

Violence in the School Environment: When the Teenager Encounters the Threat of Depression

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Abstract : For some years in Cameroon, there has been an increase in violence in schools. This violence has gone from verbal to physical, sometimes going as far as murder. At the centre of this violence, we find the student who is a teenager in the midst of both physical and psychological changes. The unpredictable transformations of his body, the unexpected emotions arouse when he encounters someone else, intrusion, shortcomings, boredom, loneliness and self-deception are the threats to which the teenager faces daily. From the psychopathological point of view, the greatest threat in adolescence is probably the depressive threat. During adolescence and for several reasons, the subject is confronted with the self image. He displays certainty which sometimes hides great uncertainty about what leads him to manifest some particular behaviours or undertake certain actions. Faced with aggressiveness towards those he confronts, he feels more or less guilt. This can lead a certain number of adolescents to feel helplessness faced to their vis-à-vis, faced to life. This helplessness is sometimes reinforced by the social, cultural and economic context in which they are. The teenager then feels threatened by this depression which, when it reaches its extreme, it is manifested by the feeling that he can no longer do anything. Generally, the depressive threats manifest itself in defensive forms vis-à-vis with the depression itself. Reason why, it is indeed a threat and not a threshold already crossed. This threat often manifests itself in inappropriate forms of attack on one's own body as seen in a number of repetitive risky behaviours. We also see teenagers confront peers and even adults through physical attacks and often go as far as murder. All these behaviours appears as an absurd way of attacking and at the same time confronting the feeling of remaining alive. This depressive threats can also be expressed in forms of attacks on an individual's thinking abilities or more explicitly in the form of academic downfall. The depressive threats does not sum up all the problems of adolescence, but, undoubtedly represents currently, one of the deepest form of unease adolescents face.

Keywords : violence, school, depression threats, adolescent, behavior

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