

## **Impact of Mental Health Issues of Adolescents and Adults in India**

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### **Abstract:**

The term 'Adolescence' covers the period of human life from puberty to approximately adulthood. As a transitional period of Physical and Mental Development of human life, adolescence appears to be one of the most crucial segment of a person's life, climbing special attention for intervention. Adolescents encounter rapid changes changes in their body and mind with the effect that they find themselves in such situations which they fail to control. Due to huge growth of their body, they look healthy enough to shoulder any responsibility put by the community. When denied them, their due importance they exhibit unhealthy mental behaviour. Besides, speedy transition in their life, make them experience adolescence-isolation and adolescence conflict which lead to them to unhealthy practices such as consuming alcohol or tobacco, Indulging in unprotected sex, bad eating habits, volatile behaviour which often affect their health for the forthcoming years. It is found that many individuals die in their adolescence owing to unhealthy living practice and mental ill-health. The prime causes of adolescence death in the recent years were suicide, accident, inter-personal violence and various disease originated due to unhealthy living practice. Therefore, it is necessary to adopt preventive measures to save the young generation from health risks to restore strong health among them in their adulthood to promote national progress to accomplish this end, it is required that schools mental health care professionals, physicians and government officials should work collaboratively supported by the family and communities.

**Key Words:** Adolescence, Mental ill-health, Puberty, Isolation, Adulthood, Violence, Mental Health

## **Introduction:**

WHO defines Mental Health as state of well-being in which every individual realises his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his/her community. Adolescence is a transitional phase of human life from childhood to adulthood marked by massive biological, cognitive, mental and physical changes. Now Adolescents confront new situations. They learn to deal with new things and circumstances. Many of adolescents move away to new school from their home and learn to lead life independently. Again, many start their career and enter job, and begin relationship with other adults. All the changes in increase for the teens as the support of their families, teachers and friends reduces. The consequences being that they suffer from various types of mental disorder like depression, anxiety, conduct disorder like suicide tendency, engaging in violence, mood swing, substance abuse like smoking, taking alcohol or drug, cannabis, engaging unsafe sexual behaviour etc.

Being failed to cope with new situations, they exhibit unsocial behaviour, resulting low productivity, lack of energy, low intake of food etc. Besides, lack of focus and impulsivity in academic field start due to mental ill health leading serious injury issues when they are faced with the risk of driving, taking drugs or indulging in unprotected sexual conduct.

In India, accordingly to census 2011, one fourth of total population an estimated 253 people are adolescents among whom 7.3% in the age group of 13-17 years, suffer from psychiatric disorder (National mental health Survey of India- 2015) Worldwide, the number of adolescent's mental disorder is 10-20%. Therefore, the concern of adolescent mental health appeals significantly for building a healthy community who will be able to serve effectively on getting sound mental health in their adulthood.

## **Causes of Mental Illness of Adolescents**

As mentioned already adolescence is a phase of tremendous change and transition in human life, the adolescents show lot of symptoms of mental illness the causes of which lie in their biological, physical, psychological and socio-cultural atmosphere. The significant reasons of their mental ill health are discussed below:

- **Biological Reason**

People, who have developmental disability, are at an increased risk of Mental Health problem. People with physical or intellectual disability experiences difficulties in coping with their outer world and feel stressed to do so. Besides, they are subjected to social rejection, stigmatization, lack of acceptance, social exclusion. For Parsons with intellectual or developmental disabilities, Limited coping skill in terms of language difficulty, inadequate social support and a high frequency of central nervous system impairment have increased the risk of vulnerability of mental illness.

- **Gap between need and aspiration**

The present modern age is marked by ever increasing and ever developing Technologies, facilities, compounds and so in the developing countries like India, adolescence coming of underprivileged section of the society like their privileged counterparts also Aspire to grab this facility in terms of cell phone, motorbike etc. But when their aspirational are not meet, they remain uncontented. They fail to understand the actual gap between their need and aspirations and this gives birth to behavioural disorder such as frequently getting angry, misbehaving with others, trying to fulfill his unfulfilled aspiration by unsocial activities like stealing, getting involved in escort service etc.

- **Socio-cultural changes**

The socio-cultural changes that occurred in the past few decades also contribute to the deterioration of adolescent mental health all over the world. Conflict between communal groups produce social unrest and uncertainty as a result. Young people suffer from depression, anxiety, phobia for their future. Breakdown of extended and joint families, poor social support, ambiguous societal value system also contribute to poor mental health of adolescents in our country.

- **Use of Smartphone**

Today, Smartphone has occupied a major portion of human life. Almost 90% of adolescents use Smartphone by messaging, blogging, posting photos and videos. Truly it has some benefits like increased communication, access to academic information, familiarization of the cultural habit of various people. But it has made a significant contribution to mental ill health for the adolescents. In a survey, it is seen that 11.8% school going adolescents and 42.9% college students have mobile addiction. It not only affects their mental health, it simultaneously harms their study, sleeping even brain function. Even many people see pornography, play harmful games life blue whale owing to their mental ill health.

### **Other determinates of adolescent mental health**

Other factors that significantly increase stress during adolescents are a desire for more autonomy, pressure to conform with peers, exploration of sexual identity and increased access to and use of technology. Moreover, adopting a healthy sleeping pattern, taking regular exercise, developing coping with the environment, interpersonal skills, and managing emotions also determine the sound mental health of adolescents.

### **Prevalence**

According to the American College of Obstetricians and Gynaecologists, at least one in five youth aged 9 to 17 years currently has a diagnosable mental health disorder that causes some

degree of impairment, 1 in 10 has a disorder that causes significant impairment . The prevalence of adolescent mental health can be understood in the form of following disorder-

- **Anxiety disorder**

it is characterized by feelings of extensive uneasiness, worry and fear. It occurs in approximately 32 % of 13 to 18 years old. Generalized anxiety disorder, post-traumatic disorder, stress disorder, obsessive compulsive disorder and phobias are examples of anxiety disorder.

- **Depression**

Globally depression is the fourth leading cause of illness and disability among adolescents aged 15 to 19 years and fifteenth for those aged 10 to 14 years. It occurs approximately in 13 % of 12 to 17 years old. It affects eating, sleeping, working of individuals. Examples can be cited as depressive disorder, postpartum disorder etc.

- **Emotional Disorder**

In addition to depression and anxiety, adolescents with emotional disorder can experience excessive irritation, frustration or anger. Mood swing, emotional outbursts are also symptoms of such disorders.

- **Childhood behaviour disorder**

Childhood behavioral disorder is one of the crucial causes of lifelong disease and disorder. It occurs in young adolescents (aged 10 to 14 years) And old adolescents (aged 15 to 19 years). It is characterized by hyperactivity disorder, conduct disorder, effective adolescents education and resulting in criminal behaviour.

- **Eating disorder**

Eating disorder commonly occurs in almost 3% of older adolescents aged between 13 to 18 years. Eating disorder involves extreme or insufficient intake of food. Eating disorders include anorexia nervosa, bulimia and binge which are mostly found in female adolescents.

- **Psychosis**

Symptoms of psychosis that occurs mostly in late adolescence and early adulthood, covers hallucination or delusions having negative effects on individuals daily life and functioning.

- **ADHD**

Characterized by inability to pay continued attention, excessive activity, impulsivity, acting without prior thought to consequence, ADHD occurs during late adolescents( 9% in 13 to 18 years old).

- **Suicide and Self harm**

Suicide is the third leading cause of death in older adolescent aged 15 to 19 years. Almost 20% boy adolescents and 50- 75% girl adolescence die by committing suicide in India. According to National crime record bureau report, every hour one student commits suicide in India (2015).The potential causes of suicide are detected as taking alcohol, abuse in childhood, Sigma against seeking help ,lack of access and means of care. Besides, cutting or burning skin is also seen in adolescents.

- **Risk-taking behaviour**

Many risks taking behaviour in terms of substance abuse, driving, unsafe sex can be seen among late adolescents with severe negative impact on adolescent mental health and well-being. Worldwide the occurrence of episodic drinking among 15-19 years olds was 13.6% in 2016 with males most at risk. In 2016, available data from 130 countries show that 5.6 % adolescents aged 15-16 years used cannabis at least once in the preceding year. Many smokers start smoking before 18 years of age. Interpersonal violence has the second leading cause of death of older adolescent boys in 2016. In addition to substance abuse, interpersonal violence, Driving, unsafe sexual intercourse also contribute to mental ill health for the adolescents.

### **Barriers in the promotion of Adolescent Mental Health**

Lack of education and awareness and stigma about mental health are some of the major limitations in the report of mental Health Promotion for the adolescence of our country. in India, only one third of the families (37.5%) of children and adolescents know that there words psychiatric problem. Even, some health workers, nurses and physician also lack of show lack of attention towards this aspect .Again lack of coordination among different stake holders responsible for keeping sound mental health among children and adults also make the situation worse.

### **Promotion and Prevention of Adolescent Mental Health**

In order to build a healthy Nation, it is necessary to take initiatives to prevent mental disorder of children and adolescent because the prevalence rate of mental ill health in children Which is normally 1-2% increases to 10- 20% in the adolescence and it may emerge

as 20% in the adults. Towards this purpose, all stakeholders should work cooperatively and effectively.

### **Role of Parents, Teachers and Professionals**

Parental support and healthy parenting have great bearing on securing mental health of children as well as adolescents. Parents and other family members should make healthy home atmosphere. They should be free enough with their children to provide them self-autonomy and at adequate freedom to their children. At the same time, they should take care to find any unsocial behaviour for the part of their children and if found they should consult teacher, counselors and professionals. For help and be advised, they may visit ([http:// www. mental health.gov/](http://www.mentalhealth.gov/)) or for immediate help, they may call the crisis text line 74 17 41, on 911 or the national suicide lifeline 1-800-273 or call 8255.

To enhance mental health among adolescent students, teachers may organize drug awareness campaign, adopt resilience intervention like capacity building strategies and provide health education pertaining adolescent health, sex education and pubertal changes.

Adequate training of medical practitioners, physician, pediatricians, nurses may be beneficial in the early detection of mental disorder of children and in the time of emergency light suicide. Besides, psychiatrists and mental healthcare providers should be employed in the hospitals and health care centers in both Urban and Rural areas on a large scale to meet the needs of the community.

### **Conclusion**

To conclude adolescents having mental ill health need to get access to timely, integrated high quality, multidisciplinary health services to ensure effective assessment, treatment and support. For this, there is a need to develop effective inter-sectoral collaboration among medical, educational, legal, juvenile justice systems, social welfare government and non-government organizations with the focus on National Rural Health Mission and Reproductive and child health programmes. Mobile health camps, regular screening and health checkup, counseling session at a regular interval may be fruitful in this regard. Besides, involvement of primary health care personal and Anganwadi workers at primary level may help spreading universal awareness of child and adolescent mental health among majority of rural and urban people of this country for without their active involvement no policy or program will succeed in this regard.

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