

Factors Leading To a Depressive State in a Population of Six Teachers

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Abstract

A disease that affects a large number of people around the world is depression. The World Health Organization (WHO, 2023) states that depression is a common illness worldwide that affects more than 280 million people that could become a serious health problem, especially when it is long lasting. In addition, moderate to severe intensity, and can cause great suffering and disrupt work, school, and family activities. In the worst case, it can lead to suicide. As it is a disease that ends people's lives and impacts the educational field, the interest arose in developing research that was qualitative and descriptive, whose objective was to identify the factors that lead to a depressive state in a population. Of six teachers aged between 30 and 60 years with the requirement of having had two depressive episodes. A semi-structured interview was used to obtain information. The results found were: the main causes of depression expressed by the participants occurred during childhood. Other causes were the accumulation of work, family problems, and relationship problems, to name a few. As well as the family disintegration and the rancor and resentment that the patient felt towards his peers. In addition, the loss of a loved one, to mention some of the findings.

Keywords: depression; disease; qualitative study; descriptive research; mental health