

## Депрессия, как одна из проблем стран первого мира

Анна Олеговна Садчикова<sup>1</sup>

<sup>1</sup> Уральский федеральный университет имени первого Президента России Б. Н. Ельцина, Екатеринбург, Россия

<sup>1</sup> [sadchicova.anna345@gmail.com](mailto:sadchicova.anna345@gmail.com)

**Аннотация.** В статье представлен обзор современных зарубежных исследований, нацеленных на изучение основных факторов риска развития депрессивных расстройств у различных категорий населения стран первого мира. В первую очередь внимание было уделено анализу влияния социально-психологических, социальных и возрастных факторов на формирование депрессивной симптоматики.

**Ключевые слова:** Депрессия, психическое расстройство, страны первого мира, развитые страны, причины возникновения.

## Depression as One of the Problems of First World Countries

Anna O. Sadchikova<sup>1</sup>

<sup>1</sup> Ural Federal University named after the First President of Russia B. N. Yeltsin, Ekaterinburg, Russia

<sup>1</sup> [sadchicova.anna345@gmail.com](mailto:sadchicova.anna345@gmail.com)

**Annotation.** The article presents a review of modern foreign studies aimed at studying the main risk factors for the development of depressive disorders in different categories of the population of the first world countries. First of all, attention was paid to the analysis of the influence of socio-psychological, social and age factors on depressive symptoms.

**Key words:** Depression, mental illness, first world countries, developed countries, causes.

First world countries are developed countries that have a high level of economy and life in general, are governed by the rule of law, and seem to have everything that is required for the successful functioning of a society. But as sociologists say, there are still problems in developed countries, such as the demographic crisis, the inability to manage their savings, the lack of financial literacy, the inability to control and express their emotions, and, therefore, various mental disorders.

Many people in the modern world are more and more often left alone with their problems, do not want to share them and ask for help, get used to keeping everything inside and being independent. All this causes overload of the body, causes problems with physical and mental health, and therefore is the cause of depression.

Depression - is a mental disorder, the essence of which consists in the oppression of mental activity, mainly in its emotional component.

There are many signs of depression: it is general lethargy, reduction of cognitive functions - memory, attention and thinking, as well as sometimes loss of libido, autonomic dysfunction, suicidal thoughts, eating disorders, obsessive fears with panic attacks, communication difficulties.

The causes of depression can be different: both exogenous, i.e., coming from outside (for example, it can relate to the loss of a loved one, job, life failures, and depression is a normal reaction of the body to such challenges), and endogenous, i.e., coming from inside. The patient often does not know what has caused it in each specific case, and only professional psychological analysis can determine this.

Today, according to research by the World Health Organization, depression is the fourth most common cause of disability in the world. In 2025, it is expected to become the third most common cause of disability after obesity and diabetes. It already affects about 350 million people throughout the world, their number is only growing, and about half a billion, that is, every fifth person on the earth is at risk of becoming one of the sufferers by the middle of the twenty-first century.

The cult of the "self-made person" concept, as well as separation from everyone else and the excessive construction of personal boundaries has led to the fact that people are left with their problems alone and have lost the close environment. Researchers call today's society a fluid, fluid society without stable connections, liquid, unstable and unpredictable.

Gadgets and social networks determine depression. Virtual reality enables communication, but it does not solve the problem.

The oversaturation of the civilization benefits in first-world countries leads to an inability to face real problems. The notion of "holding one's goals hostage" suggests that whatever one achieves, one will always be lacking something. By setting higher level goals for themselves, people find it difficult to achieve them and burn out psychologically.

From early childhood parents create an "emotional greenhouse" for their child, i.e., they isolate him/her from all the shocks of real life. Therefore, the child does not know how to accept and experience adversity and understand his or her own feelings.

The recognition of depression in its early stages is enormous. Very often people simply do not understand what is happening to them. About 50% of patients worldwide are simply undiagnosed. Most do not seek help, suffer, cope as best as they can, and often do not realize that their depressed mood, longing, heartache and suicidal moods or suicide attempts are the result of a complex mental illness associated with hormonal disruption, endocrine system disruption and brain biochemistry that should not be experienced but treated.

A large-scale study conducted by the international data collection and analysis company Statista ranked the countries whose residents have experienced mental health problems such as depression, anxiety, and stress.

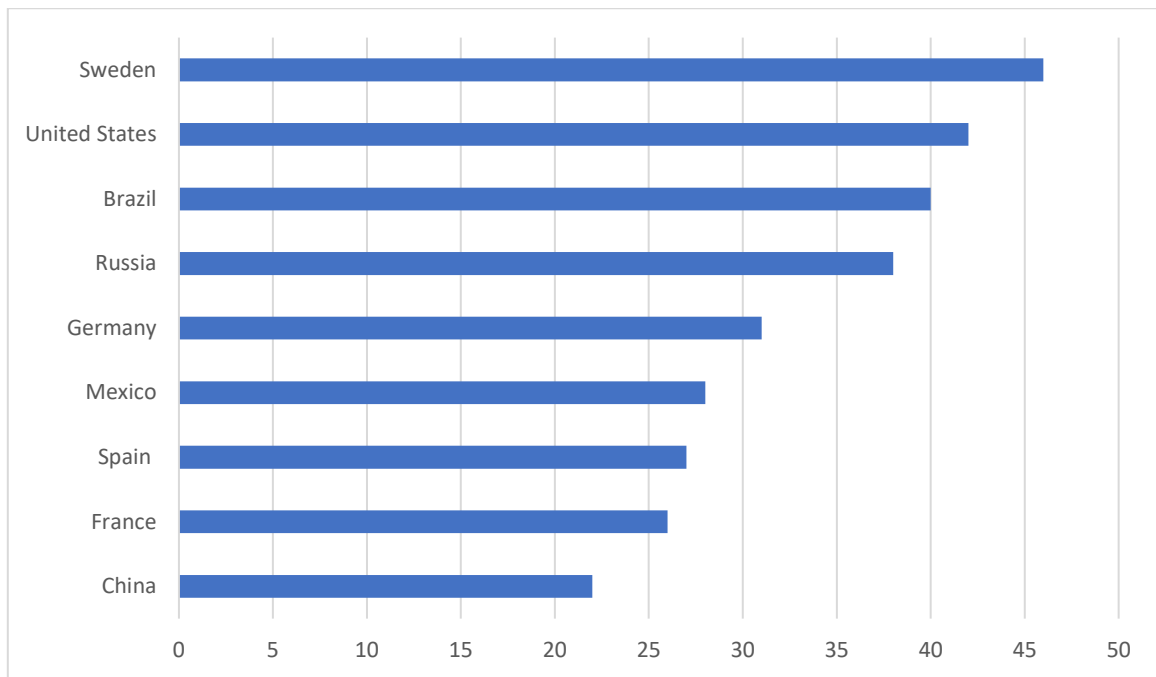


Figure 1 - Respondents admitting they have experienced mental health problems in the past 12 months (%)

The World Health Organization has predicted that depressive disorder will take the top spot in the world among all diseases, surpassing the current leaders - infectious and cardiovascular diseases. In 2020, Covid-19 contributed to the development of depression in the population. The situation was aggravated both by self-isolation, avoidance of public places and disruption of habitual lifestyles, and by fear of contracting the coronavirus.

As for age indicators, according to official statistics, middle-aged people are more susceptible to depression. But these figures may be related to the maximum social activity of this age group, and, therefore, to the maximum use of medical care. Compared, for example, with the older age group who are not used to seeking help from psychiatrists or psychotherapists and who traditionally ignore problems of their mental state. On the contrary, depressive manifestations of the child-adolescent group members are often not paid attention to, neither by pediatricians, nor parents, nor children or teenagers themselves (owing to their mental or emotional immaturity and, as consequence, inability to recognize and differentiate their emotional state).

We live in a constantly changing and evolving world, and each time it gets harder and harder to keep up with the pace of life. By taking on more and more problems, we

denounce ourselves not only to physical suffering, but also to mental health disorders. Understanding the competent distribution of our forces and the establishment of inner harmony can prevent the emergence of various health problems, including mental disorders.

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### Информация об авторах

**Садчикова Анна Олеговна** – студентка кафедры анализ систем и принятия решений Уральского федерального университета имени первого Президента России Б.Н. Ельцина (Екатеринбург, Россия). E-mail: [sadchicova.anna345@gmail.com](mailto:sadchicova.anna345@gmail.com).

