



## DEPRESSION IN MODERN SOCIETY: CAUSES AND COPING STRATEGIES

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**Abstract.** This article provides an in-depth examination of the widespread phenomenon of depression in modern society, analyzing its primary causes, symptoms, and effective solutions. The study explores significant stress factors in contemporary life, including the influence of social media, pandemic aftermath, and work-related stress. Additionally, the article highlights psychological, pharmacological, and social approaches to combating depression, emphasizing the importance of cognitive-behavioral therapy, meditation, and physical activity.

**Keywords:** depression, mental health, modern society, stress, psychotherapy, antidepressants, social isolation, cognitive therapy, physical activity, psychoprophylaxis

Depression has become an increasingly prevalent global issue in modern society. Each year, over 300 million people worldwide suffer from depression, positioning it as a leading concern in global health. Depression is not only a source of individual suffering but also a significant factor in economic damage.

Depression is not merely a mental illness but one of the most pressing challenges of modern society. Annually, more than 300 million people worldwide experience this condition. When discussing the correction of depression, we refer not only to clinical treatment but also to a comprehensive set of measures aimed at prevention, addressing its root causes, and achieving long-term remission.

Modern psychology and psychiatry identify the following primary approaches to correcting depression:

**Psychotherapeutic approaches.** Cognitive Behavioral Therapy (CBT) is one of the most effective methods for addressing depression. This approach focuses on identifying negative thought patterns and replacing them with positive ones. During therapy, patients learn to recognize and modify their maladaptive cognitive schemas. The efficacy of CBT has been confirmed by numerous clinical



studies, and it may be more effective than medication for mild to moderate depression.

Dialectical Behavior Therapy (DBT) is particularly effective for patients with self-harm tendencies. This method focuses on emotional regulation, increasing stress tolerance, and improving interpersonal relationships.

**Pharmacotherapy.** Antidepressants play a crucial role in treating depression. Modern selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs) are widely used. However, the selection and dosage of medications must be strictly supervised by a specialist, as their effectiveness can vary significantly among individuals.

New-generation antidepressants, such as ketamine-based treatments, have shown remarkable results in cases of treatment-resistant depression. These medications act faster than traditional antidepressants and can be effective even in severe cases of depression.

**Biological correction methods.** Transcranial Magnetic Stimulation (TMS) and Electroconvulsive Therapy (ECT) are used for treatment-resistant depression. These methods target specific areas of the brain to alleviate depressive symptoms.

**Social correction.** Strengthening social support systems is vital for addressing depression. This can be implemented at the family, friends, and community levels. Group therapy, peer support groups, and social activity programs help improve patients' social adaptation.

**Lifestyle changes.** Regular physical exercise, proper nutrition, maintaining a sleep schedule, and learning stress management techniques play a significant role in combating depression. Aerobic exercises boost endorphin production, improving mood.

**Integrative approaches.** Unconventional methods such as mindfulness meditation, Acceptance and Commitment Therapy (ACT), and art therapy can also be effective in treating depression. These approaches teach individuals to acknowledge their emotions and engage with them constructively.



For successful correction of depression, combining the above methods yields the best results. An individualized approach should be adopted for each patient, considering the causes of the illness, the severity of symptoms, and the patient's personal characteristics.

The unique features of modern life directly contribute to the spread of depression. First, the excessively accelerated pace of life keeps people in a constant state of stress. Second, social media fosters constant comparison and deprives individuals of a sense of adequacy. Third, the superficiality of personal connections and the loss of deep social bonds create significant problems.

The primary causes of depression include:

1. Social isolation and feelings of loneliness
2. Work-related stress and job dissatisfaction
3. Financial difficulties and anxieties about future security
4. Family problems and failures in interpersonal relationships
5. Physical health issues and chronic pain

Effective strategies for combating depression include:

1. Psychotherapy, particularly cognitive-behavioral therapy
2. Material support and increasing social activity
3. Physical activity and regular exercise
4. Proper nutrition and maintaining a sleep schedule
5. Strengthening social connections and discovering new hobbies

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