

Analysis on the Causes of Psychological Diseases Such as Depression and Anxiety in Adolescents

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Abstract: To analyze the factors that cause anxiety and depression in adolescents and provide ideas for finding and solving mental health problems in adolescents. To provide basis for the prevention of psychological diseases for the society and adolescents themselves. Use literature review The causes of mental health problems of adolescents were analyzed from 5 aspects, including the influence of early adverse experiences, family environment, school environment, individual factors and social environment. And the individual factor and the objective factor exist certain interaction. The factors that cause anxiety and depression in adolescents are complex and diverse, and need to be analyzed from many aspects in the treatment of psychological diseases of adolescents. In the prevention of mental illness among adolescents, society needs to pay enough attention to it, and adolescents themselves are best to try to change their negative mentality in time.

Keywords: adolescent anxiety and depression, adolescent mental health, depression, anxiety

1. Introduction

In the Internet age, mental health problems of adolescents seem to be more easily discovered and concerned. But, in fact, until now, the mental health problems of adolescents have not been given enough attention. Furthermore, with the development of society, high-pressure learning environment, occasional instability of social environment, discordant family and negative cognition of adolescents are likely to cause depression and anxiety. There are many and complicated causes of mental illness of adolescents, so we need to consider the causes of mental illness of adolescents from various aspects. Previous studies have found that family factors, early years' experience, and school environment have a great impact on adolescents suffering from mental illness such as depression and anxiety. However, the interaction between subjective and objective factors is seldom analyzed, and the cognitive mode and mentality of adolescents are not paid enough attention to. Therefore, this study through reading analysis of past experiments, from the perspective of different factors and adolescent self-cognition to provide ideas for the treatment and prevention of adolescent mental health problems.

2. Manuscript Preparation

2.1. Early Experience Effect

Early experiences play a major role in the onset of depression and anxiety in adolescents, and in many ways. Childhood trauma should be the an important factor in adolescent depression. From the perspective of family, the probability of mental illness such as depression is higher than that of non-left-behind children due to lack of companionship, family closeness and sense of belonging. The discovery in the paper "The Impact of Staying Experience on College Students' Psychological Resilience and Negative Emotions" also can strongly shows that non-stayers are more likely to tolerate negative emotions, accept changes, and score higher on CD-RISCs than those who do. [1] Teenagers in single-parent families whose parents are divorced or who have died are also more possible to suffer from the mental diseases such as depression and anxiety, perhaps with a significant impact of separation trauma. When it comes to school, it is more likely for adolescents who have experienced school bullying to develop depression. [2] As the biggest victim of school bullying, victims rarely ask their parents or teachers for help, which may lead to depression, anxiety, loneliness and other psychological problems. In addition, being ignored by teachers on campus or under too much stress during study can also easily cause anxiety. Other early experiences, such as severe disasters such as earthquakes and floods, or the loss of family members in certain emergencies such as car accidents and fires, are likely to cause instability and loneliness in adolescents. Of course, teenagers who have suffered from trauma such as assault and sexual assault are more likely to suffer from mental illness than those who have never suffered. According to Beck's cognitive susceptibility model, early negative experiences lead to negative perceptions of self and surroundings and lower self-esteem. [3] Therefore, adolescents who have experienced negative experiences such as childhood trauma are more likely to suffer from mental disorders such as depression and anxiety.

2.2. Family Environmental Impact

Native families have a particularly significant impact on adolescents. The view mentioned in the paper "A Study on the Relationship between Family Environment and Social Anxiety and Self-esteem of adolescents" which said Adolescents will imitate their parents' words and actions, and then over time and experience accumulate before gradually forming their own outlooks and values perfectly supports my view. [4] Therefore, different feelings of teenagers brought from the parent and family environment will greatly affect the character and psychology of teenagers. An unhealthy family environment can easily lead to unhealthy psychology among adolescents. The relationship between family environment and adolescent self-esteem and social anxiety is divided into two aspects: family atmosphere and family objective living environment. In terms of family atmosphere, it is easy to find that adolescents born in conflict-type families and separated families are more likely to suffer from depression and anxiety. When talking about conflict-type families, parental conflict has a great negative impact on adolescents, which can easily lead to a decrease in their sense of closeness, belonging and security. Unstable temper tantrums in both parents are more likely to increase instability in adolescents and lead to anxiety and depression because adolescents' lack of definite control over their lives. What's more, parent-to-parent conflict can have a negative impact on families and adolescents themselves. For example, some adolescents blame themselves for parental discord and take on too much stress caused by family dysfunction. Besides, given the bad social experiences of parents, teenagers are more likely to have social fear problems. [5] Lack of effective communication and mutual understanding is also a major factor in family conflicts.

"Try to look at the problem from the other person's point of view." Simple words can be difficult to put into practice, especially in more authoritarian families, where cognitive differences between parents and adolescents make it difficult for both to really think from the other's perspective and that is why the sentence "I'm doing this for your own good!" is so disgusted by people. In such a family, it is difficult for the thoughts of teenagers to be expressed or be accepted, and even more so, they have to walk on the track set by their parents. Long-term lack of understanding and natural depression can easily lead to feelings of loneliness, incomprehension and depression, and can also greatly reduce family intimacy, resulting in loss of security and belonging. [6]

In terms of objective living conditions, the relatively less affluent economy and the working conditions of both parents may lead to inferiority complex among young people. But personally speaking, no matter how the objective conditions are, the key to the mental health of adolescents is how to look at their environment. So in addition to external factors such as family environment, it is also important to see internal factors such as how to view the world. Of course, the two factors interact, so third-party intervention may be necessary.

The objective living environment also includes family members. Children from single-parent families may suddenly feel inferior or may be confused or lost because of the lack of love from one parent when staying with children from other two-parent families. [7] This frustrating situation may require appropriate guidance from family members, the timely company of friends and adolescents themselves to face life from a positive perspective.

2.3. School Factors

Adolescents spend most of their time in school, so the impact of school experiences on adolescents may be second only to that of families. School teaching, management, campus atmosphere, teacher-student relationship, the relationship between students and students all greatly influence the mental health of adolescents. In today's competitive atmosphere of the era, some schools will choose "homework sea tactics" to some extent squeeze students' spare time. This will increase the pressure on students to learn and gradually create a strong competitive atmosphere on campus. Adolescents are prone to high tension and anxiety in such high-pressure environments. [8] Failure to communicate with parents, friends and teachers in a timely manner is likely to lead to depression and anxiety. In addition, if a student is often overlooked by the teacher or is not recognized by the teacher, and if his classmates do not attach importance to him or her, he or she will not be able to acquire a sense of belonging. In that way, Depression and anxiety among adolescents are almost inevitable. At the same time, the teacher's words and actions have a great influence on the students, If a teacher emphasizes grades and compares them frequently in a class even only smile with students when they get good grades but not when they can't get, the atmosphere of learning in the class will be influenced by it. This leads to students who are desperately concerned about their studies and neglect mental health issues in order to gain a little more attention in their classes every day. Of course, the key to solve these problems is not only to provide necessary psychological assistance to teenagers themselves, but also to make concerted efforts to change the bad campus atmosphere. There are also many other factors on campus can lead to depression and anxiety. For example, the inability to adapt to and integrate into the new unfamiliar environment after class reorganization can also lead to social stress, making teenagers feel lonely, which can lead to depression and anxiety. College stress can also lead to depression among adolescents, especially those whose grades do not meet their expectations but fail to break through the bottleneck in a short time, are more likely to fall into anxiety and depression. The inferiority complex and anxiety caused by differences in grades among students are also very common. Because the students around them

are doing very well, relatively poor teenagers may feel inferior. [9] While students with relatively good grades and even the top of the list may be stressed out for fear of being overtaken, and if they do not adjust their minds in time, they may suffer from psychological diseases like anxiety and depression. In fact, the influence of school factors on adolescent mental illness can be reduced, but other members of society, such as schools and government, need to pay more attention to and develop corresponding solutions.

2.4. Individual Factors

Apart from objective conditions, how teenagers view things is also an important factor in their mental health. Psychological disorders are similar to cancer, where everyone has a potential oncogene, but whether people will catch cancer is also linked to many external conditions and the patient's own immunity. Psychological disorders may also be the same: early experiences, family environments, and school stress correspond to objective conditions, while adolescents' perceptions of things correspond to immunity. Of course, it is necessary to say that the character formation of adolescents and their early experiences interact to some extent, so we can not talk about it completely separate the objective from the internal factors. For example, in families where parents often quarrel, insecure teenagers tend to think their parents' quarrels are their fault. Adolescents are overwhelmed and confused when confronted with such problems, as the influence of the way their parents get along during childhood causes them a degree of social anxiety disorder. [10] Over time, adolescents may be overwhelmed by similar situations, and they may also develop feelings of helplessness and deprivation, which may lead to other problems such as social incompatibility and lack of belonging, which may cause depression and anxiety. But if teenagers in that situation can find out the real problem which causes the quarrel, perhaps the situation can be a little better than not. Stress from high expectations of adolescents by parents and teachers may gradually translate into uncertainty about themselves being too high or too low, when the actual situation does not meet their expectations, it will bring frustration to teenagers, teenagers may anxiety, collapse, excessive worry, but again affect their studies. This is the result of the interaction of objective and subjective factors. Similarly, many adolescents with psychological problems are likely to develop negative and erroneous perceptions of themselves and their surroundings as a result of their early experiences. If teenagers don't recognize these misconceptions themselves as they grow up, they need guidance to avoid mental illness.

2.5. Social Environmental Factors

Part of the social environment also affects adolescents to mental health. With the changing of the times, teenagers will change their thinking about the future. When the social environment threatens their own future development in the eyes of teenagers, teenagers and even others in society may develop anxiety. For example, in the case of Japan's nuclear wastewater discharge to the sea, there are voices of helplessness and despair on the Internet, in addition to condemnation and anger. Many teenagers lament their youth and despair about their future. In this environment, adolescents' despair of the future and their helplessness to do nothing are likely to cause anxiety and depression. And in the recent past, when the economy was hit hard and the social environment became stressful because of the outbreak of COVID-19, people became restless and irritable. As a member of society, teenagers could be influenced by people and things around them, even without financial stress. And I think, also as a teenager, in such an inevitable disaster, we have to stop meaningless anxiety and do what we can to really solve the problem. Other social evils, such as knife-racking at railway stations and revenge which caused 13 people died by Guangzhou drivers, can cause unrest and fear

for not only teenagers but also the entire society. Some sensitive adolescents may be overly concerned about such an event and cause mental illness. Faced with such situations, one is the need for timely guidance, and the other is the need for the whole society to pay attention to the psychological situation of the masses.

3. Conclusions

The causes of adolescent depression, anxiety and other psychological problems are very complex and diverse, and there will be some correlation and influence between different factors. Early experience, family environment, school factors and social environment do play a really important role in causing adolescent having mental illnesses. However, the individual factors of adolescents, often referred to as intermediary variables, also play a crucial role. In addition to the object factors such as family factors, early experience, social environment and other objective factors, the interaction between subjective and objective factors should also be emphasized. Because whether a thing will have a negative or positive impact on teenagers actually depends a lot on how teenagers view it. This is crucial to the treatment of mental illness, which reflects the cognitive patterns of patients. By analyzing the factors that cause mental illness of adolescents from various angles and aspects, it is helpful to find out the specific causes of anxiety and depression of adolescents, treat mental illness of adolescents more effectively. In fact, the individual factors of adolescents have not been studied and discovered, but as an important part of psychotherapy and psychological research, we still need to pay enough attention to them. In any case, more analysis from different aspects is to better treat and prevent adolescent mental illness, for adolescent mental health protection.

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