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## NECESSARY STEP TO BE UNDERTAKEN FOR YOUNG-ADULT HEALTH

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### Abstract

**Introduction:** In the introduction part, there is a details background related to the topic of steps for young adults' health and an introduction to their health.

**Literature review:** The literature review consisted of a detailed discussion about different topics of the research. There is also a theory that is related to the health recovery of young adults.

**Methodology:** It contains the steps that have been followed in the whole research and the process of data collection that is used in the present study.

**Findings:** Findings of the research shows the total collection of data from different secondary resources that are gained by the researchers.

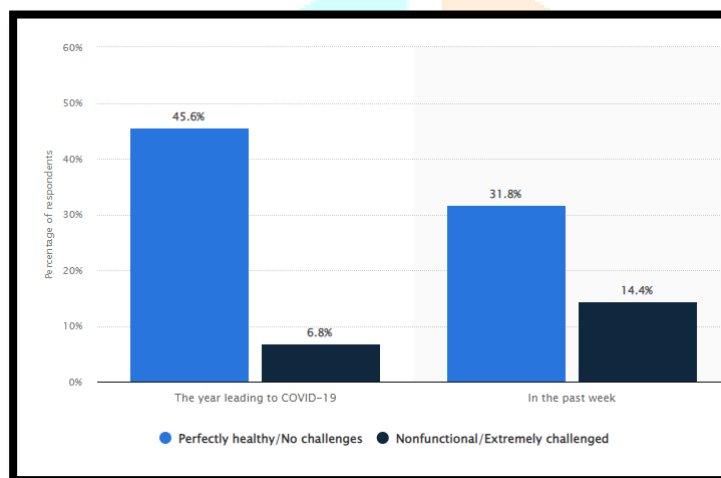
**Discussion:** In the discussion, there is shown the similarity and dissimilarities that have gained in the literature review and the findings.

**Conclusion:** The conclusion shows the overall summary of the research that has been gained from the study.

**Keywords:** Mental health, young adults, physical health, physical activities, depression

## Introduction

The physical and mental health of the young generation must be maintained as they are the primary source of productivity for any country. It has been seen many times that, as they are not mature enough at a young time, sometimes they are engaged in different activities and habits, which are not suitable for their health (Salaheddin & Mason, 2016). Nowadays, the addition of internet games, too many social media activities, different online poker games related to prizes or rewards, different kinds of addition of food, alcohol and other harmful addition may hamper the physical and mental health both being faced by amount young generation. In the year 2022, it is seen that the pound people of UK in 68% respondents have given responses as they were confident about their physical health. There were 63% of people were happy with their state of mental health. There were 6.8% to 14.4% of young people who reported that their mental health was in the lowest range (Statista, 2020).



**Figure 1: Percentage of young workers who reported their mental health**

(Source: Statista, 2020)

Some steps should be taken to maintain the health of young people from the side of parents and the side of governments also. There should be some rules and regulations or some programs that may help to make them more conscious of their physical and mental health (Liu et al. 2020). Some activities and programs or workshops may also help the young generation to inspire them for being more constructive.

## Aim

The main of the research is to find the necessary steps that should be taken for young adult health and to make them fitter mentally and physically.

## Research objectives

The main objectives of the research are:

**RO1:** To find the concept of young adult health and its importance for the country and society

**RO2:** To know the impact of weak mental and physical health on the young generation in any country or society

**RO3:** To investigate the challenges those are being faced by the young generation for bad and weak mental and physical health

**RO4:** To recommend the steps that may be helpful for enhancing the mental and physical health of the young generation to mitigate their challenges

## Research questions

The questions of the research are:

**RQ1:** What is the concept of young adult health and the importance of their health for any country and society?

**RQ2:** What is the impact on society and the country of the young generation of whose mental and physical health is weak?

**RQ3:** What are the challenges faced by young adults who have weak mental and physical health and what are the effects of it?

**RQ4:** What are the necessary steps those should be taken for enhancement of the physical and mental health of young adults to mitigate the issues?

## Literature review

### Importance of young adult health

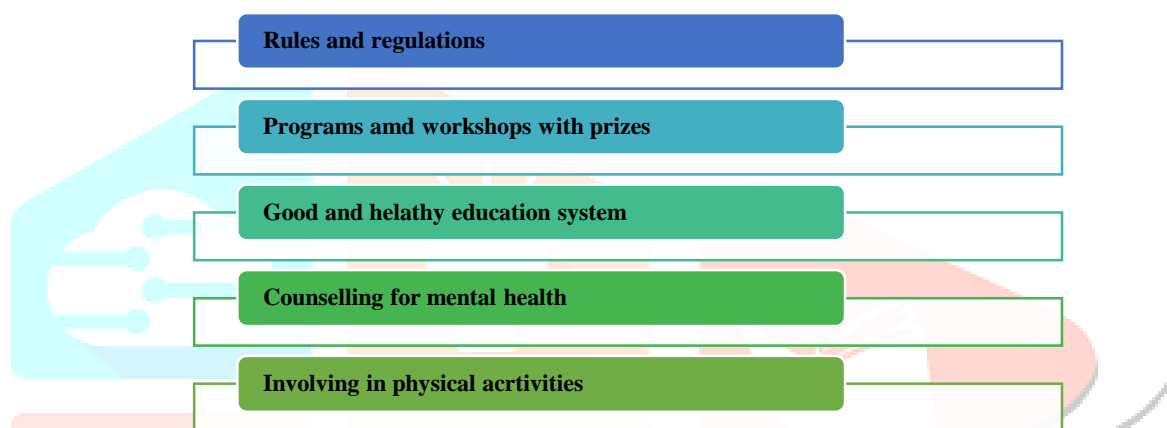


**Figure 2: Young adult health circle of care**

(Source: Han et al. 2018)

A good food habits, a healthy lifestyle, and strong mental power are the main key points of the young generation to make a good life. If the young health of any country is not mentally and physically strong, then the productivity of the country and the particular society will not be grown. As per the views of Ödling et al. (2020), the young generation, if their mental and physical health is not good, would not contribute to themselves and to their country also. On the other hand, it is also seen that a strong and educated young generation is the main pillar of the development and growth of any society which is a good sign for the overall development of the country (Han et al. 2018). If young adult health is not good, then there may be many activities that may hamper the normal life of people in society. Therefore, young adult health is too important for any society.

### Steps that may help to enhance young adult mental health

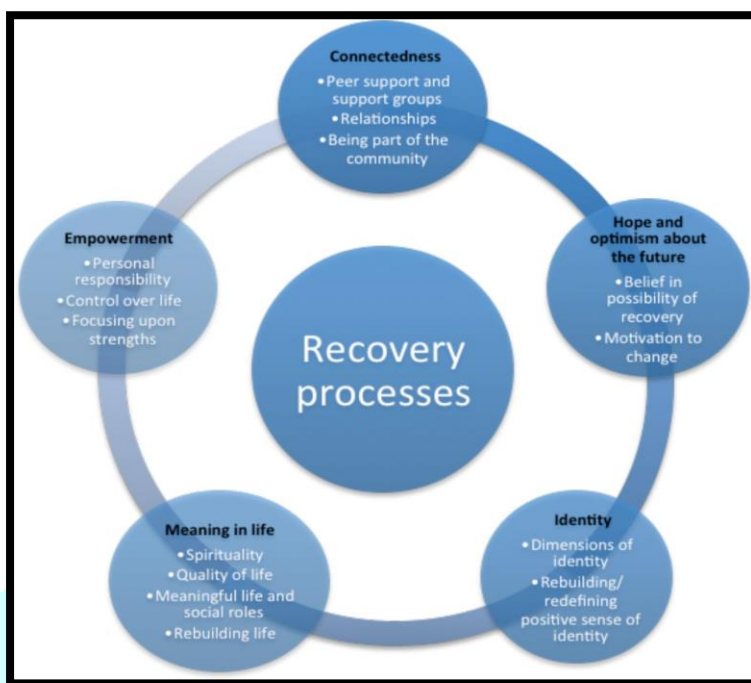


**Figure 3: Steps for enhancement of young mental health**

(Source: self-made)

Government should make some rules and regulations to prohibit of addiction to bad things that are affecting the mental and physical health of the young generation. Smoking and alcoholic materials should be prohibited by the young generation to make them far from addiction and therefore, the government should make some rules (Lee, Cadigan & Rhew, 2020). There should be some physical activities or programs with prizes or opportunities that may attract the young generation. It may be one of the ways to engage them with physical activities. Online addiction games and poker games should be rules with age restrictions and strong actions should be also taken against them. On the other hand, workshops and program competitions should be done (Siemons et al. 2017). The education system has to be reformed and this should also include healthy activities that may attract the young generation to become engaged. Free counselling should be done for treating the young who are mentally weak or facing issues. All of these activities may be helpful for the enhancement of the life of the young generation.

## A Theory of mental health recovery



**Figure 4: Theory of mental health recovery**

(Source: Winsperet al.2020)

The theory of mental health recovery is suggested that, for the development of the development factors, recovery of young mental health occurs. It is also connected with the ecological context of the complex hierarchical social relationship that is interconnected with different things (Sanders et al. 2015). The orders of the hierarchy are the parents, young persons, and services of professionals, schools, and society and other representatives of the society (Winsperet al.2020). This theory can help to enhance young adults' health and this may be helpful for the young to enhance their mental and social health under the hierarchy. If they are faced with any issues, then they may take the help of their parents, schools, and teachers to solve their issues (Vanaken&Danckaerts, 2018). This may help the young generation to mitigate the issue related to mental and physical health.

### Literature Gap

In this study, there are some points that have not been covered due to a lack of time and space. Here, the recovery of mental health has been stated. But the other studies have not included the perspectives of the people at categorized manner especially in the field of young and aged people. Young adults may have some issues top contact with their parents and teachers related to their mental and physical health sometimes has been covered in this research and the mitigation ways of these issues also have not stated in this present study. This is the main gap of the present study.

## **Methodology**

In the present research, a secondary thematic research process has been followed. The research is followed the inductive research design that is helpful to investigate the secondary data that have already existed in different secondary data sources (Wei et al. 2016). The data collection method is. Secondary qualitative data collection process has been taken. Secondary data are collected from different sources of secondary data that are researched previously (Sileyew, 2019). Here, different journals that are valid from Google Scholar, articles, newspapers and from different websites that are full of information related to the topic of steps for adult health are taken. The research papers are not older than 5 years and all of the research papers are valid and related to the topic of the research. All ethics and rules of research have been maintained in the study. For secondary research, it is necessary to cite properly and maintain the copyrights of the journals (Roh, Heo&Whang, 2019). All of the rules and ethics are maintained in the present research.

## **The concept of young adult health and its importance for the country and society**

Young adult health can be defined as the health of the young or youth of any society and their mental and physical health condition. It is important for everyone to become fit and healthy (Knapp & Wong, 2020). For young people, it is necessary to become fit related to their health issues and their mental condition as they are the main source of productivity of the country and society. If they are firm, then the society will be more developed. If their health is not good, the development of society will be at stake (Salaheddin& Mason, 2016). If the young adult is not too active in social development, the country may be affected. If the young adults are in addition, and their mental health is weak, then performance in national and international fields of the country will be weak.

## **The impact of weak mental and physical health on the young generation in any country or society**

Mentally and physically weak adults may face depression in their mind and this is a great issue now among the whole world. Young adults are now connected with the virtual world and they are not related to physical works and activities (Crane et al. 2019). This is creating a great issue in their physical health as well as mental health also. As there are no such physical activities their body is not too strong to work for long time. Mentally depressed young people are not attentive to their academics and therefore, their career is at stake (Lee et al. 2020). The education of the countries is not being developed and the leaders of the future country are also in danger (Arango et al. 2018). There is increasing antisocial activities those are not wanted. The overall development of the country is not facing growth.

## **The challenges those are being faced by the young generation for bad and weak mental and physical health**

The challenges those are faced for weak mental and physical growth of the young adults are, the development of the country are damaged. The education system of the country is also being affected. The academic performance of the students is being hampered. The career growth is los hampering (O'Connor et al. 2018). The students are getting into depression and sometimes they are doing suicide for their performance, anti-social activities are also increased. The addiction of alcohol, smoking is also being increased day by day. Development in the sports field and activities are also being decreased as the amount of people engaged in the physical activities is described day by day (Barariet al. 2020). Overall, the rate of mortality in small age is being increased, which is not good for any society.

### **1The steps that may be helpful for enhancing the mental and physical health of the young generation to mitigate their challenges**

Government should take policies and rules and regulations to decrease the level of addiction. The parents should also take care about the mental and physical health of their children at a young age also (Salaheddin& Mason, 2016). They should talk freely with them about their issues. If they are depressed, then they should be taken for counseling. Workshops, programs should be done to encourage them to become engaged with physical activities.

### **Discussion**

In literature review, it was seen that the mental and physical health of the young adults are being hampered and as a results, total development of the society and country are hampered. In finding, there is found the similarity that weak mental and physical health of adults described the development of any society. It has been also seen that the government should take some rules to decrease the rate of addiction among young people. Workshops, programs, help of parents, teachers and the counseling process may help the students to enhance their health (Giorgi et al. 2020). These steps may help them to engage with physical activity. Those are the best ways to enhance their work power and development in life.

### **Conclusion**

Thus, it can be concluded that, Government, parents, teachers, and social workers should take steps for handling the mental and physical health of young adults. They are the main future of the country. At the end of the research, it is found that if the young adults are weak in any country or society, the development of that society is next to impossible. It is also seen that the mental and physical health of young adults is also increasing because of digital systems or virtual world engagement.



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