

CORRELATION OF DEPRESSION AND DAILY LIFE: HOW DEPRESSION AFFECTS QUALITY OF LIFE

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Abstract: Depression is one of the most common mental disorders in the world and can have a huge impact on a person's daily life. Research has shown that depression can affect a person's general quality of life, as well as a person's ability to carry out daily activities such as working, studying, and getting along with other people. Depression can also hurt one's relationships with others, especially in terms of communication and social interaction. This study aims to present a detailed review of how depression can affect one's daily life and how one can overcome depression to improve one's quality of life. This article outlines the causes of depression, the signs and symptoms of depression, and the various treatments available for depression. The method used in this study is a literature review. The results showed that there was a significant correlation between the level of depression and a person's quality of life. People suffering from depression tend to have a lower quality of life. In conclusion, depression can affect a person's daily life significantly and it is important to know the signs and symptoms of depression and how to deal with it to improve the quality of life of someone suffering from depression.

Keywords: Depression, Depressive Symptoms, Effect

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INTRODUCTION

Mental health is an individual's capacity to feel, think and act in ways that enhance the individual's ability to enjoy life and deal with the challenges ahead (Canadian Institute for Health Information, 2009) . It is a positive sense

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of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity. Depression is a mental disorder with symptoms that can significantly affect individuals (Seligman et al., n.d.). According to the World Health Organization (WHO), depression is the largest cause of lost productivity worldwide. Depression can affect a person physically, mentally, and emotionally, and can have a profound impact on a person's daily life.

Depression is a disorder primarily characterized by sad and gloomy emotional states and associated with cognitive, physical, and interpersonal symptoms (American Psychiatric Association, 1994). Depression can be identified as a normal response to negative life experiences, such as the loss of family members, valuables or social status. Thus, depression can be viewed as a continuum that moves from normal depression to clinical depression (Caron & Butcher, 1991) According to (Holmes (1997) the main symptom of depressive disorders is mood-related problems. Individuals feel depressed, moody, sad, hopeless and disappointed.

Depressive disorders affect the functioning of daily life, due to changes in emotion, cognition, motivation and behavior. This syndrome is characterized by an existential void related to the inhibition and failure of individuals to meet their needs (Utomo, 2015). Although depression is a common problem, there are still many people who do not realize that they may be suffering from depression. Therefore, it is important to know the signs and symptoms of depression and how to overcome them to improve the quality of life for individuals suffering from depression.

In this article, the author will discuss how depression can affect a person's daily life in general; how depression can affect a person's ability to carry out daily activities such as working, studying, and getting along with others; how depression can affect a person's relationship with others, especially in terms of communication and social interaction; how a person suffering from depression

can overcome depression to improve their quality of life; the causes of depression and the signs and symptoms of depression that need to be watched out for; and the treatment methods available to overcome depression and how to choose the right treatment method.

The purpose of this study is to review the literature on the correlation between depression and quality of life. This article will collect and review relevant literature to provide an overview of how depression affects one's quality of life in daily life. This research also aims to analyze the relationship between the level of depression and the level of one's quality of life, as well as to explore the factors that might influence the relationship. By knowing the relationship between depression and quality of life, researchers hope to provide useful information.

METHODS

The method used in this research is a literature review. A literature review is a research method used to collect and review relevant literature on a topic to provide an overview of existing knowledge on the topic under study. A literature review is an important tool as a content review, because the literature is very useful and very helpful in providing context and meaning in the writing that is being done through this literature review the researcher can also state explicitly and the reader knows, why the thing he wants to study is a problem that must be researched, both in terms of the subject to be studied and any environment in terms of the relationship of the research with it with other relevant research (Afifudidin & Saebani, 2012)

A literature review can provide a comprehensive overview of existing knowledge on a topic and can be used to identify the strengths and weaknesses of previously conducted research. The author collected and reviewed relevant literature regarding the correlation between depression and a person's quality of life. A literature review in a study is useful as a basis or theoretical foundation

used in this study. The theoretical basis can be the results of previous studies that have similar topics or the opinions of experts who are experts in the subject under study.

FINDINGS AND DISCUSSIONS

Depression (also called clinical depression) is a common but serious mood disorder. Healthy individuals can cope with highly traumatic events while still feeling in control. Whereas, it is identified as disturbed or abnormal when the gloomy mood persists for days or even weeks, making it more disturbing. The triggers for these negative feelings may seem vague, but they are difficult to shake off and begin to affect other aspects of life (Spencer & Young, 2010). It is a form of negative mood that is different from what is felt under normal circumstances. It causes severe symptoms that affect how a person feels, thinks and handles daily activities, such as sleeping, eating or working. To be diagnosed with depression, a person must have five symptoms of depression every day, most of the day, for at least 2 weeks (DSM-5, 2013); (PPDGJ III). One of the symptoms is a depressed mood or loss of interest or pleasure in almost all activities.

Depression can also refer to a pattern of aberrations in emotional cognition or behavior that does not yet represent a psychiatric disorder and is therefore referred to as a collection of symptoms or a syndrome. Depression can also be defined as a clinical disorder with specific characteristics and symptoms (Beck & Alford, 2009). National Institute of Mental Health (2021) explains that depression can affect a person's ability to carry out daily activities such as working, studying, and getting along with others because depression can reduce motivation, interfere with concentration, and reduce the ability to manage emotions. People who experience depression often have difficulty waking up early, are late for work or class, and have difficulty completing tasks. The

individual may also feel disengaged from activities that they normally enjoy, affecting the individual's ability to get along with others.

A person experiencing depression may feel disconnected from others, have no interest in communicating, or feel they lack the ability to form positive relationships with others. This can cause them to become alienated and reduce their social interactions. Depression can also decrease a person's ability to make decisions and manage responsibilities, which can lead to problems at work or school. People who are depressed may also experience problems in relationships with others, including more frequent conflicts and difficulties in establishing close relationships.

Holmes (1997) says that cognitive symptoms are very influential in depression. First, depressed individuals have very low self-esteem. They think that they are inadequate, inferior, incapable, worthless, and often feel very guilty about their failures. The second symptom is pessimism. Depressed individuals will believe that their problems will only get worse. The third symptom is decreased motivation. The belief that they cannot solve their problems causes depressed individuals to see no reason to solve their problems or seek help, thus making the problems that the individual has increase and making the individual more depressed. The fourth symptom arises because of this, namely the existence of a negative attitude.

The dimensions on the depression scale refer to the symptoms of depression according to Beck (Ulfah, 2013), namely: a) Emotional symptoms, including sadness, bad mood, loneliness, boredom, apathy and reduced feelings of joy and love. b) Cognitive symptoms such as low self-assessment, refusing help from others, self-deprecation, difficulty making decisions, and negative body image so that they think they are less attractive or bad. c) Motivational symptoms, including decreased or loss of motivation to perform simple activities in daily life, even primary ones such as eating and drinking. Motivational symptoms lead to the emergence of urges to commit self-harming

actions, such as self-harm or even suicide. d). Physical and vegetative symptoms include sleep disturbances, eating disorders, loss of sexual libido, and fatigue.

This is in line with the opinion expressed by Carr (2001) that as depression worsens, individuals will lose interest in more and more things and eventually individuals can lose interest in eating, drinking and sex. In addition, related to the cognitive aspects of depression, depressive individuals focus attention selectively on all possibilities and every bad aspect of life and the environment. This then encourages depressive individuals to develop depressive ways of thinking, such as viewing themselves inferiorly, being pessimistic about the future, feeling excessive guilt, and having punitive patterns of behavior. In severe depression, these cognitive distortions lead to suicidal ideation and sometimes even to suicide attempts (Seligman et al., n.d.)

Differences in the level of depression can be caused by many factors, such as demographic factors, biological factors, psychosocial factors, genetic factors, and physical illnesses that are comorbid with depression (Reus, 2008) Rhode, Seeley, Klein, and Gotlib (Durand & Barlow, 2016) also argue that several factors influence depression, namely: 1) Conflict with parents can increase an individual's vulnerability to depressive disorders; 2) Gender, individuals with female gender tend to be more prone to depression than men. Women's biological conditions that produce certain hormones make them more sensitive when compared to men; and 3) Heredity, individuals born to parents who experience depression tend to be more susceptible to depression.

According to researchers, depression can be caused by a combination of biological, genetic, and environmental factors (Kendler, 2002) Biological factors include changes in immune levels, hormones, and neurotransmitters. Genetic factors can play a role in increasing a person's risk of developing depression, especially if there is a family history of depression. Environmental factors include stress, trauma, and painful life experiences.

According to the psychodynamic model, people prone to depression experience a period of intense self-examination (self-focusing) following a major loss or disappointment. A person becomes fixated on thoughts of an important lost object or goal and remains unable to give up hope of somehow regaining it (Nevid, 2005). According to the classical psychodynamic theory of depression put forward by Freud and his followers, the abandoned person's anger at the person who abandoned them is constantly harbored, developing into a process of self-blame, self-torture, and ongoing depression. People who are not highly independent are believed to be particularly susceptible to this process. Classical psychodynamic theory is the basis of the widely accepted psychodynamic view that regards depression as pent-up anger that turns against oneself (Davison, 2010).

According to Beck, one of the factors causing depression is the thought process, a depressed person has distorted thinking in the form of negative interpretations. A depressed person will develop negative schemas, faulty schemas can make a depressed person expect failure all the time, schemas that blame oneself burden a person with responsibility for all misfortunes and schemas that evaluate oneself negatively constantly remind a person of one's insignificance. Negative schemas together with distorted cognitions, form what is called the triad. The depression triad refers to a person's judgment that they cannot cope with the demands of the environment (Beck, 1979)

The cognitive approach to depression focuses not on what individuals do but on how individuals perceive themselves and the world around them. One cognitive theory argues that individuals who are prone to depression have developed a general attitude of negative appraisal of events and self-criticism (Beck, in Akitson et al., 1999). Depression according to Beck focuses on the role of negative or depressive thinking, a person prone to depression holds negative beliefs about themselves, the environment, and the future. This cognitive triangle of depression produces certain errors in thinking or cognitive

distortions, in response to negative events, which in turn will lead to depression (Nevid, et al., 2003)

Negative thinking and negative perceptions about oneself, the future, and the world around one can exacerbate depressive symptoms (Beck, 1979); Williams, Watts, MacLeod, & Mathews, 1997). Research has shown that individuals suffering from depression may experience recurrent negative thoughts and distorted perceptions about themselves and the world around them, which may exacerbate depressive symptoms (Lyubomirsky & Nolen-Hoeksema, 1995). Negative thinking and negative perceptions can cause individuals to feel worthless, useless, and unable to cope with problems, which can exacerbate depressive symptoms (Beck, 1979)

To treat depression, experts usually recommend therapeutic interventions such as cognitive-behavioral therapy (CBT) that aims to change negative thought patterns and behaviors or pharmacological therapy with antidepressant medications such as selective serotonin reuptake inhibitors (SSRIs) that work by increasing serotonin levels in the brain. CBT is a therapy that teaches individuals how to identify and change negative thoughts that may affect emotions and behavior (Dobson & Dozois, 2011). Research has shown that CBT can reduce depressive symptoms by improving cognitive skills such as an individual's ability to identify and change negative thoughts (Jarrett, 2003). Antidepressant medications can help reduce depressive symptoms.

CONCLUSION AND RECOMMENDATION

Based on the results of the research that has been described, it can be concluded that there is a significant correlation between depression and quality of life. Depression can affect a person's quality of life by reducing social activities, lowering productivity at work or school, and causing physical problems. Based on the results of this study, there are several suggestions for

future research, namely examining the impact of social factors such as income, education, and social support on the correlation between depression and quality of life, exploring the impact of depression on the quality of life of men and women, examining the relationship between depression and quality of life in patients with chronic conditions such as diabetes, cancer, and heart disease. By studying this area of research, we can deepen our understanding of the correlation between depression and quality of life and design more effective interventions to improve the quality of life of those with depression.

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