

Awareness of mental health among teenagers

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ABSTRACT

Aim: This study aims to check the awareness of mental health among teenagers. **Introduction:** Mental health is one of the most common issues faced by the teenagers. Mental health is associated with behavioral pattern, and psychological and social well-being of a particular individual. Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more. **Materials and Methods:** Questionnaire was prepared and survey was conducted among school students about mental health among teenagers and data were collected. The survey was prepared on SurveyPlanet and was circulated among students. The survey was conducted among 101 students. **Results:** About 100 students took up the survey, of which 95% of the population spend most of the time in their gadgets. 73% are a single child to their parents. 53% of the students were forced to extracurricular activities due to their parents. 73% of the students felt that they experience a stressful life. **Conclusion:** Mental health is major concern worldwide. Mental illnesses affect 19% of the adult population, 46% of teenagers, and 13% of children each year. Thus, this survey has created awareness of mental health among teenagers through extensive questionnaire.

KEY WORDS: Mental health, Parents, Society, Stress, Teenagers

INTRODUCTION

Mental health is one of the most common issues faced by the teenagers. Mental health is associated with behavioral pattern, and psychological and social well-being of a particular individual. Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more. Mental illness is an equal opportunity issue. It affects young and old male and female. Signs and symptoms of mental illness depend on the part of the illness. Common symptoms include (1) feeling down for a while, (2) extreme mood swings, (3) withdrawing from friends family and activities, (4) low energy or problems sleeping, (5) often feeling angry, hostile, or angry, and (6) feeling paranoid report symptoms of mental health problems, depression being the most common.^[1] Mental health problems affect 10–20% of children and adolescents worldwide. Despite

their relevance as a leading cause of health-related disability in this age group and has along lasting effects throughout life.^[2] Adolescence is a sensitive developmental period when the personal identity is formed and the foundation created for later mental health. According to the psychoanalytic theory, the adolescence period, seen as a transition from childhood to adulthood, is a more problematic period than other periods of life.^[3,4] Adolescents are confronted with various life stressors. Adolescents are confronted with a variety of life stressors from both school and home. Unmanaged stress is now believed to be a contributing and/or causal factor in the development of mental health and behavioral problems that are prevalent in adolescents including anxiety, depression, and behavioral problems.^[5,6] Moreover, this social media use is also linked to an increase in mental health problems, including anxiety and depression, there is also evidence that overuse of gadgets has a negative impact on self-esteem and satisfaction with their lives.^[7,8]

Depression is also seen among children and adolescents, and young people have been identified as an important group to consider when examining mental health issues, since symptoms of depression are often

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first exhibited during childhood and adolescence.^[9] Few studies have examined the associations between physical activity and depression among adolescents and whether the beneficial effects on depressive symptoms seen among adults are also evident among younger people.^[10,11] High levels of television viewing have been associated with several negative physical and psychosocial health outcomes among youth. There is evidence of increased risk of overweight and obesity in children and adolescents who spend large amounts of time watching television.^[12]

It is normal for young people to worry about getting along with their peers. Peer groups play an important role in young people’s lives, particularly during adolescence. “Peer pressure” refers to the influence that these groups can have on how an individual thinks and act.^[13] Appropriate diagnosis is essential for providing good medical and psychological treatments and for psychoeducation, i.e., helping patients and their families to recognize and understand symptoms.^[14,15] Making a diagnosis requires thorough assessment of medical history, symptoms, and function. The aim of the study is to create the awareness of mental health among teenagers.^[16]

MATERIALS AND METHODS

The sample size of this study is 100. The study group consists of students in the age between 13 and 17. This was a questionnaire-based study. The survey questions were prepared and administered through SurveyPlanet using an online link. The questions basically analyzed on different aspects of their mental health behavior. Results were statistically analyzed.

RESULTS AND DISCUSSION

The discussion is all about various aspects of teenagers mental health problems when the students were asked do they spend more time on gadgets 95% of them answered yes [Figure 1]. This shows that gadgets are one of the main causes of mental health disturbance in teenagers over the use of gadgets that make them both mental and physically weak.^[17] 73% of the students who answered to the survey questions were a single child to their parents [Figure 2]; this shows that single child’s is more stressed and affected by various mental health problems compared to others students.

About 58% of the students are forced to get involved into extracurricular activities due to their parents [Figure 3]. 60% of the students’ academic performance was below average because they have been forced to do both extracurricular activities and maintain their academic performance, which most of the students fail to do. Compulsion of two different things makes an individual weak and makes to fail in both, concentration on one particular event is compulsory

for an individual who is affected by mental health problems.^[18]

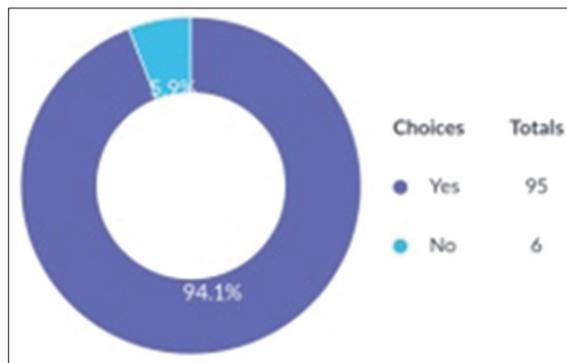


Figure 1: Do you spend more time in your gadgets?

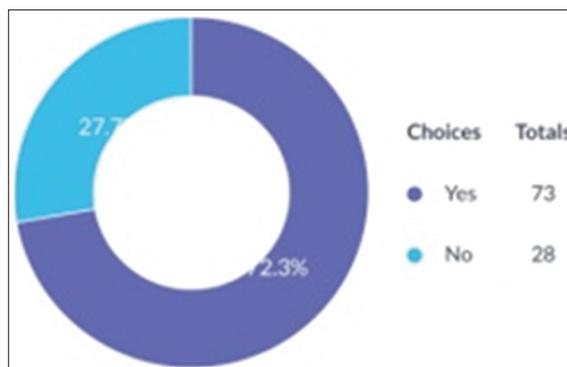


Figure 2: Are you single child to your parents?

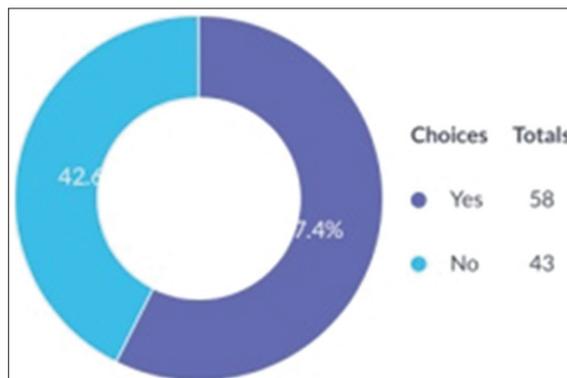


Figure 3: Are you been forced to get involved into extra curricular activities because of your parents?

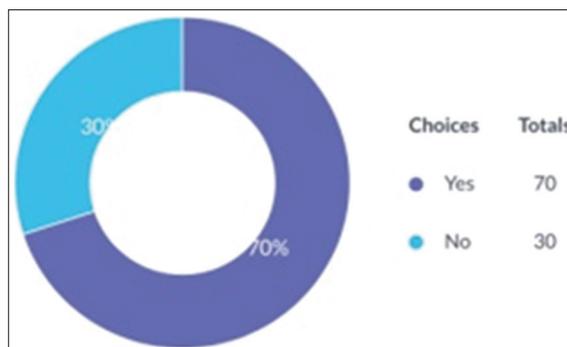


Figure 4: Do you feel more stressed by your parents and peers?

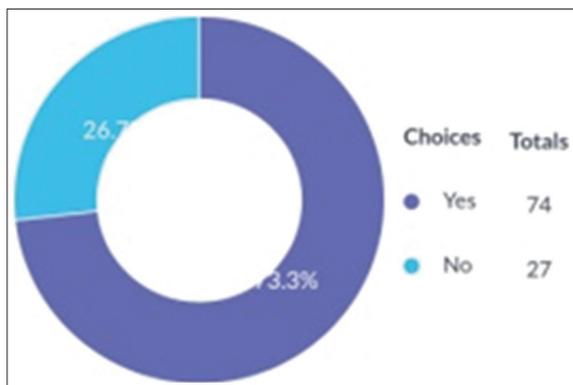


Figure 5: Are you parents more conscious about society than their own child's interest/thoughts?

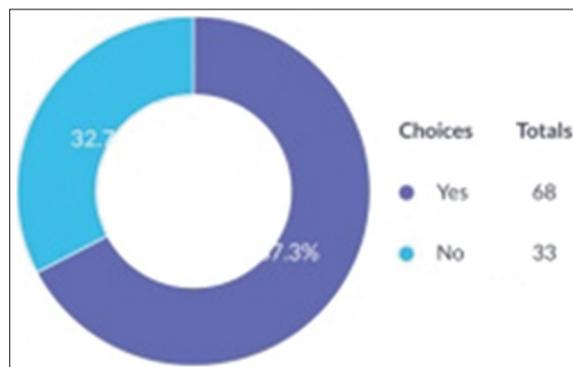


Figure 6: Have you ever expressed your opinions to your parents?

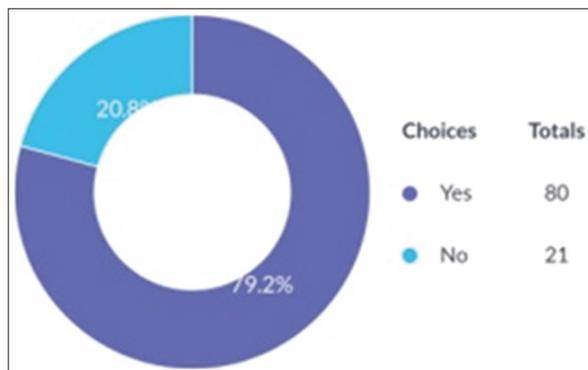


Figure 7: Are you influenced by your friends?

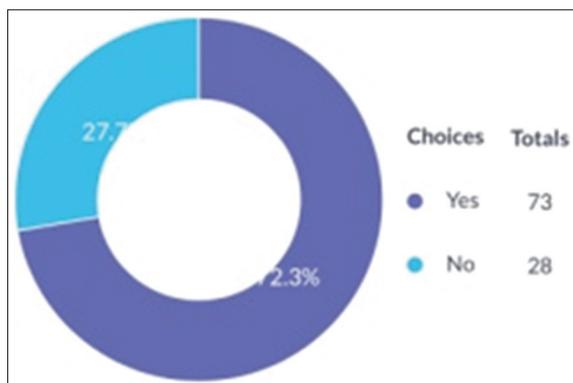


Figure 8: Do you have a stress-free life?

About 70% of the students feel stressed due to their parents and peers [Figure 4]. Most of the children's in this era are completely or mostly stressed by their own parents or peers, expectations of parents and the society from an individual is more which most of them fail to accomplish.^[19] 74% of the students answered that their parents are more conscious about society than their own child's interest/thoughts [Figure 5] which is eventually true. Most of the families are society dependent in India. Society pressure is one of the major problems faced by the teenagers.

About 68% of the students have expressed their individual interest to their parents [Figure 6] tho, this shows that children's are open to talk/ready to express their thoughts to their parents which most of their parents accept and make their wishes to proceed in the individual's life. 80% of the students trust their friends [Figure 7] than their own parents, children's in this modern era trust completely people who encourage to do bad or good. Trust is the key tool used to manipulate an individual's mind easily.^[20]

About 73% of the students have answered that they have a stressful life [Figure 8] due to various factors in their life. Younger generation is more stressed than the other generations due to difficulties and competition they face everyday, by their parents and society which eventually leads the teenagers to develop mental health problems.

CONCLUSION

Mental health is major concern worldwide. Mental illnesses affect 19% of the adult population, 46% of teenagers, and 13% of children each year. Thus, this survey has created awareness of mental health among teenagers through extensive questionnaire.

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