

# Improving The Social-Emotional Skill in Young Students who have Depression Symptom.

Mallika Thanasanti, mthanasa@masonlive.gmu.edu  
Early Childhood Education , INTO George Mason University

The feeling **depressive** rapidly occur in early age. The most depressive children come from many factors which might effect the social-emotional development. Many researches seemed to be lack of concentrate on the causes of mental illness of children as it could be. **The purpose of study to describe what is the main cause of depression symptoms in early childhood and makes recommendations for early childhood educators improving those practices based on this review of the literature.**



**How can teachers prevent the depressive symptom in early childhood?**

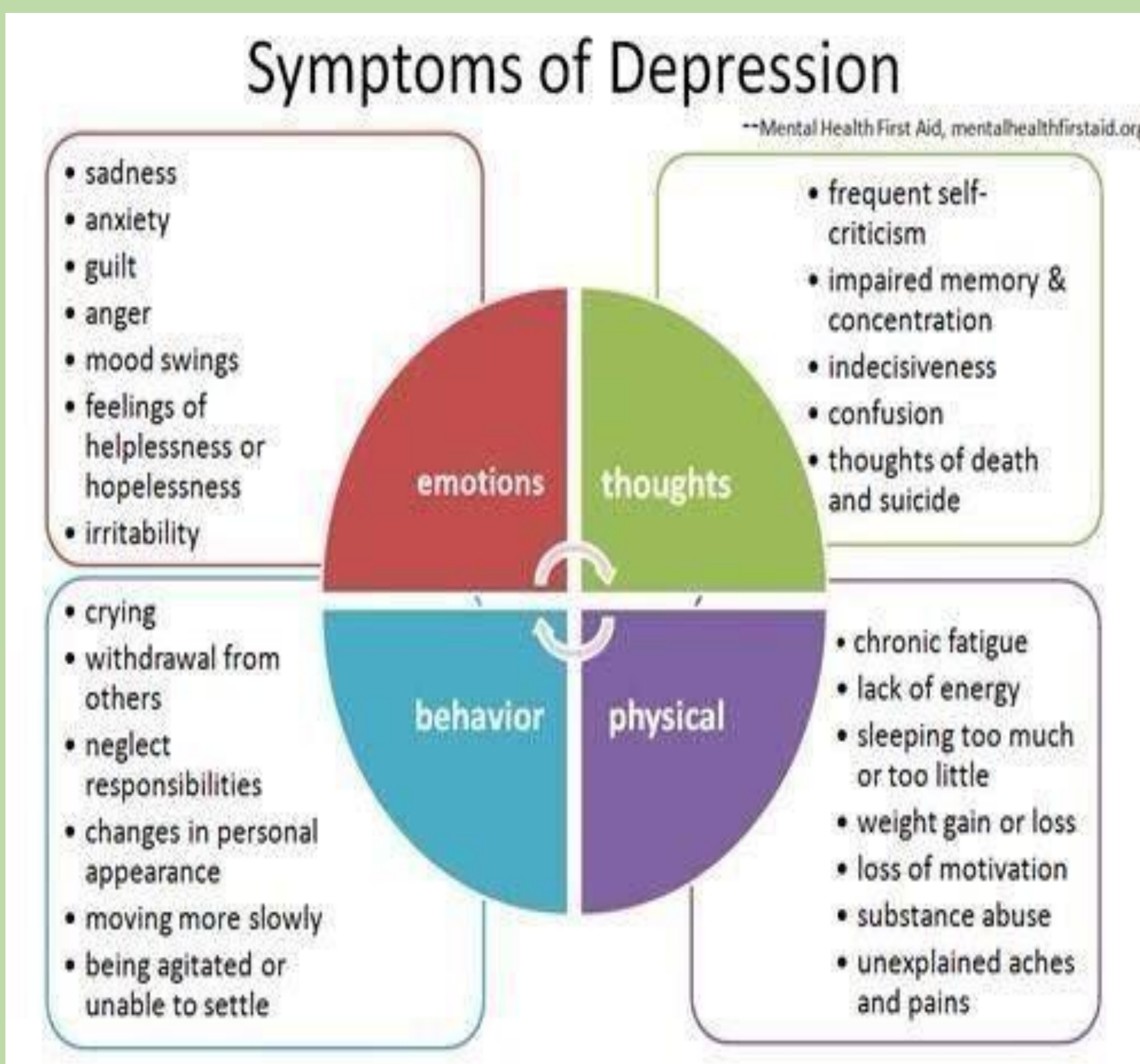


Figure 1: According to Mental health first aid illustrated the symptom of depression.

## DEPRESSION SYMPTOM IN EARLY CHILDHOOD

Poulon (2013) stated that **"Young students with depression present a challenge for teachers. Depression in children and youth is not easy to detect"** (p.230). Depression can be complicated and very serious in early age and it come from many factors such as the effect of poverty on families, parental behavior, and employment pressures on the parent to the child(McLaughlin, 2007,p.755)

## The Role of Teachers

Teacher can play an important role to supporting a student with depression because they see students on a daily routine in school, they are in a position to observe warning signs of depression. Cole (1990) stated "social and academic incompetence appeared to have a cumulative effect on symptoms of depression"(p.427). Teachers can demonstrate responsiveness to a parent by communicating openness to new information, suggestions, and other forms of feedback about the classroom, and maintain a welcoming, supportive stance toward parents (Powell, 2001, p.271-272). So, how can Teachers respond to children in the possitive way such as showing individualized interest in a child's experiences, helping a child feel valued and accepted, and engaging in emotionally warm and positive interactions, has long been considered a core feature of high-quality early childhood classrooms.

## Helping students with depression

- access basic information about students with depression,
- achieve a realistic awareness about depression in children
- learn background information to assist in identifying early warning signs develop strategies for supporting students with depression

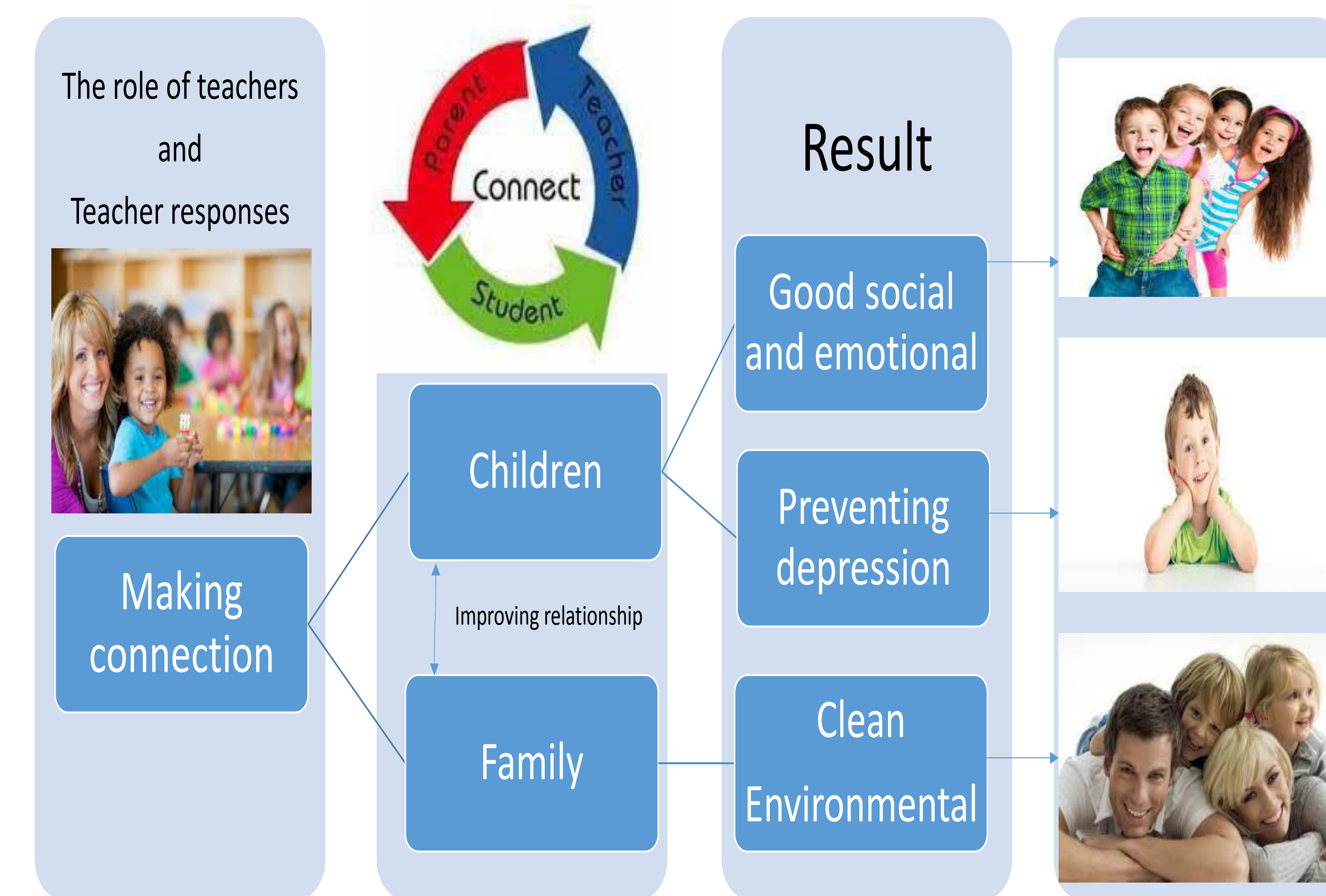
## Collaboration between Teachers and Parents

One of teacher strategies might be effective to contribute young students with depression is how to teacher work with children family. **Parents may need support in recognizing that their children could be suffering from depression.** Supportive teachers can help parents to access treatment for their children. It is important for families and teachers to work together to help students with depression. Teachers and parents can help by removing unnecessary stressors and keeping expectations in line with the student's ability to concentrate and complete tasks. Children may need extra assistance in planning, maintaining routines, and making decisions at home and at school.



Figure 2: the picture illustrated the collaboration between teacher-child-parents. This is one of important strategies for teachers. Communication and collaboration are very significant for coping with depression symptom.

Figure 3: The map showed the connection between teacher-children-family



## FURTHER RESEARCH

Some of the literature come from the psychology field that might be difficult for educators to understand the approach and the model that they provide for recommendation and practice. Other researches also have the recommendation for teachers, but have advise for observed the children for longitudinal periods. No one seems less to provide a short-team to enhance the depression problem in early age.

**Suggestions for future research** to create more generalized knowledge of education subject should be considered for the purpose of academic and practitioners who are not in particular education yet. Therefore, frameworks, and models for teachers should be studied and provided as a more practical guideline that fit the audiences' needs and purposes.

## REFERENCES

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