



Mental Health of Youth: A Study on Its Importance in Present Scenario

Bhanita Kalita^{1*}

¹*Assistant professor, department of Education, L.T.K College, Azad Contact no: 9101935801

*Corresponding author- Bhanita Kalita

(Received: 07 October 2023

Revised: 12 November

Accepted: 06 December)

KEYWORDS:

mental health,
youth,
social,
emotional.

ABSTRACT:

A person's ability to manage life's challenges, reach their full potential, study and work effectively, and give back to their community is known as their mental health. It is a crucial aspect of health and wellbeing that supports our capacity as individuals and as a society to make choices, form bonds with one another, and influence the world we live in. One of every person's fundamental rights is mental health. Additionally, it is essential for socioeconomic, communal, and personal growth. There is more to mental wellness than just the lack of mental illnesses. It is a multifaceted phenomenon that is experienced differently by each individual, with differing degrees of difficulty and distress as well as possibly drastically diverse social and clinical implications. Mental well-being is not an isolated phenomenon. It is a crucial component of total health, which has three definitions: the absence of disease, the state in which the organism is able to perform all of its functions, or a state of equilibrium both inside oneself and between oneself and one's external physical and social environment (Sartorius, 2002). Depending on how well the fundamental requirements for health are met, one of these three definitions may be applied. According to Maslow (1968), these requirements include those for food, shelter, survival, protection, society, social support, and escape from pain, unneeded stress, the environment, and any form of exploitation. Youth mental health is influenced by the presence or absence of different combinations of protective and risk factors. Positive mental health can be promoted, and mental health issues can be prevented or minimised. To be self-reliant and self-assured adults, young people need to maintain strong mental health in addition to good physical health. Adolescent development that is healthy must include mental health since it fosters the development of positive social, emotional, cognitive, and communicative abilities and behaviours in young people. In the long run, it also creates the groundwork for improved mental health and wellness. Therefore youth should give importance to their mental health. In this paper the importance of mental health of youth is discussed in the present scenario.

1.Introduction:

If a person is socially balanced, intellectually stimulated, and physically robust, they are deemed healthy. Any alteration to the social, emotional, or physical aspects could result in illness or discomfort. When the balance of these three facts of health is upset, disease may ensue. The term "Mental health" describes the state of a person's social and emotional state in both people and groups. Having a sense of community, realising one's potential and accomplishing goals, handling stress and sadness, and enjoying life are all important aspects of the concept. Mental well-being is

crucial to overall health. A person's mental health includes their psychological, emotional, and social well-being. A person's capacity for productivity in their endeavours, fulfilling relationships with others, and overcoming hardship are all dependent upon their level of emotional intelligence and psychological well-being. Effective mental health is essential at every stage of life, including childhood, adolescence, and maturity. People can have mental health issues at any point in their lives. It modifies their attitude and actions, as well as their outlook on life, challenges and how they tackle them. There are various significant factors that



contribute to mental health concerns, despite the fact that mental health is very individualised and that what affects one person may or may not influence another. These variables include biological factors like brain chemistry or DNA, life events like abuse or trauma, and even a The influence of a person's family history of mental health problems might be felt. stressful workplaces, rapid Changes in society, gender inequality, social exclusion, physical illness, and human rights breaches are all connected to mental illness. The ability to establish and sustain loving relationships with others, to function in the social roles typically played in their culture, to manage change, to identify, acknowledge, and communicate positive actions and thoughts, as well as to control emotions like sadness, are all implied by a person's mental health. A person in good mental health has a sense of self-worth, control, and comprehension of their internal and external functioning. Feeling good about oneself and other people, as well as being happy, joyous, and loving, are all important components of mental health, according to the Society for Health Education and Promotion Specialists (SHEPS, 1997). For a very long time, people assumed that everyone had mental health concerns, despite the fact that mental health issues are common. In the past, seeking medical attention was associated with stigma, and anyone who did so was written off as having a mental disorder. In terms of mental health, mental illness is not the same. It has long been believed that mental health is the absence of diseases such as depression and anxiety. Generally speaking, all diagnosable mental disorders are included in the phrase "mental illness," which are diseases that cause behavioural, mental, and emotional alterations associated with decreased operating or uneasy social and emotional skills that are vital for mental health during adolescence. Developing coping, problem-solving, and interpersonal skills as well as learning to control emotions are a few of these, as is exercising frequently. The family, the classroom, and the larger community all need to provide safe and encouraging environments. Mental health is impacted by several variables. The possible impact on adolescents' mental health increases with the number of risk factors they are exposed to. Adversity, peer pressure, and identity exploration are some of the factors that can lead to stress during adolescence. The gap between an

adolescent's lived reality and their perceptions or ambitions for the future can be made worse by gender stereotypes and media impact. Their relationships with peers and the standard of their family life are significant additional influences. There are established dangers to mental health, including severe and socioeconomic problems, harsh parenting, and violence, including sexual violence and bullying. Many signs can be seen in people with mental health issues, such as poor energy, withdrawing from others and daily activities, losing interest in eating or sleeping, smoking, drinking, or using drugs, feeling hopeless, fistfighting and yelling, forgetting their Having short fuse, hurting oneself, and more. Keeping one's mental health in check requires not just getting help from professionals when needed but also preserving social connections, engaging in exercise, offering assistance, and receiving Getting enough sleep and having faith in a solution. Individuals with sound mental health can perform at their best at work, fulfil their potential, manage life's challenges, and contribute back to their communities. a person's physical attributes, traumatic experiences as a youngster, and other parts of their life Numerous circumstances, including intrapersonal interactions, may be detrimental to their mental health. A When someone takes care of and maintains their mental health, their ability to appreciate life is retained.

2.Objectives of the study:

This research paper has been conducted on the following goals:

- 1.To study the importances of good mental health of youths.
- 2.To study the ways of preserving mental health in youths.

3.Significance of the study:

In the modern world, mental wellness is essential since it has a significant impact on many facets of our life. Our interactions, behaviours, and thoughts can all be influenced by our mental health. It gives us the ability to overcome obstacles, develop deep connections, and make wise decisions. Stabilising constructive behaviours, emotions, and thoughts depends on preserving good mental health and managing any poor mental health disorders. Putting mental health treatment first can boost our self-esteem, improve



relationships, and increase productivity. Maintaining our mental health not only makes it easier for us to operate on a daily basis, but it can also help us prevent or manage some of the physical health issues that are closely related to mental health issues. For instance, there is a link between stress and heart disease, therefore reducing stress may help prevent heart disease and encourage a healthy lifestyle. Young individuals are likely to feel good about themselves when they learn how to control their intense emotions or maintain composure in trying or sensitive situations. Their mental health can be improved by learning how to deal with little worries in life before they become major issues and by confronting their anxieties head-on rather than running away from difficult circumstances. Therefore the study of the importance of youths' mental health is very important for present scenario.

4. Methodology:

Analytical methods have been used for this study. Datas are collected from secondary sources like books, magazines, journals, internet etc.

5. Analysis:

5.1 Importances of mental health of youths:

a Aids in the development of a desirable personality:

A healthy, integrated, and balanced personality can be developed in youths with the support of mental health. This kind of development can preserve a healthy balance between an individual's demands and those of society, their environment, and can represent a person who is cohesive rather than disjointed.

b Facilitates Appropriate Emotional Growth:

An individual's mental and emotional development are closely related. well-being and affective conduct. Emotionally mature people have good mental health. Good mental health helps in proper development of emotional intelligence in youths.

c Aid in Appropriate Social Development:

An individual's mental well-being enables them to build suitable interpersonal connections in society. Individuals that are at peace with who they are have sufficient time and effort to build relationships with other people. It facilitates social conduct in people. Good mental health helps in proper development of social thinking in Youth.

d **Aiding Appropriate Moral Development:** for proper moral development youth need good mental health. Individuals with sound mental health typically conduct honourably and with integrity, adhering to social norms. Their ability to think clearly prevents them from engaging in unethical or antisocial actions.

e **Supports Appropriate Aesthetic Development:** A sound mental state is necessary for the growth of an appropriate aesthetic sense, creative taste, and sophisticated mood for youth. The pursuit of aesthetic, artistic, and creative endeavours can emerge from a mind free from any excitement, conflict, frustration, guilt, or negative attitudes. growth rather than intricacy or strife.

f **Facilitates the realisation of personal potential:-** Having good mental health is crucial for someone to understand their personal capability. Children that are mentally well are better able to strive towards reaching their full potential. However, due to intellectual limitations, children who do not have good mental health cannot reach their full potential. infirmities, reclusive dispositions, and improper conduct.

g Facilitates the search for the right adjustment:

One who is well-adjusted also has good mental health. People with this kind of adaptability can fit in both with their surroundings and themselves. They possess the ability to adjust to societal conditions and medical requirements.

h **Aids in Pursuing Life Goals:** A person's mental well-being encourages them to work towards and accomplish their life's objectives. Correctly. One may always accomplish their aim with maximum strength when they have holistic mental health.

i **Contributes to Social Progress:** Mental wellness fosters the growth of individuals into well-rounded, vital citizen who understands his obligations and rights. People receive the requirements from society in order to meet their basic needs for growth and subsistence, and they are also prepared to contribute in the development and progress.

5.2. Ways of preservation of mental health in Youth:

It is critical to safeguard and promote everyone's mental health in the framework of national initiatives to improve mental health, as well as to attend to the needs of those who suffer from mental illnesses. Community-



based mental health care should be used to do this, since it is more acceptable and accessible than institutional treatment, aids in the prevention of abuses of human rights, and improves the outcomes of recovery for those with mental health issues. The delivery of community-based mental health services should be facilitated by a network of connected programmes that include:

1. Community mental health services, which may include community mental health centres and teams, psychosocial rehabilitation, peer support services, and supported living services.
2. Mental health services that are integrated into general health care, usually in general hospitals and through task-sharing with non-specialist care providers in primary health care and services that provide mental health care in social services and non-health settings, like child protection, school health services, and prisons. Because there is a significant lack of care for common mental health issues like anxiety and depression, governments need to come up with creative solutions to increase the variety and scope of care for these disorders. Some ideas include using digital self-help tools or outside psychological counselling.

We need to follow some steps for preservation of good mental health in youths. Some of its steps are discussed in the following way:

1. Having a positive, upbeat support network might be essential to maintaining a joyful, sound mind. This may also entail ending poisonous or unhealthy relationships. Make a conscious effort to maintain contact with the supportive individuals in our life rather than cutting ourselves off from them. According to Scott, "Deep and honest connections with others can improve your general well-being, but isolation can be unhealthy".
2. When necessary, we need to take a day for our mental health. Although there is a correlation between mental and physical health, mental health days may not always carry the same weight as physical sick days. Mental health conditions like sadness and anxiety are not something that can be simply "overcome," much like the flu. According to Scott, we need to look after your entire self in order to function at our best. "Taking care of our mental health

is part of taking care of our whole health."

3. Even if we don't think our situation is "bad enough," get help. Everyone needs assistance from time to time, and it is courageous to ask for assistance when necessary. According to Scott, recognising unhelpful thinking and emotional patterns might be aided by seeing a therapist or counsellor. Additionally, they can aid in the processing of anxiety, sadness, or bereavement.
4. We need to take our laughter seriously. The adage "laughing is the best medicine" is true, and for good reason. Laughter has been shown to enhance mental, emotional, social, and physical well-being in individuals. Studies conducted at Loma Linda University Health have shown that laughter lowers blood pressure, lessens stress hormones, and enhances mood. According to Scott, humour in general and laughing in particular can be effective coping mechanisms that greatly enhance mental health.

Suggestions:

Mental health is very important for our peaceful life. To keep good mental health in youths, we can adopt some steps. Some of its suggestions are given in the following:

1. **Engage in regular exercise.** Walking for just 30 minutes a day can have a positive impact on our health and happiness. Exercise counts in little increments, so don't give up if you can't work out for 30 minutes at a time.
2. **Maintain hydration and eat regular, healthful meals.** Our energy and concentration levels can be sustained throughout the day with a healthy diet and lots of water. We should limit our intake of caffeinated liquids as well, like coffee and soft drinks.
3. **Give getting enough sleep a high priority.** Maintain a routine and make sure we're receiving adequate rest. We should reduce our exposure to blue light from your computer or phone before bed. Blue light from displays and devices can interfere with sleep.
4. **Take up a soothing hobby.** Examine apps or programmes related to relaxation and wellbeing that may include breathing techniques, muscle relaxation, or meditation. We need to set aside



regular hours for journaling and other enjoyable, healthful pursuits

5. **Prioritise and set goals.** We should Priorities our tasks and determine what can wait. If we find ourself taking on more than we can handle, learn to say "no" to additional assignments. At the end of the day, we should try to focus on the things you have done rather than the things we were unable to complete.
5. **Show appreciation for what we have.** Every day, we should remind ourself of our blessings.
6. **Concentrate on the good.** Recognise and confront our unfavourable and detrimental beliefs.
7. **Maintain contact.** We should speak with our loved ones or friends if we need both practical and emotional support.

Conclusion:

A person's capacity to use their cognitive and affective abilities is an indicator of their mental health, which is a state of psychological and emotional well-being. It influences our feelings, ideas, and behaviour. It also influences our decision-making, social interactions, and stress response. Mental In addition to the absence of mental illness, being in good health means having the ability to overcome problems in life. It implies keeping a normal degree of personality development and avoiding mental disease in general. An individual A person with good mental health enjoys a more fulfilling, contented, tranquil, and fruitful life. He has adjusted nicely and able to adapt to changing circumstances. Throughout life, especially in childhood and adolescence, mental Health is really important. Positive conceptions of the social and emotional well-being of individuals and groups are linked to the idea of mental health. The concept revolves around enjoying life, managing stress and grief, reaching one's potential and objectives, and feeling content with oneself community.

Reference:

1. Kalita pranjit,(2023).The Importance of Mental Health of Student in the Present Modern Context, International Journal for Multidisciplinary Research (IJFMR),E-ISSN: 2582-2160,Volume 5, Issue 2.
2. Mangal,S.K. Abnormal Psychology, New Delhi, Sterling Publication
3. <https://www.nhs.uk/media/226582/Mental%20Health%20is%20important.pdf>
4. <https://apps.who.int/iris/bitstream/handle/10665/42940/9241591595.pdf>
5. <https://apps.who.int/iris/bitstream/handle/10665/42823/9241562579.pdf>
6. <https://news.llu.edu/patient-care/8-ways-protect-your-mental-health>
7. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
8. <https://www.talkspace.com/blog/why-is-mental-health-important/#:~:text=Positive%20mental%20health%20is%20crucial,relationships%2C%20and%20make%20informed%20decisions>
9. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-responses#:~:text=Mental%20health%20is%20a%20state,an d%20contribute%20to%20their%20community>
10. [https://www.researchgate.net/publication/235371865_What_is_mental_health#:~:text=\(2013\)%20proposed%20to%20define%20it,well%20as%20higher%20function%20needs](https://www.researchgate.net/publication/235371865_What_is_mental_health#:~:text=(2013)%20proposed%20to%20define%20it,well%20as%20higher%20function%20needs)
11. <https://cpdonline.co.uk/knowledge-base/mental-health/youth-mental-health/#:~:text=Mental%20health%20problems%20are%20unlikely,family%20relationships%20and%20life%20chances>