

THE CAUSES OF DEPRESSIVE TENDENCIES AMONG UNIVERSITY STUDENTS

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Background: As a relatively common negative emotional state, depression can be a hindrance to personal adjustment. According to data, more than half of all suicides are committed by depressed people. It has been suggested that depression is a major risk factor for mental health in today's society, with an increasing incidence in the normal population. As a key transition period from campus to society, the mental health of students becomes even more important. In recent years, against the backdrop of an increasingly challenging employment situation, the age of people with psychological problems has gradually increased at a younger age. However, this illness is not well known and understood by the general public. Nowadays, university students, as a social group with high intelligence and aspirations, face more opportunities and challenges than ordinary groups in the new education system and employment situation, and are also subject to greater psychological pressure and conflict, making them a group more vulnerable to depression.

Although there has been an increase in the number of studies on the mental health of university students, the analysis of the causes of the onset of depression in university students has rarely been discussed. In order to better understand and positively guide the mental health status of university students, and to reduce the incidence of depression among university students, it is necessary to investigate the causes and factors influencing the onset of depression from the perspective of university students' psychology.

Subjects and methods: The Beck Depression Self-Rating Scale (BDSR) was used to obtain the data for the experiment. However, in order to make the experimental questions more accurately, the Beck Depression Inventory was added to the original self-assessment scale to select the causes of depressive feelings. Fifty research subjects were selected for this study. These 50 research subjects were all university students, of which 16 (32%) were male students and 34 (68%) were female students. Fifty research subjects were randomly selected and contained no specificity.

Study design: To ensure the validity of the experimental data, the analysis is conducted strictly using the Beck Depression Self-Rating Scale rubric. The entire scale consisted of 30 groups of items, 21 of which were the original Beck Depression Self-Rating Scale items and 9 items were the causes of depressive tendencies and the selection of influencing factors. After 50 study participants completed the questionnaire, the circled scores of each group were added to obtain a total score. Those with a total score of less than ten were considered healthy, and those with a total score of 10 to 15 had mild emotional distress. Those with a total score greater than 15 indicated that they were already mildly depressed and those with a total score greater than 25 indicated a more severe depressive mood.

Results: According to the results in Table 1, the number of people with a total score of 10 or less is 40, which was about 80% of the total number of people. The number of people with a total score of 10-15 was 6 (12% of the total), the number of people with a total score between 15-20 was 2 (4% of the total) and the number of people with a total score of 25 or more was 2 (4% of the total).

Table 1. Distribution of assessment scores and corresponding numbers

Score	10 & below	10-15	15-20	25 & above
Number of people	40	6	2	2

As Table 2 shows, 30 people (60%) chose academic and employment pressures as the main factor influencing depression. In addition, 8 people (16%) chose emotional problems as the main reason. Relationship problems was chosen by 7 people (14% of the total). Emotional problems were chosen by 3 people (6% of the total). Finally, 2 people chose psychological problems of poverty, which accounted for 4% of the total.

Table 2. Distribution of the number of people choosing each type of reason

Type of reason	Academic and employment pressures	Emotional problems	Relationship problems	Emotional problems	Psychological problems of poverty
Number of people	30	8	7	3	2

The most striking aspect of the survey results is the academic and employment pressures faced by university students. Especially for students in their third and fourth years, most of them are under pressure to study and work at the same time. However, they lack the opportunity to release their stress, resulting in a high level of mental stress for a long time. In addition, with the reform of the education system, there are

more and more talents in universities, and the number of jobs and standards are constantly increasing. All of these problems put a lot of mental pressure on university students, making them prone to depression due to anxiety and low self-esteem, which affects their mental health.

Secondly, there are emotional and interpersonal problems. Most university students are young, lack social experience, and are simple-minded, so they are not mature enough to deal with emotional problems. During the survey, some students mentioned that many of their relationships during university were unstable and that they had experienced some emotional crises, which is one of the major causes of depression. On the other hand, there are also some students who do not adapt to independent living and do not know how to quickly integrate into a new group environment. They adopt an avoidant attitude towards their new class and dormitory, which in time leads to interpersonal tension. This phenomenon is also directly related to students' imperfect self-awareness and self-centeredness.

In addition to the several factors mentioned earlier, they include the emotional problems of students and the psychological aspects of poverty. Although the number of people choosing these two areas is a small percentage of the overall population, they cannot be ignored. Emotional problems at the university level are mainly reflected in the discrepancy between the ideal university life and the reality and in the high expectations students have of themselves. When the reality does not meet their expectations, they tend to develop self-denial and thus depressive tendencies. In addition to this there are some students who are plagued by a poverty mentality. The main manifestation of this is a sense of inferiority in interpersonal relationships and a sense of embarrassment in life. These students are not only under pressure to study but also to live, and these pressures cause them great psychological distress.

Conclusions: In this study, a survey of 50 university students found that the prevalence of depressive tendencies is not low in contemporary universities and that students' emotional state is easily influenced by various factors in their lives and studies. There are many more reasons for this than those mentioned in the text that are waiting to be studied. As a special group of students who are just entering adulthood but are not mature, university students need effective mental health guidance from schools and teachers. For some students who are deeply depressed, timely diagnosis, treatment and intervention are needed to prevent further overreaction.

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EFFECT OF ELECTROACUPUNCTURE ON PEPTIDE HORMONES IN BRAIN AND INTESTINES OF CHRONIC STRESS DEPRESSION MICE

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Background: With the increasing incidence and morbidity of depression, more and more attention has been paid to the study of depression, and it is expected to open up a new way for clinical treatment. Depression is a kind of syndrome characterized by significant and lasting depression. Digestive dysfunction, as the main physical symptoms during the depression episode, seriously damages the quality of life of patients. Some studies have found that chronic stress can lead to abnormal release of peptide hormones such as gastrin and somatostatin, thus affecting gastrointestinal motility and digestive function. Acupuncture treatment of depression has been achieved a certain effect, and the side effects of small, safe, economic, easy to operate, worthy of in-depth study. There are significant neuroendocrine changes in patients with depression, manifested as hyperactivity of the hypothalamus-pituitary- adrenal axis (HPA axis), that is, excessive hormone secretion on the HPA axis. Adrenal corticosteroids (GC) play a key role in the development of depression. in the hippocampus, hypothalamus and pituitary, GC combines with glucocorticosteroid receptors (GR) to achieve negative feedback to HPA, reducing stress-induced hormonal overproduction. But the excessive secretion of GC makes the HPA axis in a high GC state for a long time, and the desensitization of GR occurs, which results in feedback dysregulation of HPA axis.

Objective: Hypochondria is one of the most common mental diseases, with continuous, long-term and lasting bad mood as the main clinical characteristics, is the main type of mental illness. Clinically, the mood is bad and the reality is not happy, depression for a long time, from the beginning to the end of depression, inferiority, depression, pessimism, even despair, misanthropy, and finally suicide attempts and behavior. Suffering from physical pain, chest shortness of breath, all day long just want to lie in bed, nothing to do. There is obvious anxiety. More serious cases of hallucinations, delusions, double personality and other