



Mental Health Problems among Adolescents : An Urgent Challenge

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Abstract: *The WHO points out that mental health problems during adolescence are an important public health issue worldwide and an emerging priority. Mental Health problems in adolescence have consequences that lead to a cost to both the individual and society (Skogen et. al. 2018). Mental health problems among adolescents have been increasing (Collishaw, 2015) and effect between 10% and 20% of adolescents (Kieling et. al. 2011, Schulte, Korne, 2016). Depression and anxiety are the most commonly reported mental health problems among adolescents (Bakken, 2018). It is a need in present situation, building life skills in adolescents and providing them with psychosocial support in school and other community setting can help promote good mental health.*

Key Words: mental health, adolescents, life skills, Depression, anxiety, commonly reported .

Introduction- Mental health problems among adolescents are associated with multiple physical, emotional psychological and social changes, including stressful life events such as school transition, family conflict (Lewis et. al 2015), parental divorce, stress related to school performance (Skundberg-Kletthagen & moan (2017), stress and worry about things (Young and Dietrich, 2015). Violence, poverty, humiliation, low educational achievement, substance abuse, self harm peer pressure, crime and feeling devalued can increase the risk of developing mental health problems.

Adolescent- Adolescence is a period of physical growth and intellectual attainment at its peak, Coupled with setting of personality traits, decisions regarding future profession, and extreme emotional instability. This is also a period of identity crisis-Physical, sexual and spiritual. On one hand, it is a phase of tremendous growth in preparation of adult's role and skills to sustain pressures and challenges, where as on the other, it is transition phase that can increase risk of various psychological disorders, adjustment problems and suicide (Nebhinani N. 2018).

Mental Health- The World Health Organization (WHO) defines "Mental health as a state of well-being in which an individual realizes

his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community."

The concept of mental health is generally relates to the enjoyment of life, ability to cope with daily stresses, sorrows and sadness, the fulfillment of goal and potential and a sense of connection to others.

Seven Signs of Mental Health-

1. Happiness
2. Control over behaviour
3. Control of reality
4. Effectiveness in work
5. Healthy self-concept
6. Satisfying relationships
7. Effective coping strategies.

Mental Illness- Mental illness is maladjustment in living. It produces a disharmony in the person's ability to meet human needs comfortably. In general on individual may be considered to be mentally ill if-

* The person's behaviour is causing distress and suffering to self and / or others.

* The person's behavior is causing disturbance in his day-to-day activities and inter personal relationships.

Some Mental Health Problems among Adolescents-

* Antisocial activities increase in frequency.



* Rates of depression, attempted suicide, completed suicide, conduct disorders increasing during adolescence.

* The incidence of acting out behavior and juvenile violent crime in adolescents continues to rise.

* Adolescents are especially at on increased risk of sexual abuse. In turn sexual abuse are associated with a greatly increased risk of depression and suicide.

* Substance abuse usually start during adolescent age.

* Adolescents in associated with impaired role functioning, academic problems, peer groups conflict and increased conflict with parents.

Common Reasons for Mental Health Problems among Adolescents-

* Emotional difficulties in adolescents often arise from faulty child rearing practices.

* Environmental factors such as lack of adequate support systems, poverty, major cumulative life stresses among adolescents.

* Constitutional factors or those characteristics within the adolescent affect the level of individual vulnerability.

Need for Effective Assistance- There is a need for a special emphasis on adolescent mental health at different levels with co-ordinated efforts. To strengthen child and adolescent mental health care in a country, it should be supported by the necessary policies., programs, legislation, policy, budget, primary care system, training, programs, and service delivery system (Russel PS et. al.). Therefore, some steps must be taken to enhance adolescents social and emotional skills and to promote enabling and nurturing environments in families, schools and communities. It is also crucial to recognize and instigate mental health issues early and identify risk factors for future mental illness-including violence, neglect, abuse, school drop-out, poverty and parental mental illness (Frankish et. al.) Based on the above facts, adolescents are a well-adopted generation but report on increase in mental

health problems that need to be taken seriously. Mental health problems have consequences for adolescents at this time of life and may affect their adult life.

Conclusion- Adolescence is a unique and formative time. All adolescents go through a myriad of physical, hormonal, psychological, behavioral and social development changes. Thus, health education and counseling to adolescents are necessary to improve their health and encouraging the adolescents to identify and discuss his/her feeling is extremely important in this regards.

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