

MANAS

Speaks

Volume 01
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‘Mental Health in an Unequal World’

#WorldMentalHealthDay

MENTAL HEALTH

Childhood sacrificed pandemic

Growing up too fast: early menarche and mental illness

Adolescent mental health

Ghost of Surfing Social Media



The Academy of Psychology



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MANAS *Speaks*

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Mental-ill health can affect people of any age and in a variety of forms such as depression, bipolar disorders and schizophrenia and comes with lasts and consequences that impact individual's families and careers, health and social systems, society and economy given the above, mental health should be considered as important as physical health.

It is a widely known reality that people with mental illness have high rates of medical morbidity and mortality.

Science helps people with crippled bodies. Now it must find ways to help those with crippled minds

Almost everyone develops a diagnosable mental illness at some stage in their life. An exaggeration? No

Adolescence is a hub of changes, be it biological, physiological, cognitive or affective it has always been an area of interest to study.

Demographically, India is one of the youngest nations globally, with its average age being 27.9 years

Adolescent Mental Health

According to World Health Organization Sept

Manas Speaks, Oct 2021

2020, few statistics at a glance

- ◆ One in 6 people are aged 10-19 years
- ◆ M.H Conditions account for 16% of the global burden of disease and injury in people aged 10-14 years
- ◆ Half of all mental health conditions start at 4 years of age but most cases are undetected and untreated.
- ◆ Globally depression is one of the leading causes of illness and disability among adolescents
- ◆ Suicide is the fourth leading cause of death in 15-19 years old.
- ◆ Studies conducted in different parts of the world show that the prevalence of behavioural and emotional problems in adolescents ranges from 16.5% to 40.8% and in India it is in the range of 13.7% to 50%. As adolescents form one-fifth of India's population, this means a sizable disease burden on the society.

The consequences of not addressing adolescents' mental health conditions extend to admitted impairing both the physical and mental health and limiting opportunities to lead fulfilling lives as adults.

Mental Health Causal Factors

Adolescence is a time for young people to have a healthy start in life, but at the same time, it is also a time for multiple physical, emotional and social changes such as substance abuse, violence etc.

It is a crucial period for developing and maintaining social and emotional habits important for psychological well-being. These include adopting and maintaining healthy eating and sleeping habits, exercises, coping with stress and related problems and managing emotions.

There are many factors which determine an adolescent's mental health and its outcome for example Instability in the school setting, including changing schools, suspensions or expulsions, and grade retention, can further the development of academic problems and contribute to stress other than a desire for freedom, peer influence, increased and unmonitored access to technology, identification shifts, exploration of sexual identity.

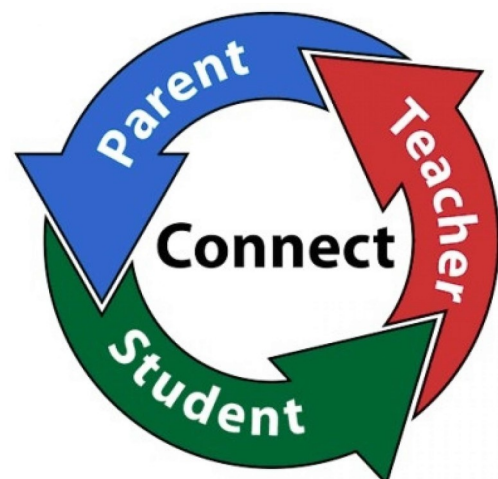
Emotional and Behavioural Problems

Theorists of every persuasion agree about the importance of adolescence as a turning point in development. But just not physically, cognitively, emotionally and socially, of late there has been a rise in the prevalence of mental illness and maladaptive behaviours among adolescents.

Anxiety, depression, and mood disorders are internalizing problems. Oppositional Defiant Disorder [ODD], Conduct Disorder [CD], and substance abuse disorders, on the other hand, are externalizing disorders. There are times when adolescents experience both internalizing and externalizing disorders (Howell & Watson, 2009). This is termed comorbidity, or the disorders are comorbid because the adolescents have two or more co-occurring disorders.

What can be done?

Children with emotional and behavioural problems can experience a range of difficulties such as problems with academic success and struggles with forming social relationships. These children are also likely to experience problem behaviours that cause difficulties in all areas of their lives. Effective interventions may focus on the enhancement of self-esteem along with other academic strategies, which might reduce the behavioural problems so that learning may not be interrupted.



Few Interventions

- ♦ Educating parents and teachers about the importance and benefits of their involvement with children diagnosed with Emotional and Behavioural problems. As they have heightened potential to produce positive outcomes for these children. Reducing the stigma associated with mental illness.
- ♦ Teachers and parents being sensitive and not ignoring the warning signs of depression, suicidal ideation or mood swings.

the incorporation of mental health issues of students in education policy, curriculum and teacher training programs. At the societal level, there is a need to ensure that those in charge of law and policy reform and understand the issues surrounding adolescent mental health, and they work towards the provision of required services in the community.

Final words, an episode of poor mental health is like bronchitis, kidney stones, a broken bone or other highly common conditions. That is sufferers, it's your child or the teen or



- ♦ Training on early identifying and dealing with problem behaviour may help teachers and parents to provide positive behaviour support and appropriate scaffolding to facilitate learning in the classroom and at home.
- ♦ Parents being proactive by focusing on promoting healthy habits. educating the adolescent about drugs, sexuality, asking about safety issues at home and school, such as about bullying or sexual harassment.

Many findings explore the pressing need of

yourself experience impaired functioning in case of mental health it might be anxiety, agitation racing thoughts, low mood, sleeplessness or various other symptoms – but it is temporary and treatable just like the aforementioned physical problems.

We all need to mind our mental health which means viewing periods of psychological strains in the same way we view broken bones and the likes.

Dr Rupa Selvaraj

