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Sociological Problems Faced by Individuals Diagnosed with Major Depressive Disorder

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Abstract: Major depressive disorder is an important mental health problem that can seriously affect individuals' quality of life and lead to deep changes in various fields. From a clinical point of view, this disorder causes significant and sustainable changes in the general mood, as well as energy level, sleep level, appetite and general functionality. The effects of this disorder in society leave deep and lasting traces not only on the lives of individuals, but also on social structures and social relations. In particular, individuals diagnosed with depression may experience significant difficulties in their social interactions due to a number of psychological disorders, which leads to their loneliness and more complex social problems. Depression can adversely affect families and friends because it makes the management of individuals in a negative way, which can cause greater problems by potentially weakening social support systems. Therefore, the fight against this disorder is critical not only for the health of individuals, but also for the health of the society.

Keywords: Depression, mental problem, mental health problem, psychological disorders.

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Introduction

Major depressive disorder (MDB) is a serious mental health problem that can seriously affect the quality of life of individuals, deepen with weakness and cause significant changes in various living spaces. This disorder; It has a multidimensional and complex structure that can cause permanent and negative changes in the emotional, cognitive and physical function of the individual. When clinically evaluated, symptoms such as significant emotions in individuals with MDB, energy loss, sleep irregularities, appetite changes and decrease in general functionality are common. These symptoms can cause serious deterioration in both business and social relations by secting individuals' daily lives (Bell & D'Zurilla, 2009).

The social effects of MDB are as striking as their individual effects. Individuals diagnosed with depression may have problems with social interactions due to psychological difficulties they have experienced, which can bring social isolation. The slimming in support systems may increase the loneliness and cause psychopathology to become more severe (Alkan, 2007). In this context, effective struggle with depression is not only important in terms of protecting individual health, but also in terms of the continuity of community health and social integrity. Early diagnosis, appropriate treatment approaches and dissemination of social awareness studies play a critical role in reducing the widespread effects of this disorder. When it is evaluated from a sociological perspective, it is seen that depression is not limited to only the inner world, but also directly related to social structure, social roles and economic conditions. Individuals diagnosed with depression are often exposed to stigmatization, discrimination and

economic losses; This seriously threatens both mental health and quality of life. Social prejudices for mental diseases are for individuals' delay their search for treatment, deprived of social support and feeling excluded from society (Bond, 2006). This negative cycle increases the severity of depression and leads to even greater decreases in the quality of life of the individual. Economic consequences also have an important place among the social effects of the MDB. Problems such as loss of labor, low efficiency and decrease in social productivity adversely affect the family structures, marriage relations and social roles of individuals; bu durum bireyin hem ekonomik hem de sosyal çevresinde ciddi çatıtlıklara yol açabilmektedir (Berne, 1961). This process can deepen the social isolation of the individual and cause weakening of goodness and decrease in general psychological resistance. Thus, not only the individual life of the individual, but also the relationship with society is damaged, which requires that the problems caused by depression be handled in a wider framework. The effects of MDB on individuals' social life are closely related to the quality of support systems. The development of social understanding, increasing access to mental health services and spreading psychosocial supports may benefit individuals in the fight against depression. Encouraging social interactions can accelerate the healing process by contributing to the individual feeling valuable and strengthening of belonging (Bortolotti et al., 2008). In this respect, MDB should be considered not only a clinical disorder, but also as an indicator that raises the fragility of the social structure. The structure-power and psychosocial pressures of modern society on the individual clearly reveal that MDB is not only a biological-based disorder, but also a serious

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sociological problem. Yıldırımer (2025) emphasized how depression is intertwined with social alienation and individual rupture processes and stated that this disorder should be evaluated in a structure fed by social roles, loss of status and social labeling processes. Likewise, Yıldırı-Mer (2025) states that the understanding of loneliness of the individual in the fight against depression in the social context directly affects the success of the treatment processes. As a result, the reflections of the MDB on social structures as well as the individual effects of MDB should not be ignored. Increasing social awareness towards mental health will contribute to the production of more effective and lasting solutions by facilitating access to individuals' support systems. In this context, a holistic approach in the fight against depression should be mine; Multidimensional strategies should be developed at individual, social and structural levels.

Aim

Major depressive disorder (MDB) should be considered not only as a psychiatric disease, but as a complex and multidimensional disorder that deeply affects the quality and social functionality of the individual at the same time. According to the diagnostic criteria, MDB; It is manifested by symptoms such as low mood, loss of interest and decrease in pleasure ability for at least two weeks. According to the DSM-5, this disorder is not limited to these te-me-me-me-me-me-me-me functionality, which also disrupts the functionality of the individual in various fields such as sleep problems, lack of energy, concentration difficulties and self-value (Bowman, Ward, Bowman & Screen, 1996). Individuals suffering from MDB have to deal with external challenges not only with internal problems, but also with the loss of impact on their social circles, the decline in business performance and the disruptions in daily life activities. These negativities increase the sense of leaning and social isolation over time, thus the quality of life of the individual decreases significantly (Burke, 2003). For this reason, MDB should be considered not only as an individual, but also as a public health problem that affects social functioning at the same time. Major depressive disorder has a very complex structure in the intersection of biological, psychological and social factors. In addition to the chemical imbalances in the brain, genetic predisposition, personality traits, childhood traumas and environmental stressors can be effective in the development of this disorder (Cain & Seeman, 2002). In particular, triggers such as long-term stress, losses or traumatic life events increase the sensitivity of individuals to MDB and make the treatment process more complex. Symptoms showing individuals are also quite diverse; Some of them express their emotions, some of them are closed and their symptoms live deeper (Casañas et al., 2012). This diversity both complicates the diagnostic process and requires the personalization of treatment approaches. It is important to adopt a multidisciplinary and one-specific approach to effectively cope with the MDB. Psychotherapy, drug therapy and lifestyle variables, including holistic interventions are the basic components of this process. In particular, cognitive behavioral therapy (CBT) is an effective method of increasing their emotional goodness by making individuals realize and restore negative thinking patterns (Churchill et al., 2001). Antidepressant drugs, on the other hand, contribute to the healing of the mood by regulating neurotransmitter imbalances. However, the effectiveness of the treatment is not only due to medical intervention, but also on the presence of social support systems. Situations such as stigmatization of individuals, discrimination in workplaces, social exclusion in the workplace

make it difficult to access treatment and interrupt the healing process. Prejudices about depression still on the top-lumin prints and deepens the isolation of individuals' search for help (Crumbaugh & Maholick, 1964). Therefore, it is essential that MDB is considered not only as an individual problem, but also as a social issue. Collecic-complicated initiatives such as social awareness campaigns, trainings and support groups can both reduce stigmatization and make individuals access to treatment. As a result, the effects of MDB on the mental and physical health of the individual on the mental and physical health should be taken into consideration. In this context, it plays a vital role in providing a supportive environment in accordance with the special conditions of the individual in order to succeed in treatment processes and providing emotional and social recovery. The construction of an inclusive and conscious society structure will facilitate the help of individuals to get help without feeling lonely, so that they will open the doors of a healthier and sustainable life (Cuijpers et al., 2010).

Method

Depression is a complex mental health disorder that has both psychological and physical dimensions and affects the individual's quality of life in a very directive way. This discomfort not only has negative effects on the mood of the individual, but can also have direct consequences on physical health. Symptoms of depression are generally examined under three main headings: emotional, cognitive and physical. Among the emotional symptoms, constant sadness, anhedonia (inability to enjoy), hopelessness and worthlessness feelings are widely observed. Such emotional deterioration leads to injuries in the social relations of the individual and negatively affect the sustainability of life (Duşard, 2006). As one moves away from social interactions, he becomes lonely and loses his self-confidence. This may cause the individual to face serious problems in his personal and professional life. Cognitive symptoms include distraction, difficulty in decision-making, memory problems and slowing down in information processing processes. Such cognitive difficulties, disruptions of individuals' daily life activities and significantly reduce their quality of life (Eskin, Ertekin & Demir, 2008). At the same time, it is also possible for significant negativities on academic and professional success. The pessimistic thoughts, suicide ideas or self-harm that develops over time in depressive individuals show how serious and multidimensional probability this is (Hirschfeld & Shea, 1989). Physical symptoms include appetite changes, sleep irregularities (excessive sleep or insomnia), loss of energy and general fatigue. These physical symptoms make it difficult for the individual to perform their daily functions, reduce their social interactions and lead to an isolated life (Öğel, Sarp, Gürol & Ermağan, 2014). The decrease in participation in social activity due to energy loss can lead to the individual feeling isolated from social life and deepening depression. The presence of environmental support systems for individuals struggling with these symptoms is critical. Social support both increases the compliance with the treatment process and supports the permanence of psychological recovery. In particular, the contribution of family, friends and community-based social services offers direct positive effects into the spiritual goodness of the bi-rin. Studies conducted by McCabe and Priebe (2003) show that supportive social circles respond better to the treatment with depression and a significant increase in their quality of life. As a result, recognizing the symptoms of depression and understanding the effects of these symptoms on the life of the individual is a

critical requirement not only in terms of mental health but also for social structure. It will enable emotional, cognitive and physical symptoms to be handled in a holistic way, to apply effective treatment processes and to re-gain the individual. The strengthening of social awareness and support mechanisms will play the main role in this process.

Findings

Data analysis plays a critical role in sociological understanding of the problems faced by individuals diagnosed with major depressive disorder (MDB). This comprehensive study was conducted through various data collection methods such as surveys, in-depth interviews and observation. The data obtained were evaluated with both qualitative and quantitative analysis techniques; The combination of these methods was effective in setting the multidimensional nature of the problem in the middle. Quantitative data, with the help of statistical software such as SPSS, the social interactions, job performances and influences of individuals who are diagnosed with depression have been evaluated more concretely. In particular, factors such as lack of social support, stigmatization and discrimination lead to visible decreases in the living standards of individuals and weakening in their social harmony (Mi-no et al., 2001). These negative conditions reduce the psychological strength of individuals, increase stress and anxiety levels and adversely affect their general life satisfaction. The analysis of qualitative data provides the opportunity to understand the dynamics behind the experiences of individuals. In the interviews, many participants emphasized that the diagnosis of MDB causes serious difficulties in job finding processes and daily social interactions. These prejudices reinforce social insulation and limit the participation of individuals to active social life. However, qualitative analyzes play an important role not only in the determination of problems, but also in the development of suggestions for solving these problems (Oei & Dingle, 2008). As a result, the findings obtained show that awareness about mental health throughout the society should be increased. The strengthening of psychological support mechanisms will not only improve the mental health of individuals, but also contribute to the formation of a more inclusive and solidarity social life. Evaluating the experiences of individuals with a holistic perspective can create a solid ground for sociological change.

Conclusion

The sociological problems faced by individuals diagnosed with major depressive disorders (MDB) in the society exhibit a multi-layered structure and this situation creates serious negative effects on the life of the life of individuals. These problems show themselves not only at the psychological level, but also in the fields of social relations, economic life and social identity. MDB tanısı alan bireyler, içsel dünyalarında yaşadıkları mücadele-lerin yanı sıra, toplumun yapısal ve kültürel bariyerleriyle de yüzleşmek zorunda kalmakta; This process leads to a significant shaking in individuals' self-perceptions, social roles and identity construction (Shea, Elkin & Hirschfeld, 1988). Phenomena such as stigmatization, social exclusion and discrimination cause these individuals to break away from social integrity, deepen the feeling of loneliness and prepare the ground for the more chronic depression. The perception of the mental health of the society is directly decisive on the social integration of these individuals; therefore, it is of great importance to establish a sensitive and inclusive social structure (Wallerstein, 1991). While the lack of

social support systems is one of the most fundamental problems in the fight against depression, the support from the family and the immediate environment becomes a vital element in terms of the success of the treatment process. However, because of the fear of stigmatization, the tendencies of individuals to hide the mental problems experienced by individuals limit their search for help and reduce the functionality of support mechanisms. Discrimination, low employment opportunities and ethnic insecurity encountered at work make the living conditions of individuals diagnosed with MDB even more difficult; In addition to social isolation, it leads to serious decline in mental goodness (Mi-No et al., 2001). In this context, awareness studies, psychological support services and public-based social programs should be developed, not only targeting individuals but also the society as a whole. Educational policies and the conscious use of the media may be effective tools in reducing prejudices in mental health. Society-based des-single programs and social work interventions can strengthen both internal resources and social ties by improving the social skills of individuals. In addition, policies aimed at increasing psychological pursuit will facilitate the processes of re-integration of individuals into social life (Oei & Dingle, 2008). Strategies that encourage social inclusion both support the mental healing of individuals and contribute to the general health of the society. As a result, the problems experienced by individuals diagnosed with MDB are not only an individual health issue, but also a social responsibility area. The reconstruction of these individuals to social life is also critical in terms of the holistic welfare of society. Creating a supportive, high awareness and solidarity-based social structure will not only increase the quality of life of individuals; It will also contribute to the construction of a healthier, productive and harmonious society (Puskar, Sereika & Tusaie-Mumford, 2003).

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