

Reasons behind Why Depression is more Common in Women Compared to Men

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INTRODUCTION

It has been widely noticed that there are gender differences prevalence of depression. Women are two times more likely to experience depression than men. A study in 2017 shows that these gender differences start at the age of 12. Several risk factors responsible for high rate of depression in women are listed below:

Bipolar Disorder Risk factors

For bipolar disorder, apart from genetics other risk factors also needs to be considered alongside. These factors may be environmental and behavioral factors including:

Hormonal Differences

The way that women can encounter mood disorders is associated with their menstruation, such as premenstrual dysphoric disorder (PMDD). It is a mood disorder characterized by depressive symptoms which occur prior to the onset of the menstrual cycle.

As the peak onset of depressive disorders in women collide with their reproductive years (from 25 to 44 years of age), hormonal changes may play a vital role. The two main female hormones Estrogen and progesterone have been shown to affect neurotransmitter, neuroendocrine, and circadian systems which implicates mood disorders.

Although at the time of menopause woman's risk of depression reduces. During the peri-menopausal period there is an increased risk for those who have history of major depression. Other hormonal factors which may also contribute to risk of depression in women are sex differences related to the hypothalamic-pituitary-adrenal (HPA) axis and thyroid function.

Socialization Differences

Researchers found that gender differences in socializing could also play a major role in rates of depression. Generally,

Girls are socialized as more nurturing and sensitive to the opinions of others; in contrast boys are encouraged to develop a good sense of mastery, dominance and freedom in their lives.

Male socialization emphasizes norms such as emotionlessness, sturdiness, and the evasion of anything saw as ladylike, including presentations of feeling or emotion. Scientists suggest that this sort of socialization may cause depression show contrastingly in men.

Social Roles

Theories also state that women who serve as housewives and mothers may discover their jobs downgraded by society. Meanwhile, women who pursue career outside may confront discrimination and job inequality or may feel clashes between their part as a wife and mother and their work.

Coping Style

Studies found that women have a tendency to use more emotion-focused, ruminative adapting style— reflecting on their issues over in their minds; while men have a tendency to use a more problem-focused, diverting adapting style to assist them with forgetting their troubles.

Stressful Life Events

As per the evidences all through the life, women may encounter more upsetting life occasions and have a more sensitivity to them than men.

Investigations of grown-up ladies have discovered that ladies are almost certain than men to get discouraged in light of an unpleasant life occasion and to have encountered an upsetting occasion preceding a significant depressive episode.

Notwithstanding, depression prevalence rates additionally will in general be genuinely predictable around the world, which may propose that biological influences play the largest role and factors such as, financial status, socioeconomic status, educational status, race, diet, and culture are optional or compounding impacts.

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Received: 03-Feb-2022, Manuscript No. JBD-22-16287; Editor assigned: 08-Feb-2022 Manuscript No. JBD-22-16287 (PQ); Reviewed: 22-Feb-2022 Manuscript No. JBD-22-16287; Revised: 25-Feb-2022 Manuscript No. JBD-22-16287 (R); Published: 4-Mar-2022, DOI: 10.35248/2469-9837.22.8.175.

Citation: Nelapudi C (2022) Reasons behind Why Depression Is More Common in Women compared to Men. Bipolar Disord 8: 175.

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