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Research Article

Mental health and the influence of mental wellbeing on the lives of students: A Contemporary Research Perspective

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Abstract

In our modern-day scenario, health is the most important aspect of our lives. We should also know that health means not only physical health. Health is a broad concept, like physical, mental, social, emotional, behavioral etc. According to the World Health Organisation (WHO)----

> "Mental health is a state of well-being where individuals realise
> their own abilities, can cope with normal life stresses,
> work productively and contribute to their community"

Mental health plays an important role in a student's life to achieve their goals and enjoy a peaceful life. We should not ignore our mental health. If a person is physically fit but not mentally well, then he/she can't adjust their surroundings. Mental health has gained attention in recent years. Mental health is also related to a person's emotions, mood, etc. When a person is mentally fit, then he/she can know his/her ability and focus on it. Both physical and mental health are important to a student's life.

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KEYWORDS: Mental health, Depression, Anxiety, Defence Mechanism, Social isolation, Risk Factor.

The present study deals with Mental health and the influence of mental well-being on the lives of students: A Contemporary Research Perspective.

INTRODUCTION

"An adjustment of human beings to the world and to each other with maximum effectiveness and happiness."

---Karl Menninger (1947)

Mental health is one of the broad concepts of health. There are so many factors that contribute to mental health, like Biological factor (genes), life experiences such as trauma and family history of mental health problems. If a person is mentally fit, then he/she can adjust their surroundings and happily participate in all social functions. This is also a science which is discuss about human welfare.

A mentally fit person is always fit his/her another aspects of health like physical, social, emotional, etc. They can also adjust their personal and social lives. It helps student to identify their needs, physical and mental coordination, select their curriculum and choose their occupation.

Purpose of Mental Health Practice:
There are three main purposes of mental health-
- Preservation of mental health
- Resistance to mental illness
- Cure of mental illness.

Importance of mental health:
- A mentally well-being person always take right decision in any situation.
- Mental health directly impacts physical health, so both are most important in human life.
- A mentally fit person is always positive, doesn't ba negative in any condition.
- A well-mental health person can be productive.
- They can express their feelings.

Mental Hygiene:
Mental hygiene is closely related to mental health. Mental hygiene preventing the development of psychosis, neurosis and other mental disorder. It also maintain mental health. Mental hygiene's approach always be positive rather than negative.
Mental hygiene has mainly four functions, these are---
- Preventive
- Creative
- Preservative
- Training

Mental hygiene is a process and health is product.

Mental illness:
Mental illness is a broad concept that includes all disorders, which are emotions , thinking, attitude etc. A mentally ill person always go away from any type of social functions. Because of mental illness a person can't adjust their own self and others. Mental illness is treatable.

Meaning of Anxiety:
Anxiety means a felling of fear ,worry about uncertainty. It is fear about uncertain future. It is physiological state which affects the physical, mental, emotional and behavioral aspects. There are many types of symptoms and signs of anxiety-
- Palpitations, shortness of breath, dryness, chest pain, fatigue (physical symptoms).
- Lack of motivation , restlessness, felling of fear , lack of security (emotional symptoms).
- Excessive worry about future dangers , specially fear of death (cognitive symptoms).
- Thumb shaking, not interacting properly with others , eating bad things, nail biting etc(behavioral symptoms).

Mainly lack of GABA (Gamma Amino Butyric Acid), nor adrenaline and serotonin are responsible for anxiety. There are so many types of anxiety like- generalized anxiety disorder, panic disorder, post-traumatic stress etc.

Role of teacher to reduce anxiety:
- Follows a daily routine.
- Restructuring of the content.
- Group work.
- To encourage.
- Give a reward.
- Breaking the content into smaller parts.
- Following specific rules.

ADHD or Attention Deficit Hyper-activity disorders:
This is a behavioral problem, where lack of attention combined with hyperactivity disorder and impulsive behavior. This problem starts the age of seven. Three characteristics are seen in boys and girls with ADHD – Inattention, Hyperactivity, Impulsivity. There is no exact reason for ADHD but mainly heredity is responsible for attention deficit hyperactivity disorder.
Some treatment for ADHD are mention below –
- Behavioral therapy is important for managing symptoms.
- Support from teachers and parents are essential.
- Meditation.

Prevalence of mental health disorders :
The National Mental Health Survey OF India (NIMHANS, 2015) reported that, nearly 10% of the population suffers from a mental disorder. Mainly the disorders are anxiety, depression, stress etc.
Anxiety disorder is most frequent mental health issue among the youth. Restlessness , worry and sleep inconvenience are responsible for this anxiety disorder.
Stress is another mental issue for students. Fear of exams, unemployment, and parents' demands are common in our modern-day society. Stress is also a prevalent mental health issue.
Social exclusion is also responsible for any kind of mental health issue like depression, anxiety, insecurity and a barrier to adjust their surroundings. About 15% engaged in harmful use of

alcohol and drugs (NIMHANS, 2015). This issue is creating a mental health problem.

Academic Pressure and Mental Health in India :
In India, academic pressure is constantly raising and it affects the mental health of students. Competitive exam (JEE, NEET), high expectations from parents, and fear of exam failure are the factors that contribute to academic stress. For this academic anxiety, low self-esteem can affect their mental health.

Statistics on academic pressure and mental health:
To make sense of the magnificence of the issue, let's look at some key statistics:
According to the National Crime Records Bureau (NCRB), over 12,500 students died by suicide in India in 2022, because of academic pressure and failure in exams. In a study by the Indian Journal of Psychological Medicine in 2019, 50% of high school students in urban India suffer from anxiety, which is related to their exams.

Too much academic pressure can obvious in different types of mental health issues, such as:
Depression: Too much stress from academic claims can breed sadness and solitude.
Anxiety: The fear of exams can activate constant concern and panic attacks also.
Low self-confidence: Continuously feeling like they are losing, it can result from low self-esteem.

Technique to control academic pressure:
Healthy environment: Environment plays an important role in reducing exam pressure, and a healthy diet and proper sleep are also important for students.
Assistance from teachers: A teacher plays a role like friend, guide and philosopher, and so the students are free from fear of their academic pressure.
Broken content: A lengthy piece of content should be broken into small parts, which can help the students to understand the content properly.

Impact on mental health during COVID 19 Pandemic:
During this pandemic situation, there were huge mental health issues globally, with anxiety and depression raising 25% . Because of social isolation , fear of infection, financial instability (World Health Organization : WHO report 2022).Earlier the COVID 19 situation ,the mental health issue like stress , anxiety was not too much high. In our modern day society we are facing so many troubles because of work-stress, high expectation etc.
Gender differences like men and women often faces mental health issues differently. Mental health challenges also can vary geographical zones, like urban area students suffers from highly mental issue (stress, depression) rather than in rural area students might face limited mental health issues. We should understand the need of a well mental health.

Risk factors related to mental health:
Parenting: Insecure family environment, single parent household, conflict and too much too much control are closely related to mental illness. Parental pressure and over expectation of parents are significantly increased psychological distress.
Too much use of alcohol and drugs : Substance use of peer groups conduct disorders in youth. Connection with anti-social peers are also damage youth's mental health.
Exam related pressure : Academic pressure and after clearing the examination, fear of unemployment and financial insecurity are also affected students mental well-being.
Relationship trouble : In adolescence period many of youth suffering from their relationship issue and tendency of doubt and also suffering from decision making which can make them depressed.
Social isolation : Because of poor economic background, family financial struggles increase the risk of depression.

Defense Mechanism :
Defense mechanism's function in unconscious level. It means of transforming or falsifying a person's reality which reduce anxiety and allow individual to cope with whatever he/she facing. There are two types of defense mechanism –
- Successful
- Unsuccessful

Successful defense mechanism:
Sublimation: When we exchange the unacceptable impulses to acceptable impulses.

Unsuccessful defence mechanism:
Denial: When a person directly refuses the threatening situation.
Repression: This defence mechanism is directly related to anxiety. Here, a person refuses to consciously remember a threatening or unacceptable event, instead putting those events into the unconscious mind.
Regression: This a state where an adult behaves like a child.
Rationalisation: It means creating false excuses.
Projection: Simply, it means "throwing out", commonly used by everyone. When one transfers the blame of his/her own shortcomings, mistakes to other and attributes to others his/her own unacceptable thoughts.

Ways to protect the mental health of students :
Protecting mental health of students in our modern society is too much important because students are always stressful for their study or other social restrictions. So good mental health helps them learn better and handle stress. Here, some effective ways to protect mental health of students.
- Every student should sleep at least 8-10 hours every night for their brain relaxation.
- A proper sleep also helps them to improve their concentration level.
- Always eat healthy nutritious food and do exercise in regular basis.

- Breaking down their learning content into smaller parts, which helps to remember their study.
- Students should share their feelings with their parents, teachers or friends. If a student can share their emotions with others then he/she can reduce his/her stress.
- Now a days students are too much addicted through mobile phones and social media. They should avoid too much use of mobile phones.
- Social or emotional support helps students to achieve their goals and reduce anxiety.
- Deep breathing and listening to music.
- Counseling and therapy (if necessary).
- Students should take breaks to feel them happy and joyful.

Role of parents and teachers to protect mental health of students:
- A teacher should know individual differences about his/her students.
- Teacher should always concern the ability of students and encourage them.
- Class environment should be supportive to maintain a good mental health.
- A teacher should be a friend ,guide and philosopher.
- Parents always encourage their children to share felling without any kind of judgment.
- Parents should maintain regular contact with teachers.
- Collaborative approach of parents and teachers are essential for good mental health.
- Parents protect their children's mental health by creating a healthy and supportive environment.
- Parents encourage their children to build up their self-confidence.

Impacts on mental well-being on students:
Mental well-being means do action well and feel good. High level of mental well-being improves social contribution, engagement, productivity and always set their positive mindset.
A student's high mental well-being is directly related to their physical health. So that they can improve their immunity system and increased lifespan. Students or an individual with a good mental well-being lead a positive lifestyle, such as nutrition, social contribution, proper sleep etc.
A mentally well-being person will be a good human resource, who can improve their productivity and contribute their nations.
There are some factors influencing mental well-being:
Social isolation, fear of social adjustment, insecurity are the major factors to decreased mental well-being. Income, social support, interaction with good peer, parental support helps to improve students well-being.
A healthy lifestyle like proper diet, sleep and regular physical activities on a regular basis, also boost up mental well-being.

CONCLUSION
This study helps to understand the importance of mental health in our modern society and a student's life. Mental health is essential for overall well-being. A good mental health is always help to think properly, feel and behave and cope with life situation. A good mental health also help achieve a student's good and he/she will be a perfect man. Mental health is a science which discuss about human welfare.
A student's mental health promoting by self-awareness, self-care, supportive relationship and guidance. A healthy mind of a individual always contribute to society, maintain then personal and social relationship and live a productive and joyful life.

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