

Correlates of Mental Health among Students

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Abstract

In recent era maintaining mental health in our students has become one of the major concerns in our society. They are facing lots of stress and anxiety from many sides in our rapidly and dynamic changing world and they do not know how to face these stresses. Mental health is the health of the personality as a whole and the most important function of education and school is to secure the mental health of boys and girls. Physical fitness is not only sufficient, but is a means of promoting the mental and moral health of a child. Mental health improves quality of one's life and makes one free of depression, anxiety, excessive stress, worry, addictions and other psychological problems. School is an important location for mental health promotion, early intervention and identification. So school provides healthy and peaceful environment to all the children/student where they would be developed physically, socially, culturally, mentally as well as intellectually. In this paper mental health is discussed with various factors like self-esteem, emotional intelligence, anxiety and family environment etc.

Keywords : *Mental Health, Students.*

Introduction :

Mental Health (Concept): The concept of mental health has developed due to the increase in the knowledge of human psychology. A healthy person is not expected to be only physically healthy, but also mentally healthy too. Mental health remains an undetectable problem in all human beings. Mental health attributed to imbalance within our body causing emotional problems such do depression, anxiety and stress etc. mental health involves positive feelings and attitudes towards self and others. According to Singh and Gupta (2017), mental health incorporates the concepts of personality and behavioural characteristics of the person. A mentally healthy person shows a homogeneous organisation of desirable attitudes, healthy values, righteous self-concepts, emotional stability, over-all adjustment, autonomy, security insecurity, intelligence and a scientific perception of the world as a whole. UNICEF Report (2011), estimated that around 20 percent of the world's adolescent have mental health or behavioural problems. According to National Mental health Survey (2016) prevalence of mental disorder in age group 13-17 years was 7.3% and nearly equal in both genders and

nearly 9.8 millions of children 13-17 years are in need of active intervention. Report of World Health organization (2017) also says 20 percent of world's children and adolescents have mental disorders and half of the mental disorders begin at the age of 14. The 1999 Surgeon General's Report on Mental Health defined mental health as "successful performance of mental function resulting in productive activities, fulfilling relationship with other people and the ability to change and to cope with adversity." Adolescents combat various life stresses ranging from awful life events, constant strain and everyday troubles. Academic issues are the important sources of persistent stress for adolescents at global level. So mental health problems will contribute significantly to the global burden of disease in the 21st century for children and adolescents. In the present study an attempt to assess the Correlates of mental health among students.

Review Literature :

Literature indicates that several studies have been conducted on mental health problems faces by adolescents and children's for instance, the mental health difficulties among students are an issue of concern (Castillo and Schwartz, 2013; Milojevich & Lukowski, 2016). Researches indicate that students suffer mental health difficulties (Blanco et al., 2008; Milojevich & Lukowski, 2016). Students psychological discomfort can be observed in various mental health problems such as anxiety,

stress, depression and sleeping disorders (Lejoyeux et al., 2011; Schraml et al., 2011; Boulard et al., 2012; Nyer et al., 2013; Petrov et al., 2014) Sankar, Wani & Indumathi (2017) reported that significant difference between the mental health scores of boys and girls, while as insignificant difference were found between the mental health scores of 13-15 years and 16-19 years old subject. 25.5 percent students had symptoms of depression, 8.6 percent reported loneliness, while as 7.8 percent reported anxiety related insomnia (Ranasinghe & Ramesh, 2016). Surapuramath (2016) found that boys have better mental health than the girls. 26.7 percent prevalence of mental disorders among elderly with predominant depressive problems, dementia, generalized anxiety disorder, alcohol dependence and bipolar disorder (seby, Chaudhury & Chakraborty, 2011). Chandola (2016) found that men reported highly psychiatric morbidity (83.33%) then women (40%) Chhabra & Sodhi (2011) also revealed that psychological problems were significantly higher in middle adolescence (14-16 years).

Factors Influencing Mental Health :

Good mental health is more than just the absence of mental illness. It can be seen as a state of mental health that allows one to grow well and fully enjoy life. Mental health is influenced by various factors like emotional intelligence, self esteem, worry and anxiety, depression, stress, eating disorders exercise, physical illness, work environment, family

environment, school environment domestic abuse, friends, community activities, confidence, relaxation and sleep etc. which are discussed below :-

Self-esteem :

This is value we place on individually, our positive self sense and image of self respect people with high self-esteem generally have a positive and are satisfied with themselves most of the time. Mental health is positively related to self-esteem (Parthi & Rohilla, 2017).

Worry and Anxiety :

One of the significant ways that anxiety can display itself in students is not in the classroom at all. Some students with anxiety disorders are frequently absent due to the anxiety they feel about school. Students with anxiety may be among the 12 to 17 years with mental health issues to use drugs and alcohol. Shirotriya and Quraishi's (2009) conducted a comparative study of borders and day scholars on mental health and examination anxiety and found no significant difference in mental health whereas significant difference in examination anxiety between borders and day scholar students of public schools.

Depression :

Diagnosed in approximately 2.1 percent of 3-17 years old students, depression can lead to sudden drops in students grades, rises in absence and a general loss of interaction and motivation in the classroom. Other symptoms

that teachers and family members should be aware of include more tardiness, sleepiness, isolation and incomplete assignments. Suicidal tendencies can also increase. Recent epidemiological data show that approximately 11 percent of youth will experience depression (Avenevoli, He, Swendsen, Burstein & Merikangas, 2015).

Stress :

Stress is an important issue and growing quickly in every facet of life. Stress in the process that occurs in response to events that dislocate, or threaten to disrupt, our physical or psychological performance. Stress is necessary and inevitable for individuals, while their responses and outcomes to stress are different (Lazarus & Folkman, 1984). Even though individuals may face a similar stressor, the reaction and adoption process could be very different and may result from differences in coping methods and thresholds for stress (Eriksen & Ursin, 2002). Therefore individuals experience different levels of perceived stress.

Eating disorders :

Eating disorders include unhealthy eating habits, obsession with weight, food and skewed self image. Eating disorders typically occurs with young teenagers but can occur earlier. The most common eating disorder are anorexia nervosa and bulimia nervosa.

Domestic abuse :

The mental health of abused children and adolescents is at great risk. Abused children

and adolescent are more likely to experience mental illness during childhood and into adulthood both. Abuse may be sexual, physical, psychological or verbal. It may not always be easily recognized. Abuse can cause feelings of low self-esteem, lack of self-confidence, depression, isolation and anger all feelings that impair a child's chance to lead a happy life. Zaravin (1988) noticed in a study that child abuse is more common among depressed mothers.

Confidence :

Students should be motivated to discover their own exclusive qualities and have the confidence to face challenges and take risks. Students who are brought up to have self-possession in themselves are more likely to have a positive attitude and to lead happy and productive lives.

Emotional intelligence :

Individuals with mental disorder have lower overall emotional intelligence various studies have shown that emotional ability are of particular relevance to psychological health and well being. Shabani et al. (2010) revealed that mental health score is influenced by emotional intelligence. Emotional intelligence is positively correlated with mental health (Gupta & Kumar, 2010). Faghirpour, Amoopour, Gilannia, Moghadam & Mousavian (2011) found that significant relationship between components of intelligence and mental health. Among the components of emotional intelligence, self-

regulation, self-control have a significant role in predicting mental health. Nejad & Nejad (2012) reported significant relationship between emotional intelligence and mental health.

Family Environment :

The nature of the family environment like level of cohesion, degree of conflict and organization is strongly associated with adolescents mental health (Siddique and D'Arcy, 1984). Mental health is significant related to family environment (Choudhary 2013; Barmola, 2013; Sathyabama & Eljo, 2014 and Pandey & Dubey, 2017). While (Kaur, Dhillon & Kaur, 2015 and Pandey & Dubey, 2017) reported that mental health is not related to family environment among adolescents.

Conclusion :

The aim of the current study is explore how academic levels affect individual's mental health. Students progress may be affected if they suffer poor mental health. There is a need to monitor mental health of the students and to facilitate them so that they are able to cope with stress and ensure wellbeing. The Indian Philosophy of Education suggested that without value, morality of life and ethics, mental peace and happiness are very difficult to achieve. In the light of this circumstances, the school students mental health is very important issue to be discussed. This discourse is a small attempt to be discussed about mental health of school going students and suggest various measures for them to be a mentally healthy person of the

society even in their newly confronted hardships. Therefore medication, psychological therapy and community support programmes is necessary for children and adolescent students.

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