated scientifically.