

## Effect of Depression in the Society of Taiwan

Ling Chen Liu\*

Department of Occupational Therapy, Asia University, Taichung 41354, Taiwan

### DESCRIPTION

Depression is a widespread mental ailment that affects over 264 million people worldwide. Individuals affected with depression might undergo a lot of pain and perform badly at jobs, school, and in their families. In the worst-case situations, depression can sometimes effect mentally which ultimately causes death. The DALY (Disability-Adjusted Life Year) is a measure of the illness burden produced by depressing disorders. A DALY is the loss of one year's worth of full health. The Global Burden of Disease (GBD) study uses Disability-Adjusted Life Year (DALY) as an indicator to estimate the global disease burden, and it finds that between 1990 and 2019, the leading cause of DALYs from depressive disorders increased by more than 61 percent, and depression is the leading cause of non-fatal health loss.

People aged 20-64 years old account for 96 percent of the employed population in Taiwan, which is greater than in other parts of the world. According to official Taiwanese data, adults aged 20-64 years were responsible for 75% of mental-health-related medical costs. This suggests that, in comparison to other areas, Taiwan's employed population aged 20-64 years is more likely to experience economic stress and despair. Although knowledge workers sum up to just 3.2 percent of Taiwan's working population aged 20 to 64, they are subjected to high-pressure employment for lengthy period of time [1]. Because of their working environment, the cause of depression is higher than that of other workers. This creates a hidden problem for Taiwan's economy and social development, necessitating the implementation of depression preventive measures. This creates a hidden problem for Taiwan's economy and social development, necessitating the implementation of depression preventive measures. For physiological and psychological concerns, adults in the United States showed a U-shaped curve as they became older. Adults in Taiwan, on the other hand, showed an upside-down U-shaped curve for mental disorders as they became older. While age and depression risk are linked, this data show that there are regional disparities. According to Mead, marital status has a significant impact on depression risk; those who are single or divorced have a much higher risk of depression than those who are married. Religious beliefs have been shown to be a

protective factor against depression in research. In general, it acts as a preventative measure against depressive morbidity, and the lesser one's religious activity, the higher one's risk of depression [2].

### Method of Study

The tools incorporate structured problems such as demographic characteristics, individual attributes, and depression risk. Individual characteristics included a pleasant psychological state, familial relationship, and social standing, whereas demographic factors included sex, age, marital status, and religious belief. Medical specialists were also invited to participate in the discussion and determination of positive psychological state items. The questions of positive psychological state items, which were based on Derigatus SCL-90-R, were used to evaluate the "positive psychological state." The questions were examined using the principal component approach, and one factor was chosen and termed "positive psychological state." The explained variation was 65.46 percent, and the characteristic value was larger than 1 [3].

Men are more likely than women to suffer from depression as knowledge workers. Women in Taiwan acquire more schooling than males, and their income is increasingly catching up with men's. As a result, males make rivals with women for the same jobs and share family duties and responsibilities, which may be important factors in raising men's depression risk. Furthermore, conventional patriarchy denies women autonomy [4]. This demonstrates that gender equality is highly valued in Taiwanese society, and it may also explain why the findings of this study differ from those of many other studies in the literature that employ women as risk factors for depression. The Odds Ratios for married people and religious views were higher than in the control group. According to related study, the twin pressures of work and family are a significant predictor of Taiwanese employees' mental and physical health. Individual knowledge workers are put under more stress by their dual duties of job and family, according to a study of working stress. The findings of this study reveal that there are variations in depression risk variables between knowledge workers and the general public, which contradicts many previous studies. It also demonstrates

**Correspondence to:** Dr. Ling Chen Liu, Department of Occupational Therapy, Asia University, Taichung, Taiwan, E-mail: chenliuL02@gmail.com

**Received:** 05- Jan-2022, Manuscript No. JDA-22-15506; **Editor assigned:** 07- Jan-2022, PreQC No. JDA-22-15506 (PQ); **Reviewed:** 21- Jan-2022, QC No. JDA-22-15506; **Revised:** 25- Jan-2022, Manuscript No. JDA-22-15506 (R); **Published:** 07- Feb-2022, DOI:10.35248/2167-1044.11.7.440.

**Citation:** Liu LC (2022) Effect of Depression in the Society of Taiwan. J Dep Anxiety. 11:440

**Copyright:** © 2022 Liu LC. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

that knowledge workers with a high risk of depression are overlooked, which may result in high-risk knowledge workers not receiving appropriate preventive and treatment.

## CONCLUSION

In Taiwan's post-capitalist society, the risk of depression for knowledge workers has gradually grown over time, according to the long-term trend. As a result, depression prevention is becoming increasingly important. Males, married persons, religious views, and those aged 44-49 all had high-risk factors for depression, according to the study. The biggest risk category was male knowledge workers aged 45-49 years. The higher the emphasis on gender equality in society, however, the less probable it is that the gender depression index gap will diminish. Individual features can accurately predict the likelihood of developing depression. The greater the psychological condition and family relationship, the lower the chance of depression, and vice versa. In Taiwan's post-capitalist culture, positive psychology and familial bonds are the key

depression risk factors for knowledge workers. A positive mental state and a solid familial relationship can help to lower the risk of depression.

## REFERENCES

1. Jeon GS, Jang SN, Rhee SJ, Kawachi IL, Cho SI. Gender differences in correlates of mental health among elderly Koreans. *J Gerontol Ser B Psychol Sci Soc Sci*. 2007;62: 323-329.
2. Back JH, Lee Y. Gender differences in the association between socioeconomic status (SES) and depressive symptoms in older adults. *J Arch Gerontol Geriatr*. 2011;52: 140-144.
3. Lee MB, Liao SC, Lee YJ, Wu CH, Tseng MC, Gau SF, et.al. Development and verification of validity and reliability of a short screening instrument to identify psychiatric morbidity. *J Formos Med Assoc*. 2003;102: 687-694.
4. GBD. 2019 Diseases and Injuries Collaborators. Global burden of 369 diseases and injuries in 204 countries and territories, 1990-2019: A systematic analysis for the Global Burden of Disease Study 2019. *Lancet* 2020;396: 1204-1222.