

A long war can rise many psychological problems in the country, including anxiety and depression issues. In the 19<sup>th</sup> century, the Europe passed through a great depression phase because of intra-region wars. The war limits the available resources in the country, and major portion has been given to the army. Therefore, it causes anxiety and depression problems for decades even after the war has stopped. According to a French university research, a person can stay in the war, by exceeding this limit, pushed the nation into severe psychological problems. The anxiety enables the fight and flight mode of human body, which consumes extra resources of human body. Ultimately, it leads to weakness, and the weakness can cause death. Moreover, it can expose the person to different diseases because of weak immune system. Once the medicines have not been taken by patients for a long period, it may push the patient again into psychological diseases. Hence, the war has many psychological problems on the people for decades.

plz try to reform your sentence structure and try to write in more effective manner