

Environmental Influences as Causes and Curative Effects for Major Depressive Disorder

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ABSTRACT

Major depressive disorder is one of the most common types of depression. This condition is characterized by feelings of depression, anhedonia, changes in cognitive function, changes in sleep, appetite changes, and guilt that lasts for two weeks and is characterized by loss of interest in or enjoyment of usual activities. Sufferers are usually aged 40 years and above, but nowadays, sufferers include teenagers and children. This study used a qualitative method by conducting interviews, listening to the viewpoints, and describing people with major depressive disorder as a data collection technique through reviews journals from PubMed and video interviews of survivors of this disease on social media platforms, which are then summarized from various background stories of survivors. This depression contains bothersome things such as difficulty concentrating and sadness for an extended period. The causes vary from genetic to environmental factors. This article examines how the environment influences the causes and also the curative factors in major depressive patients.

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1. INTRODUCTION

One definition of mental health is the absence of mental illness; another definition is a situation in which a person's capacity to function in the environment and mental state is affected by biological, psychological, or

social variables (Bhurga, 2013). Mental health exists on a complex continuum, which is experienced differently from one person to another (WHO, 2020). Hundreds of millions of people suffer from mental disorders each year, and many more experience them over a lifetime, with an estimated 1 in 3 women and 1 in 5 men experiencing major depression in their lifetime (APA, 2017).

In addition, there are nearly 300 million people who experience depression worldwide, with 15.6 million of them being Indonesians (WHO, 2019). There are many types of depression, including major depressive disorder (MDD), bipolar, postpartum depression, dysthymia, etc. MDD is a mental illness characterized by prolonged sadness, feeling hopeless, difficulty concentrating, anxiety, and feeling tired.

It is not uncommon for these sufferers to decide to end their lives. Major Depressive Disorder is a heterogeneous characterized by feelings of depression, anhedonia, changes in cognitive function, changes in sleep, appetite changes, guilt that lasts for two weeks, is characterized by loss of interest in or enjoyment of usual activities and is an illness with with neurobiological consequences involving structural, functional, and molecular changes in several brain regions.

In addition, there are many causes of major depressive disorder: a) genetic factors, b) stress and trauma, c) psychological factors, and d) environmental factors. MDD is very likely to be cured with medical collaboration therapy. However, of the 15.6 million people with MDD, only 18% dare to see a psychologist or psychiatrist. Therefore, a supportive environment is needed to help the healing process of MDD. This article will discuss how the environment plays a role as an influence on the occurrence and curative effects of Major Depressive Disorder.

2. METHODOLOGY

This study used a qualitative method by conducting interviews, listening to the viewpoints, and describing people with major depressive disorder as a data collection technique. This method is expected to explore information, causes, consequences, and things that affect the patient's condition, especially the influence of the environment. This method used review techniques through journals from the PubMed platform and watch video interviews of survivors of this disease on social media platforms, which are then summarized from various background stories of survivors. The literature search was conducted comprehensively through the PubMed Database published in the range of 2014-2024, with the keywords used for article searches being Major depressive disorder and video interviews with mental health patients on YouTube channels "Menjadi Manusia."

3. RESULT AND DISCUSSION

a. Environmental as causes of Major Depressive Disorder *Childhood trauma & Trauma Violence*

The behavior obtained as a child becomes an eternal memory. However, the wrong treatment received will become persistent if there is no readiness to accept it. Violence is often mentioned by survivors, ranging from verbal violence to physical violence. Some have experienced physical abuse since childhood in a place that should have been a place of comfort, accompanied by verbal abuse in the family and environment. Feelings of sadness suppressed, and pent-up anger wrapped in fear. Over time, they harbor these things until they accumulate and explode at one time. Which then becomes a fixation and makes a person experience the first symptom of depression. Studies repeatedly demonstrate that those who endure trauma as children are more likely to acquire depression in later life. This association has many underlying biological and psychological factors. Early-life stresses can potentially interfere with the normal development and operation of key brain areas that regulate emotion regulation and stress response systems.

Furthermore, neurotransmitters involved in mood regulation, including dopamine and serotonin, might have their levels altered by trauma. Childhood trauma can psychologically set off harmful thought patterns and schemas, which can lead to a gloomy outlook and increased susceptibility to stressors. Trauma's emotional toll

might show up as challenges in creating safe attachments, influencing connections with others, and intensifying feelings of helplessness and loneliness. In addition, not just a childhood trauma but also the violence of trauma in adult can be causes of major depression. A comfortable and peaceful environment is a dream and a right that must be obtained for everyone. Still, for some people, the environment in which they live is inappropriate. Domestic violence is one example of this, with America reporting that at least 60% of women are depressed due to domestic violence. In addition, victims of sexual harassment are also a precursor to this depression.

They tend to drag on if there is no treatment from the start. Emotions will explode at any time, tend to blame themselves, and end up depressed. The stigma from the people around them is also one of the triggers that aggravate this situation.

b. *Bullying and pressure as trigger*

Bullying, as a psychosocial stressor, is a potential trigger for Major Depression, especially in genetically predisposed individuals. Vulnerable psyches, especially during the formative years, can be severely affected by chronic stress caused by bullying. Bullying is a chronic stressor that activates a range of physiological and neurobiological responses. Persistent exposure to bullying can lead to dysregulation of the stress response system, affecting neurotransmitter levels and neural pathways associated with mood regulation. The experience of bullying often qualifies as a traumatic event. The neurobiological impact of trauma, including changes in brain structure and function, may contribute to vulnerability to protracted mood disorders. Trauma can imprint on neural circuits associated with emotion regulation. Pressure from people around

While it's common for people's expectations to shape and demand one to be perfect, it's not common for some people. They tend to respond to it. The pressure obtained at work or in a social environment becomes big when someone cannot handle it. Survivors will tend to feel depressed and confused in channeling the stress they have. Lack of reasonable stress management regulations and enormous pressure from the environment can be a trigger for depression if not handled properly from the start.

c. *Environmental as curative effects*

The influence of the environment in the recovery from major depression is something that cannot only be cured by the hospital as a service provider. It takes cooperation to provide a comfortable environment to support the healing process. The environment includes the physical environment of the place of residence, the social environment, and the support of close people. We are creating a comfortable physical environment as a therapeutic place for the regulation of wellness factors in the treatment of depression. A comfortable therapeutic environment affects the atmosphere, including the mood created. Good, comfortable, clean lighting is a healing alternative and a safe place to express emotions. Comfortable and peaceful environment is a dream and a right that must be obtained for everyone. Still, for some people, the environment in which they live is inappropriate. Domestic violence is one example of this, with America reporting that at least 60% of women are depressed due to domestic violence.

In addition, victims of sexual harassment are also a precursor to this depression. They tend to drag on if there is no treatment from the start. Emotions will explode at any time, tend to blame themselves, and end up depressed. The stigma from the people around them is also one of the triggers that aggravate this situation. An excellent positive environment will form a good charger. A warm environment full of support will regulate feelings of isolation during depression. People who tend to be in this environment will see themselves as the same person, have flaws, and be okay with it, and they will strive to heal and complete treatment to the fullest. In addition, instability in the family environment can play a role in the development and healing of depression. A stable family environment that provides positive support and facilitates healthy communication can be a determining factor in the healing process. Survivors of depression tend to view themselves as inferior; thus, what they need is validation that contradicts their perceptions.

Therefore, the importance of support from close people, especially family, is very influential. Starting from being involved in the detection of the disease to the treatment process until the completion of treatment. Survivors need help, even for simple things, such as direct support and verbal validation that everything will be fine.

4. CONCLUSIONS

The results show that the environment has a big role in every mental health patient, especially in people with major depression. The environment can be a causal and supporting factor in the disease. It even has a significant impact, especially in the recovery process, as simple as always being present in every journey before, during treatment until the treatment is declared complete.

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