

DEPRESSION IS ONE OF THE GLOBAL PROBLEMS IN THE RAPIDLY DEVELOPING MODERN WORLD

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Modern society in the period of active development remains emotionally weak and mentally unstable, individual vulnerability to life's difficulties can cause depression, which today occupies a leading position among the diseases of society. According to the World Health Organization, there are about 280 million people in the world who suffer from symptoms of depression: this rate is variable and tends to increase regardless of age.

Humanity, at all stages of development, goes through difficulties that can negatively affect the social situation, physical condition, psyche or other vital criteria, however, faced with such a problem as depression, not everyone understands and realizes the complexity and power of discomfort that it can create. Depression has existed for a long time, however, it gained special importance during the in-depth study of the human psyche and factors capable of destabilizing it.

As of 2020, the World Health Organization (WHO) (2022) highlighted depression in a global sense, explaining its essence as a hidden epidemic that actively overtakes cardiovascular diseases or cancer. Also, according to the WHO, it is known that about 30% of patients with depression seek help from specialists in order to receive timely treatment, 70% of people remain inactive, or resort to independent methods of combating their passive state.

Depression is a mental disorder that is accompanied by various emotional pathologies, such as: excessively depressed mood, low self-esteem, self-criticism of one's situation and future. Depressive disorder is accompanied by a violation of physical retardation, cognitive functions, actively developing psychosomatics.

Depression has the ability to relapse, which can be expected at any age. Persons who have faced this problem in the past have a high chance of facing depression again, it all depends on the strength of the factor that will affect the psychological background. Introversion, depressed mood, pessimism, alienation often cause misunderstandings and conflict situations in the circle of close friends. Living with depression is often accompanied by the expression of autoaggressive behavior (abuse of psychotropic substances, alcohol), which increase suicidal thoughts and prompt attempts that can lead to tragic consequences. Depression inflicts "blows" not only on the psycho-emotional component and physiology, but also affects the development of the personality, its place in society, and success. A person who is experiencing a period of

depression is faced with the problem of employment, improving qualifications, there is a lack of potential, the desire to achieve a goal and high results – a person becomes uninterested in his activities, there is no sense in making efforts (Seth, 2018).

The frequency of depression growth depends on social factors, the influence of which a person does not have the strength to fight on his own. Affective disorders are caused by the following stressful events in society: military conflicts; migration; economic crisis; the spread of the Covid-19 epidemic; financial instability; midlife crisis or health problems. Depression has no gender, it can affect anyone who has crossed the border of a neurotic state, it is a complex disorder that can not only suppress physical and emotional activity, but also lead to death.

Depression always remains the "blurred" concept of modern civilization and is capable of effectively masquerading as other diseases, not always showing its true essence. Depressive disorders is active technological changes, according to which humanity does not have time to develop evolutionarily, as a result of which the body is in a constant phase of stress and tension, which block the ability to get used to the "new life". Scientists have also discovered that the external "toxic" situation can bring the hormonal background into a state of imbalance, which provokes many diseases: cardiovascular; diabetes; asthma; allergies; obesity of various degrees. Anxiety disorders can accompany depression, suppressed emotions pass into the psychosomatic stage, which causes real physiological problems.

In addition, replacing live communication with a virtual one actively affects the emotional state, causing anxiety, depression, and sleep disturbances. Internet opportunities create the illusion of rest from everyday chaos, form addiction and covertly affect consciousness, change the mood background. People who spend more time on social networks, following the lives of famous bloggers, often become victims of their own inferiority, low self-esteem, a "false picture" of an unattainable life appears. In this way, a negative vision of the future is formed, the mood is depressed, a feeling of guilt arises, tearfulness, loss of interest in life and social isolation are observed. Depression is able to evolve along with humanity, the new achievements of the 21st century, in parallel, form inflated demands in society, which is why, in the event of failure, the increased level of harassment and its unrealizations create the first impulse to frustration, alienation and despair.