

Heiti á bacheloruppgávu

Depression í det senmoderne samfund

Abstract

Depression is considered as one of the psychological disorders that have been receiving highly attention in the field of psychology and in the general public. Specially, has the attention been linked with the cultural changes in the late modern society and cultural changes which include individualization. This project examines how depression can be related with the cultural changes through the view of cognitive and social psychology theories. From the cognitive perspective the theory of Aaron T. Beck will be presented while the social psychological theory will include a framework of Tegan Cruwys and colleges, which connect the Social Identity Approach with depression. Becks cognitive theory covers the cognitive factors and the personality dimensions of sociotropy and autonomy as etiological factors for developing depression. The social psychological theory presents the role of the social aspects that include social relations and social connectedness as causes on depression. Furthermore the theories will be discussed together with the late modern cultural changes as globalization and individualization. Both theoretical perspectives points overall to different but supplementary explanations of the project thesis.