SEUIARS2020-131

Causes and Challenges of Depression: A Case Study in Mental Health Unit of General Hospital, Kegalle

M. T Rifka farwin

Department of Sociology, South Eastern University of Sri Lanka.
rifkafarwin777@gmail.com

Abstract

Depression is one of the common mental health problems and an important cause of disability in globe. It is a chronic or recurring disease which has become a worrying trend that does not only affect the psychological well-being of an individual but also the physical well-being of a person. Thus, numerous strategies were implemented by the mental health care services over the years to reduce the background causes, the affected rate is not yet decreased not only worldwide but also in the Sri Lankan context too. Based on this problem the research was carried out to understand the causes for depression and to investigate the experience of depression among the patients admitted to Mental Health Unit of General Hospital. Qualitative data were used. Both primary and secondary data were collected. Primary data have been collected from unstructured interview with 10 patients those who were undergone severe depression and have taken the treatment under the Mental Health Ward of Kegalle District Hospital for approximately 2-3 months and presently undergoing counselling and having the medicines for minor level. Along with this key informant interview also undertaken with the psychiatrist of the Mental Health Unit of Kegalle General Hospital. Secondary data have been collected from, books, journals, web sources and previously conducted research and reports. The study found that, biochemistry, genetics, personality, environmental causes, stress, childhood difficulties, synthetic chemicals, noise pollution, electrical pollution, natural and catastrophic disasters and other illness as a major cause for the depression and the experiences which individuals experienced during their period of severe depression also revealed. Finally, some suggestions were recommended by the researcher in order to reduce the level of depression from its earliest period to avoid the severity.

Keywords: Depression, Mental Health, Counselling, Biochemistry