

INTERNATIONAL JOURNAL OF LAW MANAGEMENT & HUMANITIES

[ISSN 2581-5369]

Volume 7 | Issue 6

2024

© 2024 *International Journal of Law Management & Humanities*

Follow this and additional works at: <https://www.ijlmh.com/>

Under the aegis of VidhiAagaz – Inking Your Brain (<https://www.vidhiaagaz.com/>)

This article is brought to you for “free” and “open access” by the International Journal of Law Management & Humanities at VidhiAagaz. It has been accepted for inclusion in the International Journal of Law Management & Humanities after due review.

In case of **any suggestions or complaints**, kindly contact Gyan@vidhiaagaz.com.

To submit your Manuscript for Publication in the **International Journal of Law Management & Humanities**, kindly email your Manuscript to submission@ijlmh.com.

The Rise of Depression and Anxiety in GenZ

SAMRIDDI TRIPATHI¹

ABSTRACT

Generation Z includes individuals born between the year 1995 to 2012. These individuals are experiencing a bad mental state and this is a sign of intense concern. The spike in mental health issues is a futuristic danger to mankind. This article emphasizes on the increasing mental health issues caused due to academic pressure, peer pressure, financial issues and social media. Mental health started deteriorating more after the covid-19 pandemic as people started experiencing isolation, emotional fragility and stress. These situations raise a serious concern regarding the long term mental and physical health of this generation. Now, it's high time and we need to take this issue seriously and find a rational and logical solution to this problem. The mental health resources should be put into use and the individuals should feel comfortable enough in expressing their issues. We also need to assess the situations and experiences Gen Z faces to understand their conditions better. This article calls for the development of strategies and resilience to face these pressing challenges.

Keywords: *Depression, Generation Z, Anxiety, Stress, Mental Health, Mental Issues, Pressures, Mental health resources.*

I. INTRODUCTION

The worry about mental health issues is important but at the same time we need to carefully examine the factors causing the depression, stress and anxiety in the individuals, and at the same time we need to know what these issues actually mean. So, clinically depression is a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. As for anxiety it is a common emotion, and it can cause physical symptoms, such as shaking and sweating. When anxiety becomes persistent or excessive, a person may have an anxiety disorder. These health conditions are indirectly related to the environment and society that we live in. This generation differs in technological aspects and also in experiences and challenges. The challenges and experiences have greatly impacted the mental health of this generation. Statistics indicate a drastic increase in the rates of

¹ Author is a student at Amity Law School, Lucknow, India.

depression and anxiety in genz. Genz is experiencing a feeling of loneliness, uneasiness and scarcity in their life. Understanding the factors associated with the notable rise in the depression rates can help us rectify the problem. Genz is significantly affected by the use of social media and its use is deteriorating their mental health. Genz have always been exposed to social media and as every coin has two sides, same goes with social media, it provides connection and at the same time loneliness and insecurity too. Besides social media, the academic pressures are also a very important cause of rising rates of anxiety and depression. In conclusion, the increase in the depression and anxiety among generation z can be explained through many factors: socialization, technological advances and individual behavior.

II. SIDE EFFECTS OF BAD MENTAL HEALTH

Depression, anxiety, and stress are highly correlated and they can have a significant impact on a person's emotional and physical health. Each mental health condition has its own symptoms and effects but when these symptoms overlap they cause serious mental health issues.

1. Emotional effects:

- Persistent sad, anxious, or empty mood. Feelings of hopelessness or pessimism, feelings of irritability and frustration, feeling of restlessness, Feelings of guilt and worthlessness and feeling of helplessness, defines depression.
- Anxiety appears as a feeling of panic, fear, dread, and uneasiness.
- Stress can cause frustration, irritability, and mood swings, which eventually causes emotional exhaustion.

2. Physical Symptoms:

- Depression causes fatigue, changes in appetite and sleep problems and disturbances.
- Anxiety causes heart palpitations, sweating, shaking, dizziness and gastric issues.
- The activation of our fight-or-flight response is caused by stress and this causes muscles to tighten, leading to headaches, rising blood pressure, and a weak immune system. Cardiovascular diseases can also happen because of stress.

3. Behavioral Changes:

- Depression can cause isolation by avoiding social contacts, activities and that may result in neglect for self care.
- Anxiety leads to avoidance of such things that are the cause of anxiety and that results in adversely affected professional and personal growth.

- Stress can develop the habit of binge-eating, drug use, or violence.

4. Suffering from mental illnesses can hinder the relationships with family, friends, and colleagues.

5. Depression, anxiety or stress if left untreated can adversely affect an individual and cause chronic disorders. It also lowers the quality of life.

6. Each of these conditions can cause memory loss, difficulty in decision making, problem-solving and concentration skills.

III. SUGGESTIONS

Here are a few recommendations which can be adopted to decrease the surge of Depression and anxiety in gen Z.

1. Establishment of supportive environments in homes, schools, workplaces, and communities. Foster open communication channels, promote empathy and understanding, and provide resources for mental health treatment.
2. Promote mindfulness, meditation, yoga, etc. Workshops should be conducted in schools and communities to prepare such skills.
3. Promote responsible use of social media. Promote time away from screens and promote face-to-face interaction.
4. Ensure Generation Z teenagers have access to a mental health professional for therapy or access counseling services. Schools and universities can play a significant role in offering on-campus counseling centers or partnering with external organizations that provide affordable mental health services.
5. Regular exercise and a balanced diet to help with physical symptoms.
6. Mindfulness or meditation techniques to help with symptoms.
7. Include families in mental health education and conversations and give them the tools to help their children.
8. Organize and implement anti-bullying initiatives and programs in schools and colleges.
9. Healthy sleep schedule for alleviating depression.
10. Cognitive behavioral therapy for anxiety disorders.

IV. CONCLUSION

This epidemic of depression and anxiety in Generation Z is a significant public health crisis that

calls for urgent action. To completely address the rising mental health issues we need to implement: mental health education, better coping mechanisms, and increased access to resources. Encouragement of open conversation is an important step. Providing an emotional support system also plays a vital role in the improvement of mental health.

Don't mind the state of the world, but rather the state of Generation Z. Demers says that taking care of this generation is not only essential to Gen Z's health, but also the health of society moving forward. By helping and focusing on mental health issues and creating supportive environments, we can help individuals in surviving the ever challenging world and also help them flourish. We now need to treat mental health issues with the significance and importance it needs.
