

PREVENTION DEPRESSION IN HUMANS FROM THE BENEFITS OF PSYCHOLOGY

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ABSTRACT

Depression is a common and serious mental health disorder that affects individuals across age, gender, and social boundaries. This study investigates efforts to prevent depression from the perspective of psychological benefits, using a survey method with a sample of 25 individuals aged 17–50 who have experienced depression. The research employs a multidisciplinary psychological framework including cognitive-behavioral theory, social psychology, and personality psychology to understand the root causes and design preventive strategies. The findings emphasize the effectiveness of developing adaptive coping skills, fostering social support systems, and enhancing public awareness through mental health education. Additionally, online-based psychological interventions such as internet-based cognitive behavioral therapy (ICBT) are shown to provide flexible and accessible support. A distinctive feature of this research is the integration of Christian faith-based practices—such as prayer, scripture reflection, and faith community engagement—as complementary tools to psychological approaches. These spiritual dimensions strengthen individuals' emotional and moral resilience, contributing to more effective depression prevention. The results also highlight that social factors are the dominant cause of depression (59%), followed by biological, psychological, and economic factors. The study recommends tailored preventive interventions that consider individual personality types, social context, and spiritual needs. Implications of this research support a holistic model for mental health prevention and call for further exploration into the interplay between psychological and spiritual resilience frameworks in mitigating depression.

Keywords: Depression, Human, Psychology

INTRODUCTION

Efforts to prevent depression for humans reviewed from the benefits of psychology can be known from several factors, but before stepping into prevention carried out by the psychology team, the author will first explain the meaning of the word depression. Depression can interfere with individual performance in daily life, reduce productivity and even be at high risk of extreme actions such as suicide. Depression is therefore a global health problem that requires serious attention. The way to reduce the negative impact of depression is to do prevention early. Prevention of depression involves not only medical intervention but also a psychological approach that prioritizes understanding the factors that affect a person's mental state. In this context, psychology plays an important role in providing insights related to the causes, impacts, and ways to prevent depression based on understanding human behavior, social interaction, healthy communication, and individual personality characteristics.

Psychology as a science that studies behavior and mental processes, has various approaches used to prevent and overcome depression. In a psychological approach, it is important to understand the factors that influence the development of depression, both from the internal side of the individual such as personality or other psychological disorders and external factors such as social and environmental pressures. In this case, Elisabeth Hurlock explained that a person who experiences prolonged stress or unresolved emotional problems is more at risk of depression. An understanding of these factors allows professionals in the field of psychology to design appropriate interventions. In addition, social psychology, which studies how interactions between individuals and groups affect behavior, also contributes to the understanding of depression.

Social psychology explains how social norms, peer pressure, or even stigma towards mental health can contribute to the onset of depression in individuals. Poor social interaction or lack of social support can worsen the condition of a person who is experiencing emotional disorders. And one of the factors that has a big influence on the onset of depression is social factors. According to Sarlito Wirawan, healthy social interaction is very important in maintaining a person's mental well-being, because humans are social creatures who need relationships with others to meet their emotional needs. If individuals experience social isolation or lack an adequate support network, they are at higher risk of developing depression. With this, social pressure comes from family, work environment, or society that can worsen mental conditions seseorang.uk reach certain standards. The pressure to achieve a certain standard in social life or work can lead to excessive stress that if not managed properly can develop into depression. Thus, efforts to prevent depression for humans are reviewed from the benefits of psychology when it is important for humans as God's glorious creations.

The novelty of this research lies in its integrated psychological-spiritual approach to preventing depression, especially by combining cognitive-behavioral theory (CBT), social psychology, and Christian faith-based interventions as complementary methods. While previous research such as Beck & Dozois (2011) and Cuijpers et al. (2011, 2016) emphasized CBT's efficacy, and studies like Ozbay et al. (2007) and Kuehner (2017) explored the roles of social support and gender-based vulnerabilities, this study uniquely bridges those psychological concepts with spiritual resilience rooted in Christian teachings. Furthermore, it addresses online-based psychological interventions and mental health education in tandem, areas often treated separately in earlier studies such as Andersson et al. (2014) and Jorm et al. (2010). The integration of these dimensions—psychological, social, educational, technological, and spiritual—offers a holistic framework not extensively covered in prior literature.

METHOD

The research method used is a survey method with a data planning technique through questionnaires. The sample of this study is people who have experienced depression, namely productive adults aged 17-50 years. The number of samples used was 25 people. The purpose of this study is to find out the efforts to prevent depression for humans in review from the benefits of psychology.

RESULTS AND DISCUSSION

Depression is one of the most common mental health disorders and can affect anyone regardless of age, gender, or social background and often affects an individual's quality of life significantly. In psychology, according to the American Psychiatric Association, depression is often interpreted as a mood disorder characterized by feelings of deep sadness, helplessness, loss of interest and decreased energy. This disorder can affect many aspects of life, ranging from cognitive, emotional to physical. . This means that depression affects not only the human soul but all aspects of life. In the Journal written by Cuipers, it is stated that about 10-15% of the human population in the world experiences severe depression in their lives and the prevalence is increasing every year. There are several factors that cause depression.

Factors Causing Depression

Factors Causing Depression for Humans According to psychologist Elisabeth Hurlock in her book *Introduction to Psychology*, depression can be triggered by internal and external factors, including chemical imbalances in the brain, traumatic experiences or negative mindsets. In addition, the influence of social and environmental factors also plays an important role in the development of depression. Psychologically, individuals who experience depression tend to show feelings of hopelessness, feelings of worthlessness and an inability to cope with life. Depression not only affects mental well-being, but also overall quality of life. These factors are crucial in designing effective prevention efforts.

Biological Factors

Biological factors play an important role in the development of depression. Imbalance neurotransmitters such as serotonin, norepinephrine, and dopamine in the brain can affect mood and the process of regulating emotions. Research What Fava did showed that chemical imbalances can cause severe mood disorders. People who have a family history of other mental disorders and are also at risk of depression, which indicates the presence of genetic factors that play a role in this condition. Although the prevention of depression focuses more on psychological and social approaches, these biological factors must still be considered. Pharmacological therapies, such as the use of antidepressants, are often used to address chemical imbalances in the brain. But psychological approaches such as cognitive behavioral therapy can also help change negative patterns that can worsen a person's condition.

Psychological Factors

The main theory in psychology that explains depression is the cognitive behavioral theory, which was used by psychologist Aaron Beck, which posits that individuals with depression tend to have negative mindsets and adverse cognitive distortions. In the writings of Beck and Dozois, it is shown that this mindset often worsens feelings of worthlessness and increases the risk of depression. From the above opinion, it is very clear that depression can worsen and affect human life in managing their health. From a psychodynamic perspective, Freud stated that feelings of worthlessness and an inability to cope with internal conflicts can be triggers for depression. Unresolved conflicts can lead to unmanageable emotional stress, leading to depression. In an article in the journal *Cognitive Therapy and Research* written by Dobson and Dozois highlights the pertinence of cognitive therapy-behavioral (CBT) as a highly effective method in preventing and treating depression. CBT works by changing maladaptive mindsets and replacing them with a healthier and more realistic way of thinking. From the above opinion, CBT has been shown to significantly reduce the symptoms of depression.

Social Factors

One of the factors that has a big role in the development of depression is that a lack of social support or unhealthy relationships can worsen an individual's mental state. The results of Kuehner's study in the Clinical Psychological Review show that individuals who experience social isolation or lack of support from family or friends are more at risk of developing major depression. In this context, positive social interaction and strong social support serve as a protector against depression. Social psychology emphasizes that external factors such as social norms, social pressures and stigma towards mental health can affect individuals who are already vulnerable. Sarlito Wirawan stated that social pressures such as social injustice, inequality, and stigma towards mental health problems can worsen an individual's emotional and psychological state, increasing feelings of isolation and worthlessness which ultimately contributes to depression. From the two opinions above, it is very clear that poor social relations can affect depression for humans.

Efforts to prevent depression for humans from the perspective of psychological benefits require a comprehensive approach based on in-depth psychological theories. Relevant theories for the prevention of depression include cognitive-behavioral theory, social psychology and personality psychology. Cognitive-behavioral therapy (CBT) is the most widely used psychological approach in the prevention and treatment of depression. Based on this theory, depression is considered to be the result of a deep and repetitive mindset, Cognitive behavioral therapy (CBT) is the most widely used psychological approach in the prevention and treatment of depression. CBT can be an effective prevention strategy by helping individuals manage stress and negative emotions before they develop into depression.

The theory of social psychology as stated by psychologist Sarlito Wirawan emphasizes that strong social support can prevent those that are more personal and in accordance with individual characteristics.

Depression Prevention Strategies Based on Psychological Benefits

Coping Skill Development

Coping skills refer to the way an individual copes with and manages life's stresses and challenges. The development of effective coping skills is essential in preventing depression, especially for those who tend to feel overwhelmed by the pressures of life. This approach focuses on an individual's understanding of how they interact with stress and how they can change the way they respond to those stressful situations. Lazarus and Folkman say in stress theory and coping. Coping can be divided into two main types, problem-focused coping and emotion-focused coping. Coping focuses on problems involving efforts to address the source of stress, such as planning a paralysis solution or making changes in stressful situations. Coping focuses on emotions more involving an individual's way of managing emotional reactions to stress such as meditation, relaxation or breathing techniques. In the context of depression prevention, teaching individuals coping skills. In the context of depression prevention, teaching individuals coping skills that focus on problems and emotions is essential, and can be done through cognitive-behavioral therapy (CBT) which has proven effectiveness in helping individuals to recognize and change negative mindsets that exacerbate feelings of stress. Cognitive-behavioral (CBT) teaches individuals to identify cognitive distortions, such as catastrophizing or exaggerating problems or all-or-nothing thinking or black-and-white thinking, which often worsens depression. By replacing this mindset with a more realistic and rational way, individuals can more effectively face life's

challenges without feeling depressed. Several studies and studies support the application of CBT in the prevention of depression. As a study by Cuipers in the Journal of Affective Disorders shows that CBT has a positive effect in reducing depressive symptoms and preventing the recurrence of depression in individuals at risk. In this study, it was found that CBT techniques that are often used such as cognitive restructuring, give individuals the tools to deal with stress in a healthier way, prevent the tendency to get caught up in negative mindsets. Sealin's coping skills training can be carried out in a group context. CBT or social support-based group therapy can increase emotional engagement and provide opportunities to share experiences and effective strategies in dealing with stress.

Increased Social Support

Social support is one of the main protective factors against depression. Existing and well-managed social networks can help individuals feel more secure and accepted, reduce feelings of loneliness, and improve their ability to cope with stress. This social support provides a sense of security, and has a significant influence in reducing depressive symptoms and preventing the onset of depression in at-risk individuals. Based on this research on Psychiatry Research, social support plays a big role in maintaining the mental well-being of individuals. Those supported by family, friends or social communities tend to be more resilient. Caring, empathetic and non-judgmental support can be more effective in reducing feelings of loneliness and improving mental health than social support that is insincere or merely physically present. This can show the importance of relationship quality in the prevention of depression.

Psychology and Mental Awareness Education

Education about mental health is a very important prevention strategy, especially among those who may not be aware of the early symptoms of depression. Raising awareness about mental health, recognizing the signs of depression and understanding ways to deal with it can help prevent further development of depression. Psychology that focuses on the importance of mental health and recognizes the signs of depression and understands ways to deal with it can help prevent depression both in school and in depression prevention programs that are included in education.

Online-Based Psychological Intervention and Remote Access

The progress of the Age cannot be ignored or avoided in terms of the development of science and technology today online-based psychological interventions have become an increasingly popular method to prevent depression, especially in the context of individuals who may have limitations in accessing psychological treatment in person. Programs such as internet-based cognitive-behavioral therapy (ICBT) have been shown to be effective in reducing depressive symptoms. The advantage of online-based interventions is their flexibility. Individuals can attend therapy sessions from home, which reduces the barriers that may arise due to the costs or stigma associated with psychological treatment. In the use of apps for coping skills training as well as meditation apps or emotional journals, it can provide ongoing support to cope with stress and negative feelings.

The Utilization of Psychology in Building the Christian Faith to Prevent Depression

The use of the Christian Faith to prevent depression is important for the prevention of depression. In this case, Psychology functions as a very effective tool in understanding the

complexities of human life, including psychological factors that affect a person's faith and spiritual life. In relation to the spiritual life, psychology offers a perspective that helps individuals to understand their inner richness and depth, which is important in coping with the stresses of life that can lead to depression. Psychology provides insight into how an individual. It can improve the quality of social relationships to strengthen emotional and spiritual well-being, which in turn can prevent the onset of depression. Overall, psychology and the Christian faith are very closely related in preventing and overcoming depression. By using a psychological approach based on cognitive-behavioral theories, social psychology, as well as therapeutic and preventive approaches, individuals can strengthen their faith and manage life's challenges more effectively, social support provided with a strong foundation for better mental and spiritual health. The integration between psychology and the Christian faith is therefore not only relevant for spiritual development but also as an effective prevention tool for depression.

From the results of this study, it can be seen that humans or people who can experience depression can be caused by various factors, including social factors, economic factors, psychological factors, biological factors and the author can also give the amount of people who experience depression due to the above factors.

Data from Research on Factors that Cause Depression

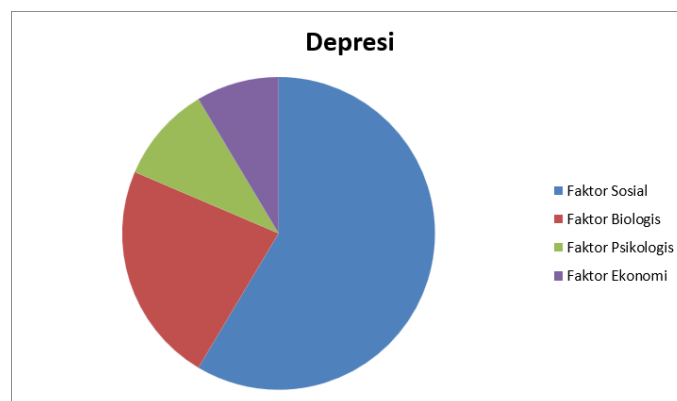


Figure 1. Data on Factors Causing Depression

From the data above, it can be seen that the greater factor causing depression is the social factor of 59% so early prevention is very much needed using Cognitive Behavior therapy and the survivors of depression are the productive age of 17-50 years, the increase can be suppressed, and 23% are biological factors, psychological factors of 10% and economic factors of 9% as factors that result in depression. Prevention of depression can be done with various strategies as described above.



Figure 2. Data on Depression Prevention Strategy

Conclusion

Depression is a widespread mental health disorder often rooted in negative thinking patterns and cognitive distortions, as explained by cognitive-behavioral theory. Effective prevention involves developing adaptive coping skills, fostering strong social support networks, and increasing public awareness of mental health. Individual personality traits also influence how people respond to stress and should be considered in preventive strategies. A holistic psychological approach—combining coping skills, social support, and mental health education—can significantly enhance mental well-being. Moreover, integrating Christian faith-based interventions such as prayer, scripture reflection, and community involvement with therapeutic techniques may further strengthen resilience. Future research should investigate how such spiritual practices interact with cognitive-behavioral strategies and how personality traits affect the success of support and education programs, enabling more tailored and culturally sensitive approaches to preventing depression.

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