



## Mental Health among Youth

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### ABSTRACT

Only 12% of young adults in an ageing population report having a long-term illness or disability, making young adults on medical insurance very rare. However, mental health issues continue to be prominent among younger people. Mental health issues and obesity were recognised as the two most prevalent problems affecting young adults in a recent research. Teams are set up expressly to meet the requirements of young adults. Early intervention in psychosis treatments has been demonstrated to be more effective than typical care and is also cost-efficient. On the medical wards, younger patients may generate significant emotions in the personnel, who frequently feel protective and may emotionally sympathise with the suffering of the young patient. General physicians need to recognise typical manifestations of mental illness in young people, such as depression, wilful self-harm, eating disorders, and substance abuse in order to provide holistic therapy for these individuals. Apart from actually treating illnesses, health promotion is crucial for young adults. Mental health refers to an individual's adjustment to their maximal level of effectiveness, satisfaction, and enjoyment as well as their ability to behave in a socially responsible manner and accept the realities of life. The goal of the current research work was to examine the level of mental health among young people. The current study included a sample of 60 people divided into two groups (boys and girls), with 30 subjects in each group. Further, these two groups were separated evenly into two more age-based groups (19–23 years and 23–28 years), each of which contained 15 participants. The development and standardisation of the Mental Health Scale led to its application in the evaluation of mental health. It-test was used for statistical analysis as well as hypothesis testing. The results demonstrate that boys have a higher level of mental health than girls. The results also demonstrate that there is a noticeable difference in the mental health scores of boys and girls. While there was a negligible difference in the mental health scores of subjects who were 19 to 23 years old and those who were 23 to 28 years old. We may draw the conclusion that gender and age are a significant influence in mental health based on the outcomes of the current study.

### INTRODUCTION

A positive term, mental health is linked to a person's psychological, emotional, and social well-being. It is a psychological condition in which a person is functioning at an adequate degree of emotional and behavioural adjustment. Mental health is defined as a condition of well-being in which individuals recognise their own potential, are able to manage with the daily challenges they encounter, work productively, successfully, and with the ability to contribute to their community. The concept of mental health varies depending on the culture, but generally speaking, it pertains to enjoying life, being able to cope with daily stresses, tragedies, and grief, realising one's potential, and having a sense of connectedness to others. Therefore, mental health is a crucial component of an individual's overall health and well-being.

Current study on mental health has been produced from two broad perspectives: optimal experience and functioning. Mental health is a complicated icon structure. The multilevel approach and the hedonic approach. The hedonic approach places a strong emphasis on happiness and defines mental health in terms of how well a person is functioning. As a multilevel model, it enables researchers to travel beyond the individuals. Mental health is the adjustment of human beings to their environment and to one another with the greatest possible

level of efficacy and satisfaction. From the perspective of positive psychology, psychological resilience can be achieved by striking a balance between daily activities and aspirations to enjoy life. This is what is meant by mental health.

Youth is a time when attitudes and behaviours change, and the social group expects them to fulfil certain roles as they experience increased emotionality, viewpoint, and interests. Psychologically, this stage of life is when a person becomes assimilated into the adult world; it is the time when a child no longer perceives himself or herself as inferior to his or her elders but at least on par with them. It is a moment of fast transition as well as a period of personal identity research. This era is known as the "storm and stress period," and it is during this stage that kids struggle with a variety of psychological issues, including physical tension, anxiety, anger, unpleasant complexes, and occasionally sadness and frustration. It could be related to your profession, your studies, your self-care, or other difficulties. These problems give researchers a major rationale for doing study on the mental health of kids.

Only 12% of young adults in an ageing population report having a long-term illness or disability, making young adults on medical insurance very rare. However, mental health issues continue to be prominent among younger people. Mental health issues and obesity were recognised as the two most prevalent problems affecting young adults in a recent research. Teams are set up expressly to meet the requirements of young adults. Early intervention in psychosis treatments has been demonstrated to be more effective than typical care and is also cost-efficient. On the medical wards, younger patients may generate significant emotions in the personnel, who frequently feel protective and may emotionally sympathise with the suffering of the young patient. General physicians must detect frequent manifestations of mental illness in young adults, such as depression, wilful self-harm, eating disorders, and substance abuse in order to provide holistic care for these patients. Apart from actually treating illnesses, health promotion is crucial for young adults.

The World Health Organization said in 2001 that mental health issues in children and young people have increased recently and are expected to rise by up to 50% by the year 2022. To improve the mental health care services, extra effort should be done at the individual, as well as group, level. Mental health concerns in young people are frequently undiagnosed and untreated. It is horrifying that just one in five young people with mental health issues get the appropriate mental health care.

### Objectives

1. To determine the level of mental health among young people, both males and females.
2. To evaluate the state of mental health among youngsters aged 19 to 23.
3. To evaluate the mental health of youth between the ages of 23 and 28.

## METHODOLOGY

An essential component of this research, which takes a cross-sectional strategy and targets teenagers, is the development of questionnaires.

In this study, the dependent variable is mental health, whereas the independent variables are gender and age. The current study is based on 60 youngsters who were chosen through a straightforward random sample approach. These 60 participants are sorted into two categories based on individual criteria (30 Male and 30 Female). Then, these two groups are further separated into two more groups, with 15 participants in each, based on the participants' ages (19–23 years and 23–28 years).

## RESULT AND DISCUSSION

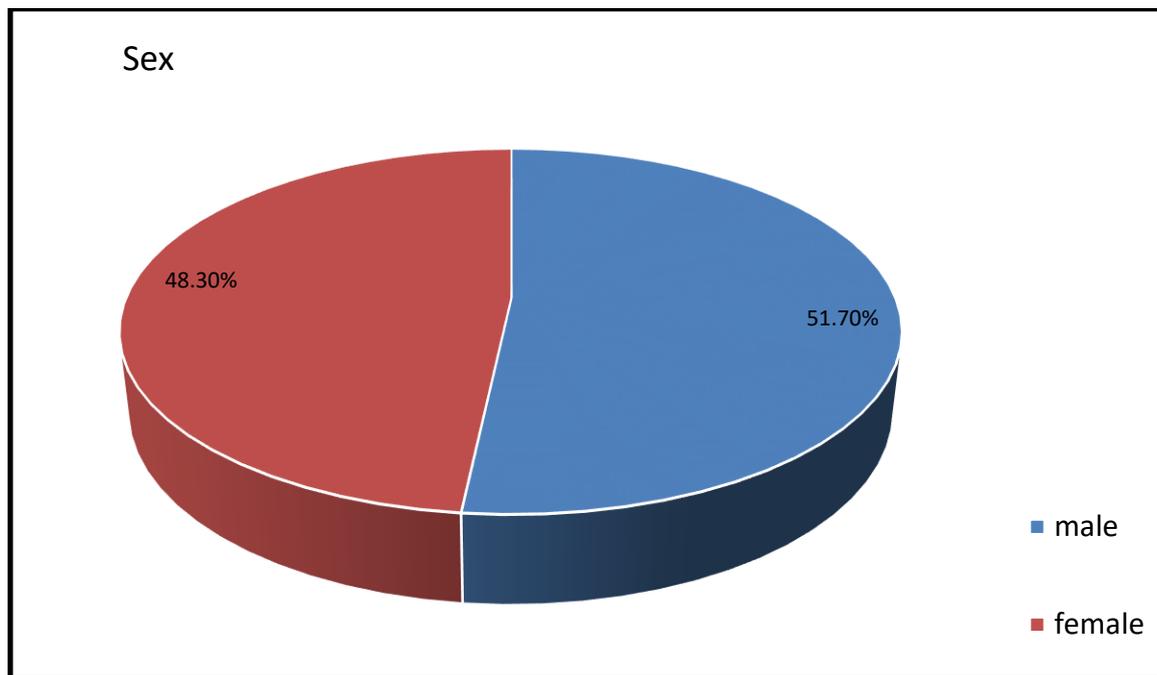
Based on a questionnaire that was distributed to young people in order to learn what they felt about mental health concerns affecting young people. The total number of replies was 60, which clearly demonstrates how these responses were divided into two categories, namely male and female and those who fell between the age ranges of 19 to 23 and 23 to 28.

The responses received were from different age groups:

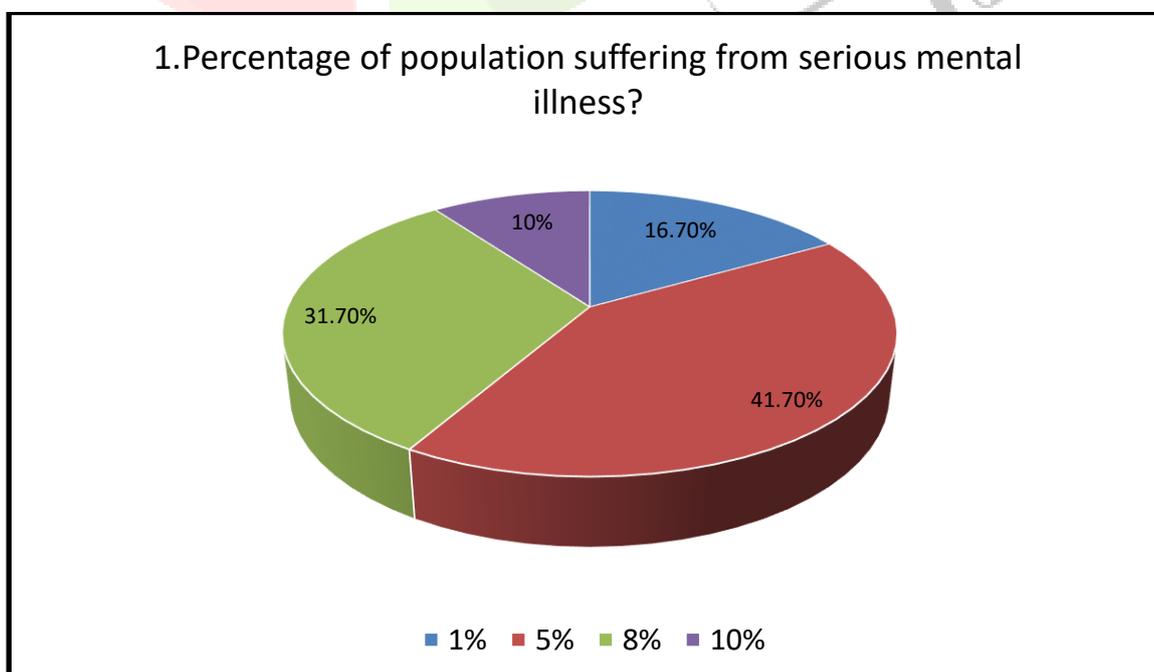
AGE GROUP NUMBER OF RESPONSES

AGE GROUP	NUMBER OF RESPONSES
15-17	7 (4.9%)
18-29	64 (78%)
30 and above	14 (17.1%)

This bar chart clearly illustrates the age group I, which includes the years 19 through 23 and 23 through 28, as well as other years where there were a significant number of young people.

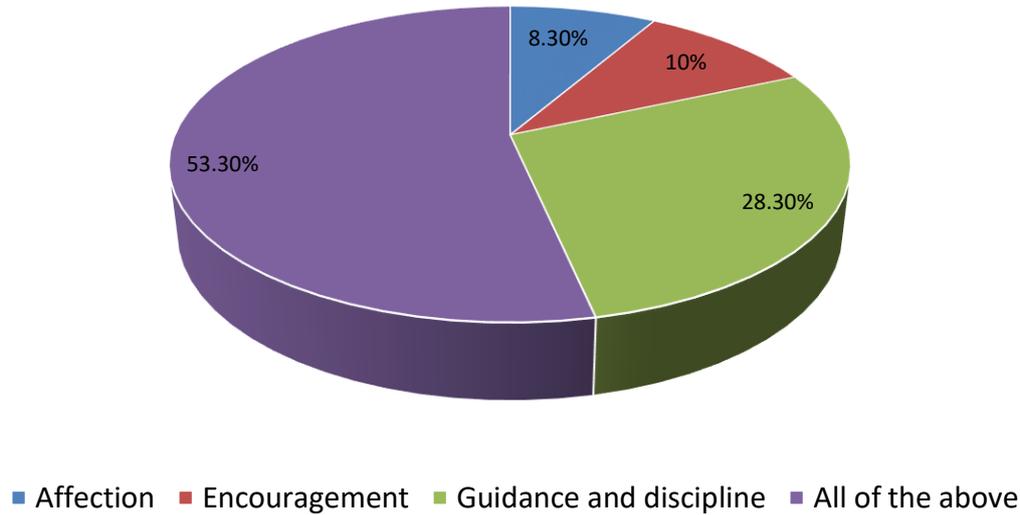


Out of the 60 replies, we can plainly see that it is separated into two groups, male and female, and that the proportion of females is fairly big when compared to that of males.



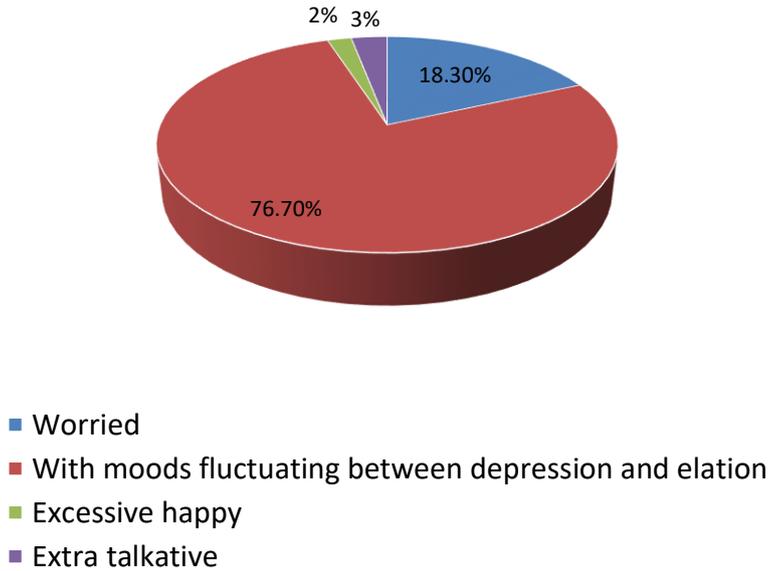
This is the first question I asked the respondents, and a significant proportion of young people are aware of the percentage that is evident in the pie chart.

2.A child would develop mental illness if one does not get?



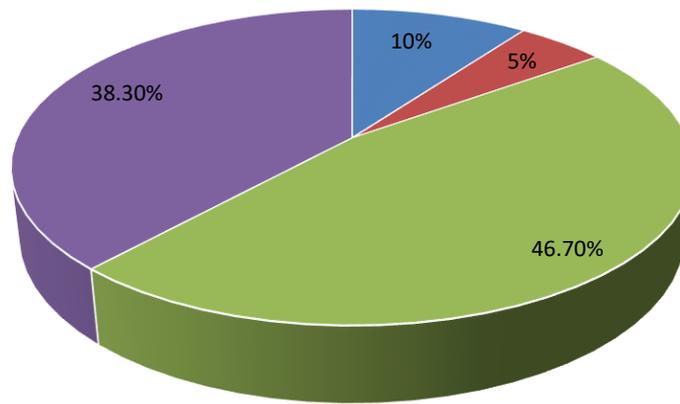
This is the topic that was posed to the respondents, and out of the 60 replies, 53.3% of young people claimed that all of the aforementioned factors—affection, encouragement, direction, and discipline—will contribute to mental illness if it isn't created.

3.A person is mentally sick if one is?



76.7% of respondents claimed that mood swings between exhilaration and dejection contribute to mental illness in young people, as is seen in the pie chart, and that all other variables are not as much to blame.

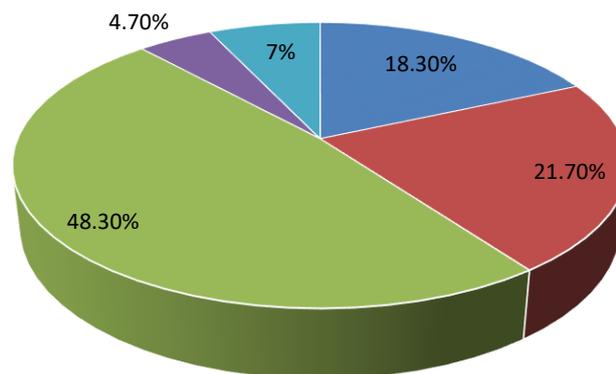
#### 4. What are not physical symptoms of depression?



■ Sleeping for longer ■ Lessened sex drive ■ Constipation ■ Loss of appetite

Youth responded more strongly to constipation (46.7%) and loss of appetite (38.3%) than to the other alternatives, demonstrating that nearly none of these two conditions were to blame for depression as it is also seen in the pie chart.

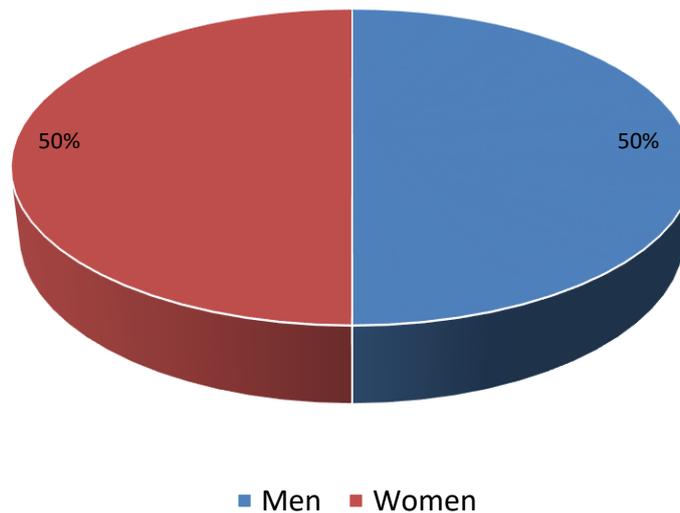
#### 5. In a year, how many people suffer from a mental health problem?



■ 1 in 6 ■ 1 in 3 ■ 1 in 4 ■ 4 ■ 1 in 10

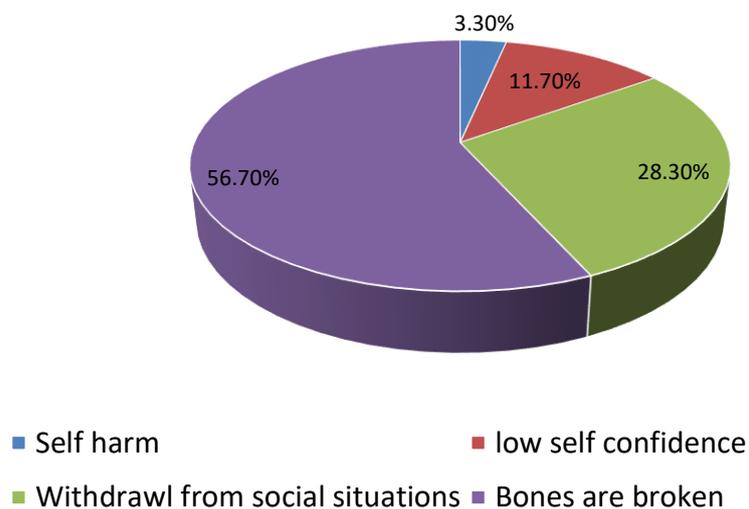
According to them, the number of persons who suffer from mental health difficulties is one in four, and this figure is higher among young people.

## 6. Who is the most at risk of committing suicide?



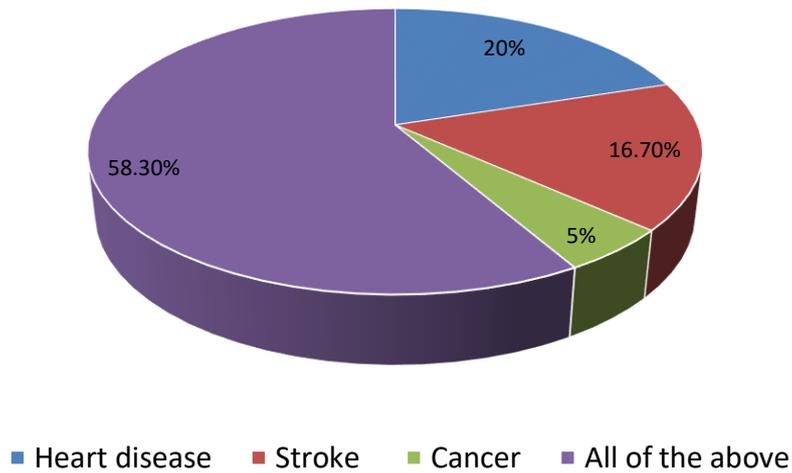
50–50% of the students in the class demonstrated that they believed both males and females committed suicide equally owing to a variety of causes.

## 7. Which option is NOT an indication of mental health problem?



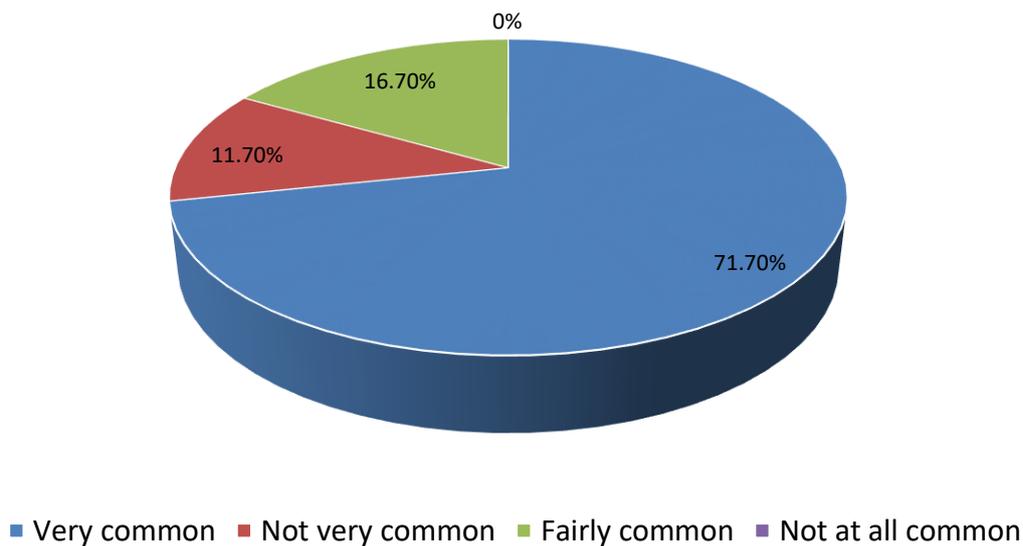
According to this pie chart, a fractured bone is not a sign of a mental health issue, retreat from social settings is not a sign either, and poor self-confidence is shown by a low score of 11.7% and a bone score that is 56.7% greater than the other scores.

### 8. Poor mental health raises the chance of long term physical ailments like?



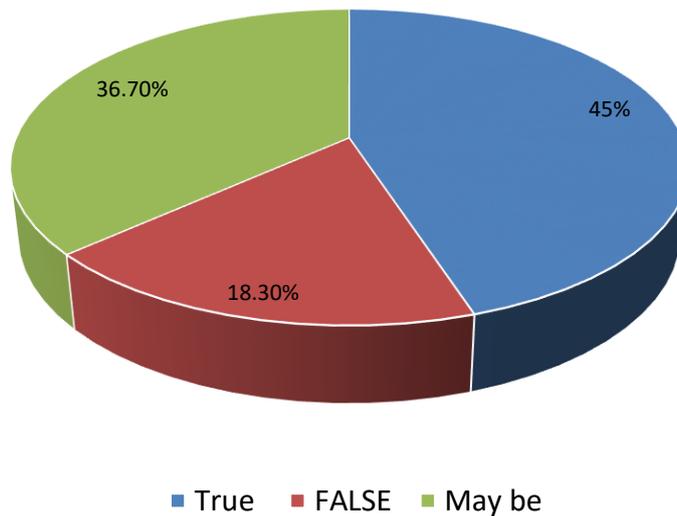
Heart disease, stroke, and cancer are all options that increase the risk of long-term physical illnesses, with 58.3% of people reporting having one of these conditions among 60 replies and 16.7% reporting another.

### 9. Mental health problems are?



71.7% of respondents believe that mental health issues are extremely prevalent; however, 11.7% disagree and 16.7% believe that they are reasonably common, according to the pie chart.

## 10. People who have mental illness are often?



According to 45% of respondents, they are violent, 18.3% say they are not sure, and the remaining respondents think they may be.

## CONCLUSION

In sum, we might infer that male adolescents have a higher level of mental health than female youth in light of the results of the current study. Additionally, youth between the ages of 19 and 23 and 23 and 28 respectively.

The author thanks everyone who contributed to the study and helped to streamline the research process. The author disclosed an interest conflict.

Numerous risk variables, including age, gender, social behaviours (such as drinking alcohol and smoking), discrimination, bullying, health conditions, and sedentary lifestyle, were discovered to be connected to the predominance of bad mental and physical health sensations. Discrimination was revealed to be the most predictive factor impacting negative symptomatology in the study population out of all of these categories. Supportive interactions are carried out within the framework of mental health interventions and involve a number of different contexts, agents, and systems, such as teachers, parents, mental health experts, and community members.

Evidence supports a good impact on young people's mental health, including a decrease in internal and external symptoms and a promotion of personal well-being. Factors that improve mental health as well as social support or involvement also rise with interventions and programmes that prioritise contact.

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