



Depression Survivors Among Emerging Adults: Their Healing Journey

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ABSTRACT

This qualitative study explored the healing process of depression survivors among emerging adults with effective coping strategies utilised by them. A semi-structured interview was conducted on participants aged between 18-28 years old. A theme narrating the experience of the depression survivors were identified: The journey of healing - Crawling out of the quicksand. The survivors emphasised that to achieve healing, everything starts from within the self, and they had been putting in a lot of their extra efforts in helping themselves heal. They all went beyond recovery, where their efforts illustrated their focus on healing, thriving, and achieving optimal well-being upon recovery. Significantly, the relevance and applicability of the building blocks of Seligman's PERMA model of well-being towards those efforts taken were revealed in the study.

Keywords: depression survivors, the healing process, emerging adults, challenges, coping strategies, optimal well-being

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