

EFFECTS OF FAMILY RELATIONS TOWARDS RISK OF DEPRESSION IN ADOLESCENTS

ABSTRACT

Background : In these days, with depression in adolescent levels getting higher in amounts, it should be assessed whether their relationships with their families has an effect on their risk of depression.

Objectives : To find out the effect of family relations in risk of depression.

Method : Literatures from PubMed that published in 2015-2019 were searched using specific keywords. Then these literatures were filtered according to inclusion and exclusion criterias. of the variables used within the studies and then the results of the research were put in a table and the individual results are compared.

Results : 4 Studies were conducted with similar Independent and Dependent variables to be then assessed and the results were that different family relations refer to different depressive tendencies.

Conclusion : This study shows that there are effects to be had from family relations towards the risk of depression in adolescents.

Keywords : *Family Relations, Depression, Adolescent.*