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Increasing Awareness of Mental Health Among Youth

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Abstract

Mental health is general words is a state of mind where individual realises his/ her own capabilities. Mental health is necessary for healthy teenager's development, strong relationships and flexibility. The aim of this study is to examine the effects of mental health on our generation. The basic objective of this study is to analyse the causes and effects of mental health in our economy. A good and healthy lifestyle does not only mean a disease free lifestyle but a life with mental peace also. A sample of 150 respondents is taken and examined. A well framed questionnaire was designed and is examined with the help of pie charts, and bar diagrams. The main objective of this research is to increase the awareness about mental health.

Keywords - Mental Health, Awareness, and Lifestyle

Introduction

Mental health is described as a state of well-being in which individual realises his/her own abilities that can help him cope up with the mental stress of life. Mental health consists of emotional, psychological and social well-being. It also analysis how we handle our stress and how we relate to others and make choices. Mental health is essential at every stage of our life like, childhood, adolescence age, adulthood and till our aging. Mental health plays a significant role on our physical health also. There are various types of mental health problems like, anxiety disorder, obsessive disorder, personality disorder, eating disorder, post-traumatic stress disorder, psychotic disorder, etc. Mental health is also very necessary as it helps us to cope up with the stresses, helps us to be

physically healthy, having good relationships, working productively, realising our potential and making meaningful contributions to our community. But mental health can also be change over a period of time because of low energy, feeling numb, having unexplained pains, feeling hopeless and helpless, and having severe mood swings etc. Mental health can also be caused due to psychological factors like, trauma, sexual abuse, emotional breakdown, etc.

Mental health awareness enhances the chances for early intervention, which results in a fast growth of the recovery. The emotional well being is as essential as the physical health. A good mental health allows the children and our youth to expand the flexibility to cope up whatever life throws at them and grow into well accomplished, experienced, and healthy adults. Mental health is necessary for healthy teenager's development, strong relationships and flexibility. Researchers and mental health experts have found that increasing mental health awareness helps in the suicide prevention efforts. Mental health is also important for one's self esteem and self image. A good and healthy lifestyle does not only mean a disease free lifestyle but a life with mental peace also. Mental health is the biggest wealth.

In COVID-19 Pandemic, many people have lost their mental health which results into a great loss for the country. During Pandemic, people struggled physically, emotionally, and psychologically. Many people committed suicide because they were unable to deal with their mental health. This Pandemic is very tough time period for the country. People are struggling so much with their mental health these days. This Pandemic has taught us that one's mental health should be very strong emotionally, physically, and psychologically.

Therefore, mental health awareness is very important for the economy's growth and development as it also makes the person strong emotionally and psychologically for fighting any obstacles in their lives.

Mental Health Awareness: Definition and Importance

Mental health refers to an individual state in which his emotional, psychological and social well being is analysed. It focuses on how we handle our stress and how much capabilities we hold to make the right choices in our lives. Mental health is an important factor as:

- It helps us to cope up with the stresses,
- Helps us to be physically healthy,
- Having good relationships,
- Working productively,
- Realising our potential and
- Making meaningful contributions to our community.

Mental health awareness increases the abilities for negotiation, which results in a speedy extension of the recovery. Mental health and stability is a significant element in a person's everyday life. The human brain flourishes many skills at an early age like social skills, behavioural skills, and emotional skills. A good mental health allows the children and our youth to blossom the adaptability to cope up with anything and grow into well polished, experienced, and healthy adults. Mental health awareness is very important as it makes the person stronger and gives them the ability to face any obstacles in their lives.

Usage of Mental Health Awareness in the Education System

The need of mental health awareness in schools is massive. It is very important to raise mental health awareness in schools, institutes as people are getting affected by mental health issues every day. Many children's are struggling from their mental health. And they never discuss these things with anyone because they all have some fear within them.

Raising awareness about mental health in schools and Institutes has become very important because nowadays people are choosing suicide as an option because they are unable to deal with their mental stress. There are many causes of mental health issues among the students and the youth like:

- Academic pressure,
- financial stress,
- Pressure about career,
- Increasing use of social media,
- Trauma,
- Emotional breakdown,
- Sexual abuse, etc.

Therefore, raising awareness about mental health among students and youths has become very important nowadays for the economy.

Need of Mental Health Awareness During Covid-19 Pandemic

As the coronavirus pandemic speedily sweeps across the world, it induces a substantial degree of fear, agitation, anxiety and concern among the population at large and among certain groups in particular like:

- Adults
- Elders

- Younger youth
- Teenagers
- People struggling with health problems

During Pandemic, people are struggling with their mental health so much. It is obvious to feel anxious, apprehensive and stressed during the COVID-19 outbreak. In this Pandemic, many people committed suicide because of their mental health. People struggled physically, emotionally and psychologically during the Pandemic. Therefore, mental health awareness is very important for our country's growth and development.

Relevance of the Study

The aim of this study is to rapidly growing awareness about the mental health. Awareness can also create new refinement for the mentally ill. This consciousness can eventually develop in eminent changes for the mentally ill. Mental health awareness should be for a long term and is considered part of once life. Mental health awareness expends the chances for early arbitration, which can result in speedy recovery. During the pandemic, mental health plays an important role in every individual's life. Awareness is a key for compassionate what mental health is and how one perceives.

Literature Review

Cummins and Jones (2010): A mental health nurse and a social worker required experience in contributing training for police officers. Their main objective of paper is to analyse the mental health on individuals and experiencing some crisis related to their mental health. People's mental health should be treated with nobility and attentiveness. Srivastava et al. (2016): The prototype of mental health awareness as a means of fighting stigma, increasing prevention, establishing recognition and also invigorating simple and practical conciliation within the community. The main purpose of their study is to enhance the awareness about mental health and to know the progress of mental health services. Nazim Uddin et al. (2019): The behaviour and attitudes is to be analysed in relation to mental health conditions. Therefore, the different conciliation programs is to be conducted about mental health awareness. Yamaguchi et al. (2011): The document is being studied to increase the mental health awareness and to prevent the mental illness among the children and the primary focus of this research is to examine the effect of education on the children's mental health. The research focuses on the reduction of the stigma and to identifying the different types of programs for the future issues.

Aller (2019): Awareness and Advocacy of the mental health should be created and assessed. The research emphasises on mental health issues for college campuses and the primary focus is to

bring the efficacy in the college campuses about the mental health awareness. Pinfold et al. (2005): There should be a focus on the low level of the mental health literacy and stigma discrimination and social disbarring related to mental illness are acknowledged as a major public health concern. The efficacy of school based involvement with young people aged 14-16 is differentiated and aimed at enhancing mental health literacy and challenging the pessimistic stereotypes connected with severe mental health illness in sites in Canada and the UK.

Daskivich et al.(2015): The physicians needs to be aware about the mental health issues. It's is important to spread awareness about mental health issues in the hospitals and among the physicians. The final exhortation was to motivate additional study of residents wellness to better acknowledge the complications about mental health issues. Saha et al.(2019): A better acknowledgement about mental health, often encased as social media campaigns, can help immortalize the administration of sparse mental health resources. Motive of these campaigns is to make people aware about mental health problems. Eaton et al.(2017): Conciliation to increase services use are an essential element of health system. This includes recognition on and criterion of person's with mental illness to educate mental health nurses in the clinics. There main function is to aware people about mental health awareness in Nigeria.

Breslin et al.(2017): A theory of systematic behaviour is executed to determine the effects of a mental health awareness programmes on the sports coaches. Comprehensive and determination to offer support can be increased through a short mental health awareness programmes. Khawaja et al (2009): It is based upon the development of an instrument to evaluate the multicultural competencies of mental health professionals in Australia. The scale was developed to evaluate the efficacy of a multicultural mental health training program.Walther et al.(2014): It is important to spread awareness among students about mental health. Active minds has seen first hand the challenges and rewards of utilising student peer to change the conversation about mental health on college campuses. Campos et al. (2012): The interception and treatment of mental health problems, and the assistance of mental health and psychological well-being of children and youth is undertake as a priority in terms of public health worldwide.

Significance

Significance of this study is that mental health is very important for the country's growth and development. Awareness decreases negative attributes that have been set to describe people with a metal illness. Due to the elevating awareness, mental health can now be perceived as an illness. This study aims that raising awareness can reduce misapprehensions. The study states that mental health plays a significant role on our physical health also.

This study contributes to the enhancement of raising awareness about the mental health. This study shows how awareness can also create new improvements for the mentally ill.

Objectives of the Study

- To study the impact of mental health Awareness among the people.
- To study the behaviour of people during COVID about mental health.

Research Methodology

The study empirically examines the data assembled from 150 respondents living in Delhi. There were 20% adults, 45% youth and 35% elder's under this study. Overall, 100% respondents concurred that Mental health is a major problem and 15% respondents claimed that the major cause of mental health problems is emotional breakdown and 28% respondents claimed that cause of mental health is the psychological breakdown. Followed by it, 86.2% respondents are in the favour of mental health awareness campaigns for the growth and development of our economy and also for the enhancement of the knowledge of our youth.

The study also states that the 86.2% respondents believe that academic pressure and 9.2% believes that career pressure are the main reason for the stress of the students due to which their mental health is affecting. Also, 67.7% respondents are in the favour of mental health counselling sessions for the ones who are suffering from mental health issues. The findings of this study also states that 52.3% of the respondents believe that a healthy lifestyle depends upon the good and a stable mental health. This data is assembled through the primary data.

Besides the primary data, secondary data is also analysed from the different online and offline sources, past researchers and from government records. The research methodology obtained and used in this paper is using both primary and secondary data. The research affirms the positive impact of the methodology used and giving a better knowledge about the mental health awareness.

Data Analysis and Interpretation

The survey was conducted among different age groups of people. A sample of 150 respondents is taken and is examined.

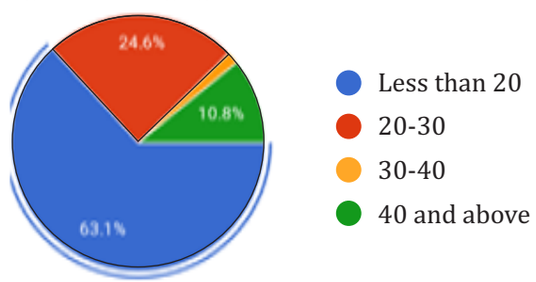
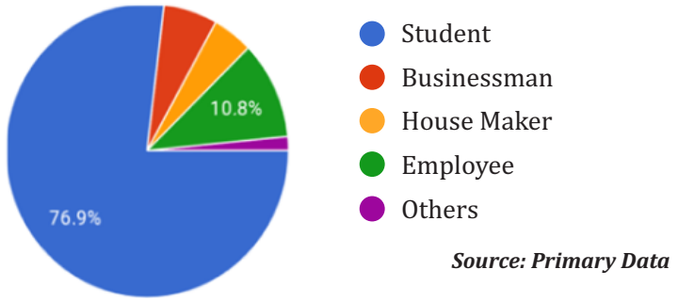


Figure 1: Age Group

Source: Primary Data

A survey of 150 respondents was collected from which the survey was filled out of which 63.1% respondents are below the age of 20, while 24.6% respondents are between the age group of 20-30 and the rest 10.8 are above 40 age.

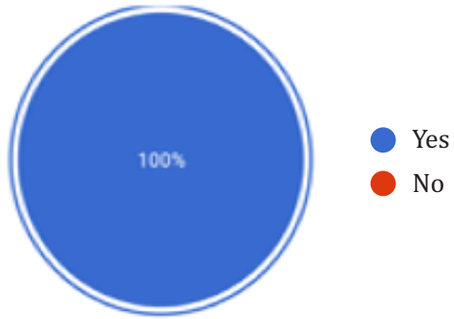
Figure 2: Occupation



Source: Primary Data

A survey of 150 respondents was collected from which the survey was filled out of which 76.9% respondents were the students and 10.8% were the employees, concerning about the mental health issues.

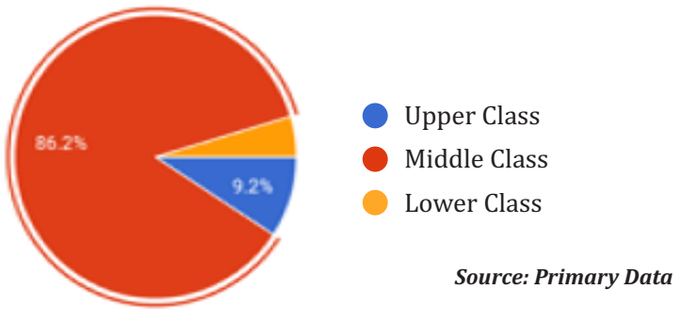
Figure 3: Is mental health a major problem?



Source: Primary Data

100% respondents believe that the mental health is a major problem as it can destroys a person and can affect his livelihood.

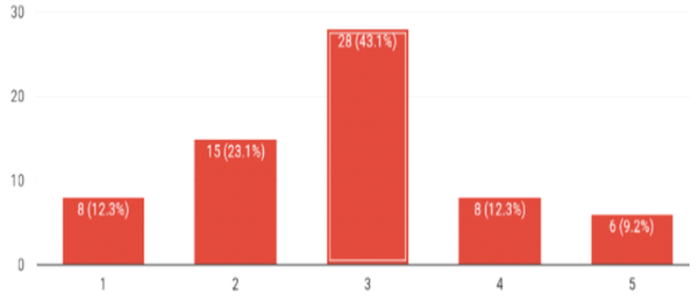
Figure 4: Effect of mental health on which age groups of people.



Source: Primary Data

Figure 4 states that 67% respondents are the adults that get affected due to mental health issues and 25% are the young generation.

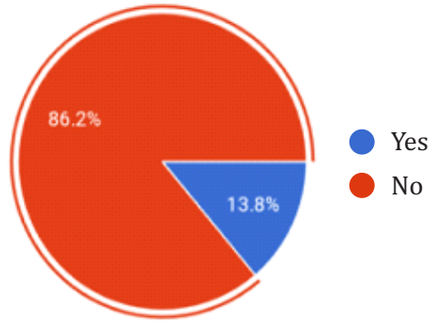
Figure 5: Major cause of mental health issues.



Source: Primary Data

In this analysis, the respondents believed that the major cause of mental health issues is the psychological breakdown (28%) and the emotional breakdown (15%). The majority believed that the psychological breakdown is the main issue.

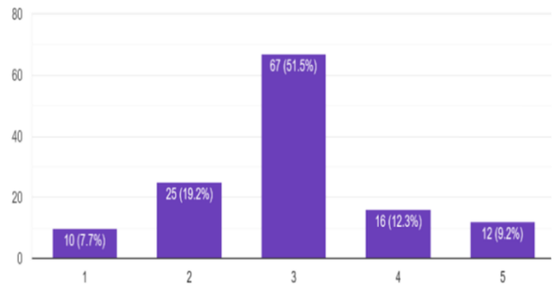
Figure 6: Is Mental Health Awareness Campaigns are Important?



Source: Primary Data

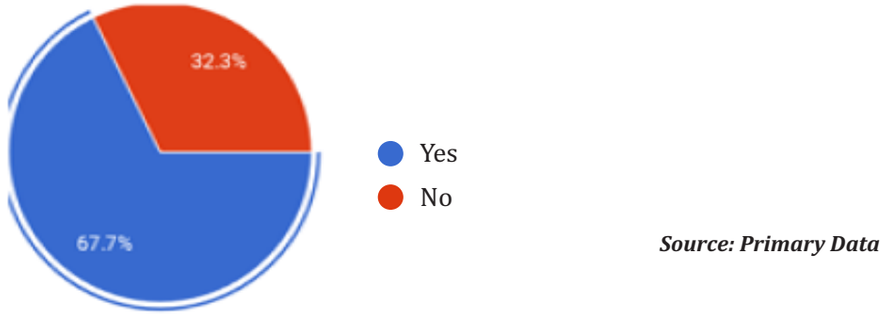
The above analysis, it is clearly seen that 86.2% respondents are in the favour of mental health awareness campaigns while the rest 13.8% people are against the campaign.

Figure 7: Mental health issues among the students



In Figure 7, it is analysed that 51.5% respondents have academic pressure due to which there mental health gets affected whereas, rest of the respondents have the career pressure.

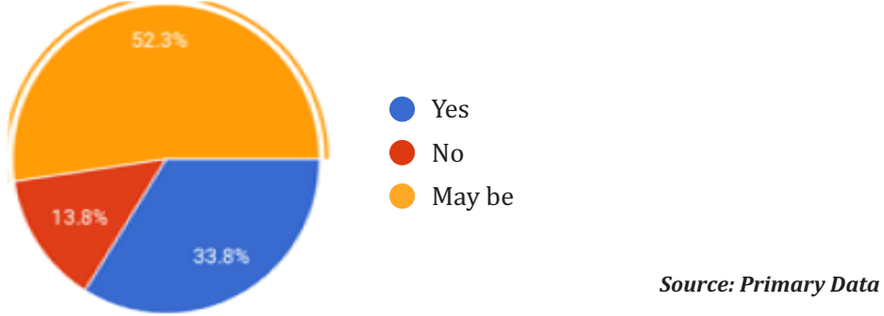
Figure 8: Is counsellor a must if any person facing mental health issues?



Source: Primary Data

Information given above in Figure 8 clearly shows that 67.7% of the respondents are in the favour of counselling while the 32.3% people believe there is no need of the counsellor.

Figure 9: Does our healthy lifestyle depend upon our mental health?



Source: Primary Data

From the above analysis, only 52.3% respondents believe that our healthy lifestyle depends upon our good mental health.

Conclusion

Mental health awareness is very important for the society's well-being. Mental health is all about dealing with the stress and anxiety. Mental health helps an individual in maintaining their emotions effectively. This study states that mental health also plays an important role on our physical health. It focuses on enhancing the chances for early conciliation which results in a speedy growth of the recovery. Mental health plays a significant role as it helps us in coping up with the stress and anxiety. The main objective of this research is to increase the awareness about mental health.

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