

LEX SCRIPTA MAGAZINE OF LAW AND POLICY, VOL-2, ISSUE-1  
ISSN-2583-8725

LEX SCRIPTA MAGAZINE OF LAW AND POLICY  
ISSN- 2583-8725

VOLUME-2 ISSUE-1  
YEAR: 2023

EDITED BY:  
LEX SCRIPTA MAGAZINE OF LAW AND  
POLICY

**LEX SCRIPTA MAGAZINE OF LAW AND POLICY, VOLUME-2: ISSUE-1**

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**ADULT DEPRESSION AND ANXIETY: A GLOBAL PROBLEM IN  
MODERN WORLD**

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**ABSTRACT**

Depression is most prevailing mental health ailment which revolves around the deep suffering and extreme sorrow. This illness can be prevailed in several age groups but is frequently seen in age group between nineteen and sixty five. Depression is the most disastrous problem identified in adults which can ultimately affect their mundane life. According to survey the prominent cause of depression which is identified are private as well as environmental factors that eventually lead to lacking of motivation in individual which directly effects on one's performance. Around 8.1% of Americans who are twenty or above it experience depression in the duration of two weeks, this is suggested by The Centre for Disease Control.

**INTRODUCTION**

Depression is a major prevailing issue which differs from people to people. sometime it affects ones relationship or it can have a direct effect on their workplace which ultimately leads to lack of productivity in one's life but the most disastrous consequences of depression is it leads to persistent in one's health order. Usually people think that depression is a minor problem but it can transmit into very grave structure which leads to a dreadful illness which has a direct connection in one's mundane life. Depression is an illness which could be recovered but if not cured on time it can result in creating a futile and incoherent life. Henceforth, these people need additional support in their life. The World Health Organization puts up that the world has experienced disability because of this acute problem, it also put forward that sadly 10% get proper treatment to tackle with this problem. People generally feel that experiencing enormous sadness and depression are similar feelings but in reality it's completely different.

**ANXIETY BLACKOUT**

When entering a packed social gathering one experiences a sudden rush of trepidation, sweaty palms, and an increased awareness of other people's opinions it might be because of the anxiety cracking inside the person. Or anxiety in a situation can also manifest as a rapid heartbeat,  
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difficulty breathing, and a strong fear of something unknown, such as an important meeting, conversation with parents or partner or even as receiving an unexpected phone call. Anxiety can manifest as a knot in the stomach, racing thoughts, and a debilitating sense of worry prior to a big event. Anxiety is a multifaceted emotional condition marked by excessive worry, trepidation, and nervousness. It may show up physically or psychologically, affecting day-to-day functioning and general well-being. Muscle tenseness, difficulty concentrating, restlessness, and sleep disturbances are typical symptoms. While a certain amount of anxiety is normal, excessive or ongoing anxiety may be a sign of a disorder such as social anxiety disorder, panic disorder, or generalized anxiety disorder (GAD). Anxiety is a result of a number of factors, including brain chemistry, environmental stressors, and genetic predisposition. To control and lessen the symptoms of anxiety, treatment options include counseling, medication, and lifestyle modifications. It is essential to recognize and treat anxiety if one is to advance mental health and general wellbeing.

Anxiety blackouts are generally defined as times when a person experiences extreme anxiety or panic to the point where they become unaware of their surroundings or have memory lapses. The fight-or-flight response in the body is triggered during acute stress or panic attacks, which are linked to this phenomenon. It's crucial to understand that anxiety blackouts are distinct from fainting in that they entail a state of mental disconnection and overwhelm. Seeking assistance from mental health specialists can be essential for comprehending and controlling anxiety blackouts in individuals. Prolonged anxiety can have detrimental impacts on both mental and physical health, such as long-term stress, sleeplessness, immune system weakness, digestive troubles, and a higher chance of developing diseases like depression or cardiovascular problems. Anxious people sometimes have anxiety blackouts, which are brief periods of unconsciousness brought on by extreme stress, during high-stress work presentations. Even though they were there in person, they may find it difficult to remember certain details or moments from the presentation because of their extreme anxiety at the time.

Anxiety blackouts can be both distressing and unsettling. These episodes are frequently connected with acute emotions of anxiety or panic and can appear in a variety of ways, including transient loss of consciousness, dissociation from one's environment, and physical symptoms such as rapid heartbeat and shortness of breath. One of the primary symptoms of anxiety blackouts is a sudden and overpowering sense of fear or dread. Individuals may become trapped in a never-ending cycle of nervous thoughts, resulting in a state of hyper vigilance. As anxiety increases, the body's stress response is activated, releasing hormones such as adrenaline

to prepare for a "fight or flight" response. In some situations, this elevated state of arousal can approach a threshold, resulting in a dissociative episode. During an anxiety blackout, people may feel profoundly disconnected from reality. They may feel as if they are viewing themselves from a distance or that the environment around them is surreal. This dissociation is the mind's technique of dealing with overwhelming stress by establishing a mental distance to protect itself. This symptom can be scary and upsetting, adding to the overall anguish of the situation.

Physical signs of anxiety blackouts may include a racing heart, chest pain, perspiration, and shortness of breath. These physiological responses are part of the body's normal stress response, but they might worsen during an anxiety episode. Understanding these symptoms and how they relate to anxiety is critical for treating and addressing the underlying causes of blackout episodes. Anxiety blackout treatments frequently combine self-help tactics with professional therapy. Deep breathing exercises, for example, can assist control the autonomic nervous system and generate a state of calm. Mindfulness approaches, such as meditation and progressive muscle relaxation, may help people feel more grounded and less anxious. Therapeutic treatments, notably cognitive-behavioral therapy (CBT), can be quite effective in treating the root reasons of anxiety blackouts. CBT assists individuals in identifying and challenging problematic thought patterns, replacing them with healthier coping skills. Working with a mental health expert allows you to understand the underlying causes of your anxiety and develop specific stress management strategies. In rare circumstances, medication may be administered to alleviate anxiety symptoms. Antidepressants, benzodiazepines, and beta-blockers are some of the drugs that may be utilized based on the nature and degree of the anxiety. Individuals should contact with a healthcare expert to identify the best drug and dose for their particular circumstance.

To summarize, anxiety blackouts are complex episodes involving a variety of psychological and physiological components. Seeking expert support is critical for understanding and properly dealing with these experiences. Individuals can manage and reduce the frequency and intensity of anxiety blackouts by combining therapeutic therapies, self-help tactics, and, if necessary, medication, thereby improving their overall mental health. Time is moving fast where the youth is advancing but on the other hand it is becoming hollow and futile, so one of the noticeable reasons for this hollowness and rising futility in the adults is because of increasing depression rate in youngsters.

### **CAUSES OF DEPRESSION**

1. According to the specialist sometimes human being encounter some unbearable events during their childhood that have direct consequences in their mental state as well as health and subsequently they starts to overreact in every situation which ends up making them entirely negative.
2. People may endure such state when they are suffering from serious illness, agonizing pain or undergoing with insomnia.
3. Survey suggests that people who are generally involved in usage of substance like alcohol and drugs can have high chance of experiencing depression. The all-out use of such substance is mostly seen in adults that ultimately lead to such hazardous state.
4. Low faith in oneself can result in creating state where one stats to self-doubt in every step of their life which can lead to downfall of their esteem. Lack of faith in adults end up creation of a circumstance where one neither trust their own-self nor others. This ends up making them completely meaningless and depressed.
5. Another major issue is when people are completely reliable on some prescribed medicines. As medication has side effects which can have direct effect in one's brain functioning. Studies suggest that people between the age group of twenty-six to forty are largely reliant on medications without knowing its tragic side effects which eventually deteriorate their mental and indirectly physical health.
6. People usually undergo stressful circumstances in their life which can lead to depression. These circumstances can make them completely demotivated where they lose all hopes to rejuvenate in life.

### **HOW TO PREVENT FROM DEPRESSION**

Depression is most challenging problem which is prevailing worldwide. This condition can be improved if proper treatment is given to the sufferers. Although, much of the symptoms of this grave illness can be treated if proper medication is given to the victims, sometimes depression can be cured with blending of approaches where some includes:

- Medicines and Drugs – Depression can have terrible consequences but it can be stabilize with proper medications like anti-anxiety drugs and various anti-psychotic pills. But excessive usage of these pills has certain merits as well as demerits.
- Psychotherapy – Depression can be treated when appropriate therapist is given to one. When the sufferer are consultant with the specialist that assist one to cope up and tackle with the negativity. Even sometimes one can be cured when family psychotherapy

sessions are provided to people and this can be extremely beneficial in order to treat depression.

- Light Therapy – People who are suffering from depression can fight from its symptoms when they are given light therapy. This therapy can be treated when periodic therapy is given to them.
- Alternative Methods – Apart from all these many alternative methods are available which help one to handle this illness. Usually, people use medication for treating this ailment but other than this many substitutes are available like having a healthy schedule, relying on herbal nutrition, sometimes music can help in tackling from this worsen situation.

### **ROAD TO DEPRESSION THROUGH ANXIETY**

Anxiety and depression are two distinct but closely related mental health diseases that commonly coexist, posing a complicated web of issues for those affected. Understanding the relationship between these disorders necessitates investigating their shared traits, biological underpinnings, and the involvement of environmental variables. Anxiety and depression have underlying similarities, with both causing changes in mood, cognition, and behavior. Anxiety can cause excessive concern, dread, and restlessness, but depression can cause persistent emotions of despair, hopelessness, and a loss of interest in activities. The presence of these symptoms is not uncommon, resulting in diagnostic overlap and acknowledgment of the complex link between the two illnesses. Biologically, anxiety and depression share chemical imbalances and changes in brain structure and function. Both diseases entail anomalies in neurotransmitters such as serotonin, norepinephrine, and dopamine, which play essential roles in regulating mood and emotional reactions. The interconnectedness of these neurotransmitter systems implies that perturbations in one can influence the development or worsening of the other. Genetic variables can have a role in the association between anxiety and depression. Both illnesses have a hereditary component, according to studies, suggesting that those with a family history of either disorder may be more likely to develop both. Shared genetic vulnerabilities could help explain the widespread coexistence of anxiety and depression within families and across generations.

Environmental factors have an important influence in the onset and progression of anxiety and depression. Stressful life events, trauma, and prolonged exposure to difficult circumstances can all serve as triggers for various mental health issues. Chronic activation of the body's stress (Website-lexscriptamagazine.com) 7 (lexscriptamagazine@gmail.com)

response systems can contribute to anxiety, and if not addressed, this elevated state of arousal can lead to depressive symptoms. Anxiety and depression have a bidirectional relationship, which suggests that one might act as a precursor or risk factor for another. Chronic anxiety, for example, if not treated adequately, can cause emotional tiredness and a sense of failure, setting the framework for the onset of depressive symptoms. Individuals suffering from depression, on the other hand, may experience increased anxiety as they deal with doubts regarding the future and feelings of worthlessness. The cognitive feature of these illnesses emphasizes their interconnectedness. Negative thought patterns, self-doubt, and cognitive distortions are frequent characteristics of both anxiety and depression. Anxious people may obsess on prospective risks and worst-case scenarios, exacerbating their overall sensation of unease. Similarly, people with depression frequently engage in negative self-talk and have inaccurate perspectives of themselves and their situations. To elaborate the conditions consider an hypothetical case of Sarah, a 28-year-old professional who has been battling with chronic anxiety for some years. She is always concerned about her performance at work, social relationships, and future uncertainties. Sarah's anxiety has caused sleep difficulties, impatience, and a continual state of unease. Sarah's mental well-being suffers over time due to her chronic anxiety. The constant worry and concern begin to destroy her self-esteem and confidence. Despite her accomplishments at work, Sarah develops a nagging sense of inadequacy. This negative self-perception becomes fertile ground for melancholy thinking. Sarah withdraws from social events as she struggles with her constant nervous thoughts and rising sense of worthlessness. The previously delightful areas of her life lose their attraction, and she develops a permanent negative mood. The mix of anxiety and growing depression symptoms produces a vicious cycle. Sarah's sleep patterns change and she struggles to find delight in activities she formerly enjoyed. Her lack of energy and motivation exacerbates her feelings of hopelessness. The worry that once drove her hyper vigilance has given way to a deep sense of hopelessness. Sarah's story demonstrates the relationship between anxiety and depression, with one illness amplifying and reinforcing the other.

In this case, prolonged anxiety acts as a prelude to the onset of depressive symptoms. Sarah's mood and self-esteem suffer as a result of her continual concern and heightened stress reaction. The interaction of anxiety and sadness forms a self-reinforcing cycle, intensifying the other and creating a more difficult mental health scenario for Sarah. Understanding and resolving this complex link is critical for successful intervention. Sarah could benefit from a multifaceted strategy that combines cognitive-behavioral therapy to address negative thought patterns, stress



management skills to combat anxiety, and help developing self-esteem. Sarah may restore her mental health and live a more balanced and fulfilled life by recognizing and ending the cycle of anxiety and despair.

### **CONCLUSION**

Depression is a common and significant mental health issue that demands treatment and understanding. By acknowledging its complexity, addressing its causes, and encouraging open discourse, society may assist to create a supportive environment in which people suffering from depression feel empowered to seek help and embark on a path to recovery. Remember that if you or someone you know is suffering from depression, you should seek help from a mental health professional or a trusted friend or family member. To summarize, the relationship between anxiety and depression is multidimensional, including overlapping symptoms, biological components, genetic predispositions, and environmental influences. Recognizing the interconnectedness of these illnesses is necessary for complete and successful mental health care. Anxiety and depression are commonly treated with an integrated strategy that takes into account the complex interplay of biological, psychological, and social components. Understanding and appreciating the complicated relationship between anxiety and depression allows healthcare practitioners to adjust therapies to better meet the needs of persons experiencing these issues, enabling improved outcomes and a more nuanced understanding of mental health.

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