



# MEANS AND STRATEGIES OF MAINTAINING GOOD MENTAL HEALTH: A STUDY OF URBAN ADOLESCENTS

Muskan Sharma\*

Dr. Neha Gupta\*\*

\*Researcher, Amity Institute of Behavioural and Allied Sciences (AIBAS), Amity University, Noida

\*\* Assistant Professor, Amity Institute of Behavioural and Allied Sciences (AIBAS), Amity University, Noida

## ABSTRACT

Many young people are beginning to feel isolated because of their mental and emotional decline. Perceptions of mental health can encapsulate a person's ability to enjoy life and find a balance between health activities and efforts to achieve mental resilience. Mental health is a symptom of emotions and shows effective adaptation to a host of needs. From this perspective, this study was conducted to find ways and means of maintaining mental health among urban youth. The major objectives to conduct this study were to identify the means through which urban adolescents achieve their good mental health and to identify the impact of adolescent's mental health on quality of life and school performance. Students of 11<sup>th</sup>, 12<sup>th</sup> and first year bachelors' were taken as sample. Descriptive method was conducted to find out the results and SPSS technique was used to analyze data. It was seen that many adolescents show common traits of stress and apply common means and strategies to cope their anxiety.

## KEYWORDS

❖ Mental Health, Urban Adolescence, Means and Strategies Adopted

## 1. INTRODUCTION

Youth with better mental health are physically healthier, demonstrate more socially positive behaviours and engage in fewer risky behaviours. Conversely, youth with mental health problems, such as depression, are more likely to engage in health risk behaviours. Furthermore, youths' mental health problems pose a significant financial and social burden on families and society in terms of distress, cost of treatment, and disability. Most mental health problems diagnosed in adulthood begin in adolescence. According to Bhattacharjee C, 2015, today, there are various problems around human societies. So, it is a challenge for humans to be mentally healthy. For a person to be adjusted in his environment, it is very important to be mentally healthy. Good mental health is obvious for a healthy people. Mental disorder is very dangerous and responsible for many psychological diseases and for maladjustment also.. The ability to manage mental health problems, including substance use issues and learning disorders, can affect adult functioning in areas such as social relationships and participation in the workforce.

In this research, the main focus was on how the urban adolescents maintain their mental wellbeing by dealing between their family environment, peer group and academics. India is the second most populous country in the world, in which about 22.5 % are adolescents, who are living in diverse circumstances and have diverse health needs. According to WHO, adolescence is a period of physical growth and intellectual attainment at its peak combined with setting of personality traits, decision regarding future profession, and extreme emotional instability. This is also a period of identity crisis. Good mental health is very important for youth and its success. Mental health plays major role in education, maintaining relationship, self-esteem and physical conditions along with maintaining positive relations with family members, peers and also to maintain their academics and non-academics as to grow and build their future they need learning experiences the most. Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; taking regular exercise; developing coping, problem- solving, and interpersonal skills; and learning to manage emotions. Supportive environments in the family, at school, and in the wider community are also important.

Multiple factors determine the mental health of an adolescent at any one time. The more risk factors adolescents are exposed to, the greater the potential impact on their mental health. Factors which can contribute to stress during adolescence include a desire for greater autonomy, pressure to get accepted by their peers, exploration of sexual identity, and increased access to and use of technology. According to Daya P, 2018, Undetected and untreated mental disorders can impair a person's ability to perform at school or work place, cope with daily activities of life and can lead to severe psychiatric disorders and consequences later in their life. Other important determinants for the mental health of adolescents are the quality of their home life and their relationships with their peers. Violence (including harsh parenting and bullying) and socio-economic problems are recognized risks to mental health. Adolescents are especially vulnerable to sexual violence, which has a clear association with detrimental mental health.

Teenage years can be stressful and challenging. Adolescents feel all kinds of pressures to do well in school, to be popular with peers, to gain the approval of parents, to make the team, to be cool. In addition, many teenagers have other special problems. It may be due to parents' divorce, parent being out of work or the family & its financial problems, parent & its alcoholism and poverty. Mental health problems in teens are real, painful and, if left untreated, can have serious consequences on their lives leaving a big impact on their future altogether.

## **2. NEED AND SIGNIFICANCE**

To understand the part of adolescents fairly it is important for everyone to start taking adolescents views and opinions seriously without judging them or demotivating them. This research was done to find out the exact position of an adolescent's mental wellbeing in relation to his/her family environment, peer group and academics. Mental Health has caused a major effect on the achievements of adolescents. Adolescents feel emotionally insecure and hence slowly and slowly start feeling unwanted resulting in taking big steps like- suicide or eloping and what not. It has affected their academics, non-academics, personal and emotional sphere of life. According to Saxena D. 2018, Mental health issues becoming the global public health challenge, especially among the youth (12–24 years of age), although they are often detected later in life. Most of the mental health disorders remain unidentified due to negligence and ignorance of multiple factors.

Adolescent mental health problems are at a point of crisis for our nation. One out of every ten adolescent has a serious mental health problem, and another 10% have mild to moderate problems. Mental health interventions conducted in schools and in the communities start from the premise that the problems experienced by adolescents are determined by the interaction of individual, environmental and family factors. Accordingly, schools and communities offer an optimal context to intervene as children and adolescents grow and develop through social interaction. Schools and communities can make the most of its environment to foster youth development and to promote good mental health. Many of the mental health programs implemented in schools promote the development of social skills, socio-emotional competences, and learning outcomes while at the same time reducing disruptive behaviour. The school environment and climate can therefore play a critical role in encouraging the promotion of protective factors for mental health, such as social-emotional competences and skills. Mental health problems in adolescent can lead to tragic consequences, including suicide, substance abuse, inability to live independently, involvement with the correctional system, lack of vocational success, and health problems. According to Sathyamoorthy R. 2017, Urban living and regular media exposure are positively

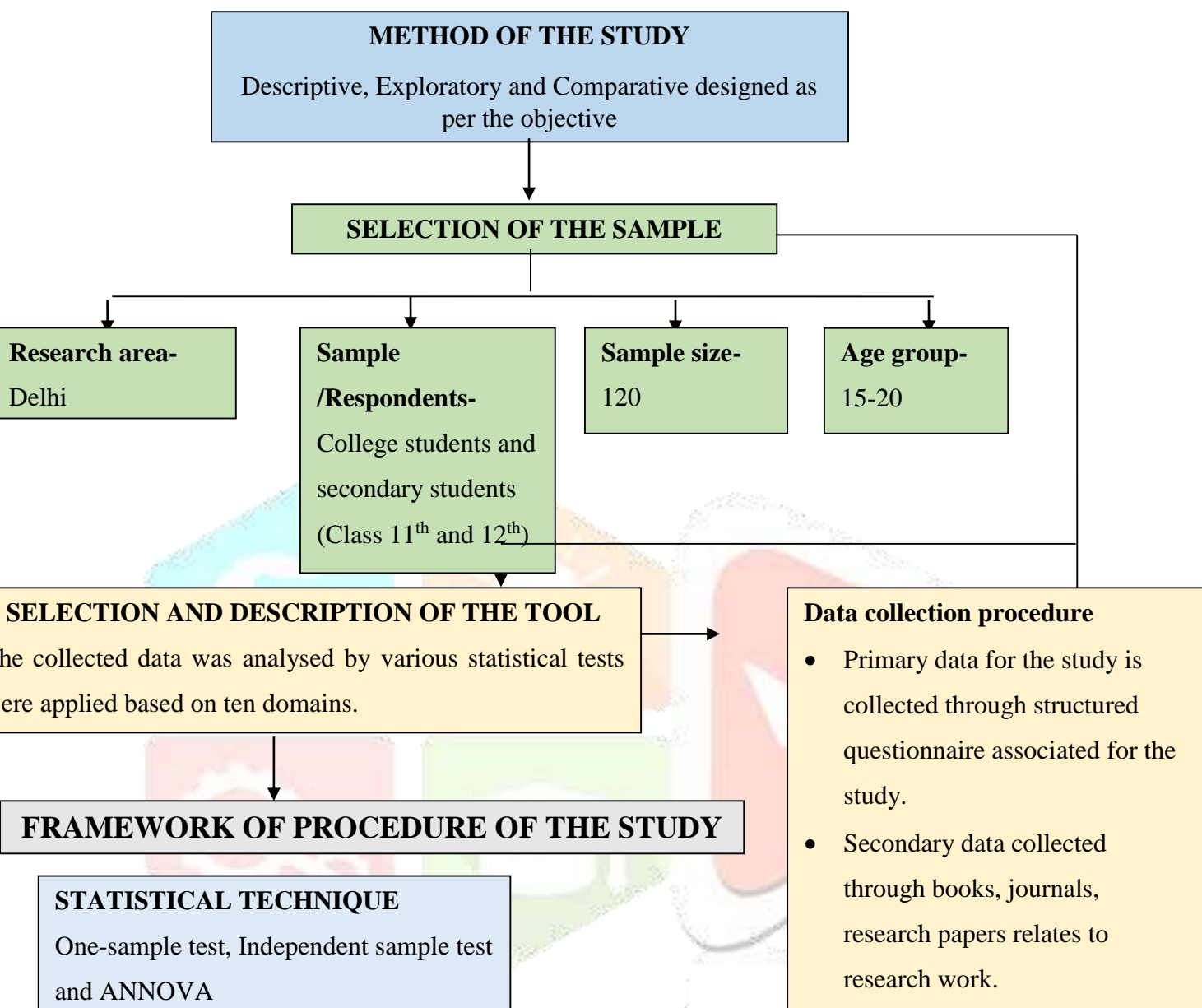
associated with smoking and alcohol consumption. Among unintentional injuries, road traffic accidents dominate the picture. Various health programs targeting adolescent health have been launched in the recent past.

Somehow, there are many adolescents who have started to feel alienated just because of mental and emotional breakdown. The perspectives of mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is an expression of emotions and signifies a successful adaptation to a range of demands. With this view the investigator felt a need to identify the means and strategies for maintaining good mental health among urban adolescents.

The findings of this study are for a better world for urban adolescents considering that their mental well-being plays a vital role in their development for their future endeavours. Administrators will be guided on what should be emphasized by teachers in school and universities in their curriculum for holistic development of the adolescents. In this positive sense mental health is the foundation for well-being and effective functioning for an individual and for a community. This core concept of mental health is consistent with its wide and varied interpretation across cultures. In this positive sense mental health is the foundation for well-being and effective functioning for an individual and for a community.

### 3. METHODOLOGY

In the present study, A sample size of 120 (taking 60 urban boys and 60 urban girls) secondary students and 1st year students going to university for bachelor's degree from different schools and colleges were selected through random sampling technique. To further analyze the tabulated data, descriptive statistics was employed. Also SPSS technique was used to analyze the data during this study.



The study has adopted different methods for each objective-

#### 1. To identify the strategies of good mental health among urban adolescents

Mental fitness troubles are main contributors to the world sickness burden in adolescents. The learn about goal to know the strategies adopted by urban adolescents in maintaining their good health for this, the study has adopted exploratory method by analyzing the strategies which impacts on good mental health.

#### 2. To compare the mental health of girls and boys during adolescence.

Good mental is important for both whether it is boy or girl. But to explore about that whose mental health is good during adolescence period, this objective has adopted a comparative method which tells about either girls has good mental or boy.

#### 3. To identify the means through which urban adolescents achieve their good mental health.

Childhood and adolescence are critical periods to promote mental health as more than half of mental health problems start at these stages, and many of these persist throughout adult life. But who are maintaining their mental health, this objective adopted the exploratory method to explore the means through which urban adolescents achieve their good health and give assistance to those who are lacking in maintaining their mental health.

#### 4. To identify the impact of adolescent's mental health on quality of life and school performance.

As it is evident that good mental health will give better performance in quality of life and school performance while bad will give opposite results. For this objective, descriptive method adopted to identify the impact of adolescent's mental health on quality of life and school performance.

### 3.2. SELECTION OF THE SAMPLE

In the present study, the researcher selected New Delhi as her field of investigation. Due to limitation of time the investigator had to take a limited number of institutions for data collection. A sample size of 120 (taking 60 urban boys and 60 urban girls) secondary students and 1<sup>st</sup> year students going to university for bachelor's degree from different schools and colleges have elected through random sampling technique.

**Sample Size:** A "research population" is usually a large collection of individuals or objects that is at the centre of a scientific consultation. In this study of people include students only of age group 15 to 20 who are residing in Delhi.

- Research Area - Delhi
- Sample/Respondents- College Students and Secondary Students (Class 11<sup>th</sup> and 12<sup>th</sup>)
- Sample size - 120
- Age Group - 15-20

### 3.3. SELECTION AND DESCRIPTION OF THE TOOL

Information would be collected by the help of structured questionnaire to satisfy the every object. The Questionnaire was constructed on the basis of 10 domains which are as follows:-

1. Leisure Activities
2. Talking to Friends
3. Travelling
4. Listening Music.
5. Meditation/Exercise
6. Social Media
7. Sports.
8. Vocational Activities
9. Sleep
10. Food

The first copy of the questionnaire had 40 statements (4 statements for each domain). The questionnaire was then given to 10 experts of different departments like Amity Institute of Education, Amity Institute of Psychological Sciences, etc., for expert opinion. The experts rated the questionnaire on the following parameters of Validity:-

#### 1. RELEVANCY

Relevancy is said to be a condition of being relevant or connected with the matter or statement. Relevancy is used to check the appropriate connection of the sentence with the matter to ensure that the content is accurate.

## 2. OBJECTIVITY

In its purest sense, the notion of objectivity assumes that a fact or impartial actuality exists outdoor of any investigation or observation. A sensible intention for the researcher is to continue to be impartial; that is, to be independent to the effect of the research, to well known their personal preconceptions and to function in as independent and value-free way as possible.

## 3. PREDICTABILITY

Predictability is the degree to which a correct prediction can be made either qualitatively or quantitatively. The predictions are made for future references and are also checked and evaluated to know on which level they can be true and be valid.

## 4. EVALUATE

This parameter of validity is used to judge or calculate the quality, importance, amount, or value of the given matter/content or statements. Evaluation is done to check the relevancy, objectivity and predictability of the content.

After receiving the suggestions from experts, 3 statements for each domain i.e., 30 statements were pooled down as the main questionnaire or the rating scale in which 5 was given to Strongly Agree (SA), 4 was given to Agree (A), 3 was given to Neutral (N), 2 was given to Disagree (D) and 1 was given to Strongly Disagree (SD).

Information would be collected by the help of structured questionnaire to complete the objectives. For all other Statistical Analysis: one-sample test, Independent Sample test and ANNOVA used to test the hypothesis to obtain significant results for the study.

### Data collection procedure

- Primary data for the study is collected through structured questionnaire associated for the study.
- Secondary data collected through books, journals, research papers relates to research work.

### 3.4. STATISTICAL TECHNIQUE

Data analysis forms the crux of any research, particularly those which involve primary data collection. To analyse the data obtained through the questionnaire, it firstly be coded numerically to prepare the data sheet in MS-Excel. To further analyse the tabulated data, descriptive statistics was employed. Descriptive statistics refer to a meaningful presentation of data that enables a simpler interpretation of the data. It presents a quantitative description in manageable form. Usually, mean (a common measure of location or central value), are used to carry out a methods adapted to research on the objectives. The same was employed in this study. For all other Statistical Analysis: one-sample test, Independent Sample test and ANNOVA used to test the hypothesis to obtain significant results for the study. Interpretation: After completion of all process of the analysis mentioned in next chapter, evolving learning from analysis was carefully observed and recorded. The meaning and reflection of categories and the pattern was clearly described. Thus the final result will be recorded for drawing conclusion of the study.

## 4. RESEARCH QUESTIONS

Below are the research questions framed before the study was conducted:-

- Ques 1. How does a family environment affect urban youth to maintain good mental health?
- Ques 2. Do boys and girls feel the need to maintain their good mental health differently?
- Ques 3. What is the effect of mental health on their education?
- Ques 4. How do boys and girls handle peer pressure?

## 5. ANALYSIS

Table 1.1: Descriptive Statistics

	N	Range	Minimum	Maximum	Sum	Mean	Std. Deviation
LEISURE ACTIVITIES	120	9	3	12	854	7.12	1.696
TALKING TO FRIENDS	120	11	3	14	1037	8.64	2.428
TRAVELLING	120	11	3	14	821	6.84	2.268
LISTENING MUSIC	120	11	3	14	875	7.29	2.171
MEDITATION/EXERCISE	120	11	3	14	969	8.07	2.139
SOCIAL MEDIA	120	10	3	13	913	7.61	2.440
SPORTS	120	11	4	15	1180	9.83	2.655
VOCATIONAL ACTIVITIES	120	12	3	15	800	6.67	2.636
SLEEP	120	10	4	14	870	7.25	1.954
FOOD	120	8	3	11	841	7.01	1.658
Valid N (listwise)	120						

**OBJECTIVE 1:** To identify the strategies of good mental health adopted by urban adolescents.

**H0:** There is no significant impact of strategies of good mental health among urban adolescents.

**H1:** There is a significant impact of strategies of good mental health among urban adolescents.

Table 1.2: One-Sample Test

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Total Score	95.201	119	.000	76.333	74.75	77.92

From the above table (One sample t-test), the p-value is .000 which is significant at 5% level of significance (as the p-value is less than 0.05). This shows that the null hypothesis of no significant difference will be rejected while we fail to reject the alternative hypothesis of significant differences. Thus the study finds that there is a significant impact of strategies of good mental health among urban adolescents.

**OBJECTIVE 2:** To compare the good mental health of adolescent girls and boys.

**H0:** There is no significant difference in good mental health of girls and boys during adolescence.

**H1:** There is a significant difference in good mental health of girls and boys during adolescence.

**Table 1.3: Independent Sample tests**

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Total Score	Equal variances assumed	1.434	.033	-1.978	118	.050	-3.133	1.584	-6.271	.004
	Equal variances not assumed			-1.978	116.259	.050	-3.133	1.584	-6.271	.005

From the above table (Independent t-test), the p-value for boys and girls is .033 which is significant at 5% level of significance (as the p-value is less than 0.05). This shows that the null hypothesis of no significant difference will be rejected while we fail to reject the alternative hypothesis of significant differences. Thus the study finds that there is a significant difference of strategies of good mental health among urban adolescents..

**OBJECTIVE 3:** To identify the means through which urban adolescents achieve their good mental health.

**H0:** There is no significant impact of adolescent's mental health on quality of life and school performance.

**H1:** There is a significant impact of adolescent's mental health on quality of life and school performance.

**Table 1.4: ANNOVA**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	5609.414	2	2804.707	91.887	.000 <sup>a</sup>
	Residual	3571.252	117	30.524		
	Total	9180.667	119			

a. Dependent Variable: Total Score

b. Predictors: (Constant), School Performance, Quality of life

By the help of given table the p-value is 0.00 which is significant at 5% level of significance (as the p-value is less than 0.05). This shows that the null hypothesis of no important difference will be rejected while we fail to reject the alternative hypothesis of significant differences. Hence the research discovers that there is a significant impact of adolescent's mental health on quality of life and school performance.

**OBJECTIVE 4:** To identify the impact of adolescent's mental health on quality of life and school performance.

**H0:** There is no significant difference in the behaviour of boys and girls in their family environment, peer group and academic environment respectively.

**H1:** There is a significant difference in the behaviour of boys and girls in their family environment, peer group and academic environment respectively.

**Table 1.5: Independent Samples Test**

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Family Environment	Equal variances assumed	5.338	.023	.281	118	.779	.150	.534	-.908	1.208
	Equal variances not assumed			.281	107.987	.779	.150	.534	-.909	1.209
School Activities	Equal variances assumed	3.893	.051	-1.478	118	.142	-.933	.632	-2.184	.317
	Equal variances not assumed			-1.478	109.714	.142	-.933	.632	-2.185	.318
Peer Group	Equal variances assumed	.154	.056	-1.554	118	.123	-2.983	1.920	-6.785	.819
	Equal variances not assumed			-1.554	117.757	.123	-2.983	1.920	-6.786	.819

From the following table the p-value for boys and girls are 0.02, 0.05 and 0.05 which is significant at 5% level of significance (as the p-value is less than 0.05). This shows that the null hypothesis of no significant difference will be rejected while we fail to reject the alternative hypothesis of significant differences. Thus the study finds that there is a significant difference in the behaviour of boys and girls in their family environment, peer group and academic environment respectively



#### 4.1. Findings in Regard with the Objectives.

##### 1. To identify the strategies of good mental health adopted by urban adolescents.

Urban adolescents have achieved their good mental health by these following strategies-

1. Leisure Activities
2. Talking to Friends
3. Travelling
4. Listening Music.
5. Meditation/Exercise
6. Social Media
7. Sports.
8. Vocational Activities
9. Sleep
10. Food

##### 2. To compare the mental health of adolescent girls and boys.

According to the study, adolescent boys tend to have much more maintained good mental health than adolescent girls.

##### 3. To identify the means through which urban adolescents achieve their good mental health.

Urban adolescents have achieved their good mental health by these following means-

- a) Talking to their friends.
- b) Spending time on social media.
- c) Taking part in sports activities/ playing sports.
- d) Participating in vocational activities.

##### 4. To identify the impact of adolescents mental health on quality of life and school performance.

According to the study, Adolescents tend to lose grades when they have stress. They are not able to sleep and they get easily distanced with the family members which impacts their life yet there are adolescents who are resilient and have good control over their mental health and personal and academic life

## 6. CONCLUSION

Adolescence is the period of maintaining a good mental health. Due to speedy growth without taking into account basic health services, health disparities tend to emerge. To address the problem, this study conducted to explore the strategies adopted by adolescents in maintaining good mental health. To achieve good mental health in adolescents, the study found various methods adopted by them such as watching movie with friends, reading books, playing favourite sport feels them active, sharing experiences with the best friend, travelling with friends, social media, visiting religious or holy places makes feel peaceful, regular exercises and so on.. The environmental and biological predisposition are the important cause of "poor mental health" which have direct effect on the developmental indicators of adolescent specifically thought, feeling, behaviour, and health etc. The condition of poor mental health agitate in diverse ways to the adolescent like higher alcohol, tobacco, illicit substance uses, adolescent pregnancy, school dropout, suicidal ideation and other delinquent behavior (Chittaranjan Subudhi).

Among adolescents mental health disorder is a rising problem around the world, including in India. Superior factors related to poor mental health will provide more efficient and targeted interventions for adolescents in India. It is hoped that this document provides broad guidance on developing and effectively implementing strong mental health of adolescents. As an outcome of the study shows that that there is a significant effect of strategies of good mental health among urban adolescents and also show that there is a significant difference in good mental health of girls and boys during adolescence. As per conclusion of the study show that, that there is a significant impact of adolescent's mental health on quality of life and school performance as well as also show that, there is a significant difference in the behaviour of boys and girls in their family environment, peer group and academic environment respectively.

## 7. REFERENCES

- Bhattacharjee (2015). A Comparative Study of Mental Health among Rural and Urban Adolescent Students. International Journal of Recent Research in Social Sciences and Humanities. Volume: 2, Issue No. 2
- Daya (2018). Depression, anxiety, stress and its correlates among urban school going adolescents in Tamilnadu, India. IJRMS
- Sathiyamoorthy (2017). Adolescent health in urban India. Journal of Family Medicine and Primary Care 6(3):468
- Saxena (2018). Are School-going Adolescents Mentally Healthy? Case Study from Sabarkantha, Gujarat, India. Indian Journal of Community Medicine 43(S):23-27
- Subudhi (2017). Mental Health and Wellbeing among Adolescent in India: A Social Determinants /Development Framework. 11th World congress on Adolescent Health
- Adolescent Mental health, WHO- <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
- Comprehensive mental health action plan 2013-2020,WHO- [https://www.who.int/mental\\_health/action\\_plan\\_2013/en/](https://www.who.int/mental_health/action_plan_2013/en/)
- What Every Child Needs For Good Mental Health- <https://www.mhanational.org/what-every-child-needs-good-mental-health>
- CHILD AND ADOLESCENT MENTAL HEALTH POLICIES AND PLANS - [https://www.who.int/mental\\_health/policy/services/9\\_child%20ado WEB\\_07.pdf](https://www.who.int/mental_health/policy/services/9_child%20ado WEB_07.pdf)
- Mental Health In Adolescent School Children- <https://bmjpaedsopen.bmj.com/content/1/1/e000139>
- Urban Adolescents Stress and Hopelessness- [https://www.researchgate.net/publication/6363008\\_Urban\\_adolescent\\_stress\\_and\\_hopelessness](https://www.researchgate.net/publication/6363008_Urban_adolescent_stress_and_hopelessness)
- The Association between Social Support and mental Health Of Adolescents- <https://www.sciencedirect.com/science/article/pii/S1054139X14003528>
- Attitude of Families towards Adolescents- <https://www.mentalhealth.org.nz/assets/ResourceFinder/Families-Attitudes-and-%20Mental-Illness-lit-review.pdf>
- Family Environment, Coping, and Mental Health in Adolescents Attending Therapeutic Day Schools- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4335706/>