



# Acta Medica Europa

## Exploring the Influence of Music on Adolescent Depression

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### Article Info

Received: 5 July 2020

Accepted: 10 July 2020

Published: 14 July 2020

### Keywords:

Adolescent depression, music, lyrical content, emotional contagion.

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### ABSTRACT

This case report delves into the complex influence of music on mental health, highlighting the potential role of certain musical genres and lyrical content in exacerbating depressive symptoms in a young girl. It emphasizes the need for individual sensitivity and parental awareness regarding the impact of music on adolescents facing emotional challenges.

### INTRODUCTION

Adolescence, a period marked by profound physical, emotional, and social transitions, is increasingly recognized as a vulnerable phase for the onset of mental health disorders. Among these, adolescent depression stands out as a silent epidemic, silently encroaching upon the lives of young individuals and impacting not only their immediate well-being but also their long-term trajectories. This article aims to illuminate the intricate landscape of adolescent depression, delving into its prevalence, risk factors, clinical manifestations, and contemporary strategies for identification and intervention (1-4).

Depression during adolescence represents more than just the typical mood swings associated with this developmental stage. It is a debilitating mental health condition that, if left unaddressed, can have far-reaching consequences, including impaired academic performance, strained interpersonal relationships, and an increased risk of suicidal ideation and behavior. Recognizing the unique challenges of identifying and managing depression in adolescents is crucial for healthcare providers, educators, and parents alike (5-8).

As the scientific community strives to unravel the complexities of adolescent depression, this article seeks to consolidate current research findings, clinical insights, and evidence-based interventions. By fostering a deeper understanding of the multifaceted nature of this mental health challenge, we aim to

contribute to the ongoing dialogue surrounding adolescent depression, ultimately advocating for improved screening, early intervention, and comprehensive support systems to enhance the mental well-being of the next generation (6-9).

Throughout this comprehensive review, we will explore the epidemiology of adolescent depression, examining gender differences, socioeconomic factors, and the influence of cultural and environmental variables. The article will also delve into the evolving understanding of the neurobiological underpinnings of depression in this age group, shedding light on the complex interplay of genetic, hormonal, and environmental factors.

Here it was aimed to present an adolescent depression case related with music.

### CASE PRESENTATION

A 14-year-old girl presented with a two-month history of worsening depression characterized by low mood, anhedonia, fatigue, and suicidal ideation. She reported a significant increase in listening to specific genres of music, particularly alternative rock and emo, with lyrics focusing on themes of sadness, loneliness, and despair.

Detailed exploration revealed the patient began listening to this music after experiencing a relationship break-up and academic difficulties. She described finding solace in the melancholic melodies and relatable lyrics, feeling a sense of identification with the emotional expression in the music. However, she also acknowledged that prolonged listening often intensified her negative emotions, perpetuating feelings of worthlessness and hopelessness.

## DISCUSSION

While music is widely recognized for its therapeutic potential, it can also have unintended consequences, particularly for vulnerable individuals like adolescents struggling with depression. Music can evoke strong emotions, and individuals in vulnerable states may be particularly susceptible to "catching" emotions expressed in the music. Sad or negative lyrics can resonate with and amplify existing depressive feelings, creating a vicious cycle. Repetitive exposure to themes of hopelessness, despair, and isolation can reinforce negative cognitive patterns associated with depression, further discouraging positive outlook and engagement in healthy coping mechanisms. Adolescents often seek identity and belonging, and finding emotional resonance in lyrics about pain and struggles can lead to an unhealthy identification with the suffering depicted in the music. This identification can exacerbate isolation and fuel self-deprecation. However, it is crucial to acknowledge individual variability. Music can also be a powerful tool for catharsis and emotional expression, allowing individuals to process difficult emotions and find a sense of connection and validation. Therefore, a personalized approach is necessary, considering the specific needs and emotional vulnerability of each individual (10-13).

This case report highlights the multifaceted relationship between music and mental health in adolescents. While music can serve as a valuable source of support and expression, it can also inadvertently contribute to or worsen depressive symptoms in certain individuals. Parents and mental health professionals should be mindful of the emotional impact of music on vulnerable adolescents, encouraging open communication and exploring alternative music choices that promote positive coping mechanisms and emotional well-being.

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