

Adolescent Mental Health: Impacts on Individuals and Societal Perspectives

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Abstract

This article is devoted to exploring the mental wellbeing problems of youth and the ones that occur in their everyday lives. The study was carried out using a random survey of 150 teens. more teenagers (neglect or physical and family influence) are conditions that influence teenage mental wellbeing, the study on 150 adolescent subjects revealed that 45% (dispute and family) caused these (high risk behavior). The adolescent has to deal with numerous conditions, both positive and negative, that stem from the background around them. It can also affect the appearance of mental health conditions such as insomnia, sleep disorders, and some times nervous anxiety. Additionally, mental health conditions are also stigmatized in the general public eye. Thus, substantial mental health education is essential for the general population to remember.

Keywords: Mental Health, Adolescence, Social Community

Introduction

During puberty, biochemical, psychological, and social facets of growth all proceed rapidly. Various disharmonies need balancing in order for teens to achieve their established and capable psychosocial maturity. This condition differs greatly with age, thereby requiring various responses from each person. Since the signs are different, it's always too late to know that the number of infected individuals is really very high Adolescence is half of the duration of the condition of psychiatric disease. Suicide accounts for the most among young people between the ages of 15 and 29 years old, which has recorded. A metropolitan community is more likely to have alcoholism, psychotic disorder, or schizophrenia, and addiction or obsessions than a rural population in general (De et al., 2005). The increase in the number of people with mental illness worldwide is attributed to population increases as well as the impact of that in major cities (Haines et al., 2006; Costello et al., 2009; Whiteford et al., 2013; Pimentel et al., 2007).

They face these different situations, both inside and outside, which must be considered. Therefore, teenagers must have several skills in their lives so that they can achieve their goals throughout this point. Adolescence is a developmental phase during the coming of age time, there are a variety of physical, mental, and emotional changes which an individual will go through (Eccles et al., 1997; Ge et al., 1996; Peck, 1956; Dahl, 2004; Eccles, 1999; Caspi & Roberts, 2001). The use of the word "girls" to describe teenagers can no longer be applied since the word "adult" doesn't do. It is subject to several biological, psychological, and social transition at this point in time. When teens can't transcend this situation, their character progress can be impaired and their emotional wellbeing is also jeopardized.

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It is important to know the adjustments that arise during adolescence and its relation to maturity to personal and intellectual growth, such that individuals during this time span in life are both physically and mentally mature. About this matter, the World Health Organization said the same thing in 2001, when it said that a world where youth can fully achieve their potential is one that is also healthy and provides opportunities for a long and enabling them to do so.

Methods

The data for this thesis comes from a survey of 150 adolescents who collected knowledge through the use of questionnaires. Generally, the unit of study is an entity. In this research, teenagers who have already demonstrated signs of a therapeutic change have been classified as someone who is well aware of understanding their talents, functioning effectively, and capable of contributing to the group.

Results and Discussion

Adolescent Mental Health Conditions

An individual with a balanced mindset will do anything as a living being. Mental wellbeing is a key for someone's potential growth. Ability to recognize one's own talents, ability to contend with normal life's challenges, and the capacity to function productively are features of mental health. Meanwhile, mental health is described as a person's failure to adjust to the demands and conditions of the world.

There is a very high incidence of youth mental health issues in this population. Results from the study indicate that teens and young adults aged 10 to 24, all races, have been found to have gone through inpatient mental health services. Teenagers also encounter mental health issues due to issues with their peers. The concern is that teens don't make healthy friendships with their peers. More social well-being was shown to be linked to good mental health in adulthood.

Inability to interact with peers can lead to isolation, an increased aloofness or even arrogant behaviour, and/ A failure to socialize with one's peers may lead to in certain cases to isolation, isolation, or even a heightened aloofness, stubbornness. Disturbed peer groups in the school would result in abuse, truancy, loss of respect, and defiance of teachers and students. Specific or contextual influences are possible. An adolescent is at risk for experiencing the mental and behavioral issues founds because of emotional weakness and resiliency (Rak & Patterson, 1996). Genetic, constitutional and behavioural causes Lack of social skills, such as anxiety, low self-esteem, and depression it is often believed that aggressive behavior can be tolerated and followed by a lack of self-control.

Discord between parents, drug misuse in parents, behavioral disorders in parents, attitude imbalance between parents and teenagers, and parenting by parents who are not empathic and appear to dominate, both of these factors can contribute to violent behaviour and temperament problems in children and adolescents. The tendency to exert a great deal of pressure from the peer group has an important effect on academic underachievement Adolescents are at an elevated risk of having this health problem. I define bullying as attempts to harm mentally or physically by an individual who is or others who are stronger.

Bullying may take the form of (a) physical acts like pinching, punching, shouting, or slapping; (b) psychological acts like threatening, avoiding, and discrimination; or (c) verbal acts like swearing, teasing, and slandering. For teenagers, both of these circumstances are overwhelming and painful, and they often prioritize psychiatric illnesses. Hazing is an

incident in which senior members of a group attempt to bully members of a younger group into doing various degrading activities, with the senior group sometimes torturing and abusing the younger group, causing physical and psychological distress. This is sometimes achieved as a condition of membership of a certain party. This hazing ritual has long been practiced as a yearly occurrence as a means of initiating inclusion of someone into a fraternity. While it normally only lasts a brief period, it is not unusual for an expansion to put emphasis on teens who participate.

Bullying and hazing are significant sources of stress for youth, and they have a detrimental effect on their growth. The prevalence of these two diseases is estimated to be between 10% and 26%. In this research, it was discovered that students who had been bullied displayed insecure attitudes, had trouble socializing, were frightened to come to school, had difficulty focusing in class, and had difficulty concentrating in class, all of which culminated in lower learning achievement; it is not unusual for those that had been bullied and hazed to become suicidal and commit suicide.

Factors Affecting Adolescent Mental Health, Specifically on Social Life and Situation

It has been shown that different living and social environments in some societies, such as violence, education, parental breakup, and the prevalence of chronic illness in youth, have a similar association with the occurrence of psychiatric illnesses. Protective factors are those that describe why not all teens with risk factors will have behavioural or mental difficulties, or have any conditions. Protective factors are factors that alter, modify, or improve a person's reaction to a range of challenges presented by their environment. These preventive factors will interfere with risk factors in the future, resulting in behavioral or emotional issues or psychiatric illnesses. A family climate that is supportive. Adolescent transition measures are strengthened by a relational climate that acts as a support net. Adolescents can reach personality development and social freedom as a result of protective factors and risk factors (Jessor et al., 1995; Hall-Lande et al., 2007; Pietrzak et al., 2010; Bonino et al., 2005). In the form of healthy interpersonal relationships, self knowledge is identified by a sense of self-confidence and awareness of one's shortcomings and strengths. Position Anticipation and Role Exploration, or the encouragement to anticipate and try out such constructive tasks in their environment. Apprenticeship is described as a desire to learn from others in order to develop one's learning and working ability.

Psychosexual improvements, the development of testosterone and the hormone estrogen, which influence brain activity, feelings, sex desire, and teenage behaviour, are the actual issue with mental wellbeing in teenagers today. Apart from the development of a sexual appetite, which is a direct result of these hormones' effect, there may also be an alteration of the sexual urge, which manifests itself in the form of idolization of athletes, actors, rappers, movie stars, heroes, and so on. Adolescents are particularly receptive to peer perceptions, so they often equate themselves to other adolescents their age, which may lead to feelings of guilt or inferiority if they are visually different.

Peer networks play a significant part in the lives of teenagers. Social engagement and peer association play an important part in the growth of a range of social skills. Home is the fundamental base for teens, when school is the universe. Children respect people outside of their home world, such as friends, teachers, parents, themes, sportsmen, and so on, during the teenage growth process. Adolescents' most important relationships, apart from their parents, are with their friends and their desires. Because of their peers' power, teenagers try to be self-

sufficient from their parents. Peer power and relationships, on the other hand, can lead to anti-social activity such as theft, violating others' rights, truancy, and so on.

High Risk Behavior

Adolescents often engage with a number of high-risk activities, with 50% of these adolescents showing the existence of such high-risk behaviors such as drunk driving, having sexual contact without intimidation, and antisocial activity (stealing, battling, or truancy) at least once in a year. According to one survey, 50 percent of teens had tried marijuana, 65 percent had tried smoking, and 82 percent had tried alcohol.

They believe that doing these things makes them feel more acceptable, that they become the centre of focus for their peers, and that engaging in high-risk activity is a pleasurable experience (fun). Some teens, on the other hand, believed that reckless activity was a way for them to ease stress or tension. This high-risk behaviour will last until a child approaches maturity in some situations.

Failure to Establish Self-Identity

Early adolescence, according to Piaget, saw a significant cognitive shift toward a more abstract, philosophical, and future-oriented way of thought. Teenagers continue to express an interest in and aptitude for literature, painting, music, athletics, and religion. The key challenge in adolescence, according to Erikson's theory of psychosocial growth, is to form a strong self-identity, which is characterized as self-awareness and a more centered life goal. They start to understand and comprehend all of the challenges in their life, and they start to figure out which options are better for them, such as friends, hobbies, or education. On the other hand, this disorder often leads to disputes with parents or the community, who do not grasp the importance of teenage growth and prefer to assume that they are incompetent, regarding them as younger adolescents.

When this self-identity mechanism fails or is disrupted, task uncertainty develops. Negativism, such as rejecting and doubting one's own skills, is a common manifestation of role uncertainty. Negativism is a means of communicating frustration caused by feelings of inadequacy as a result of disruptions in the adolescent self-identification process.

Impaired moral development

Morality is a mutually agreed set of values, rights, and duties. Where two widely accepted standards disagree, adolescents usually select what is acceptable based on their conscience. In order to regulate their actions, teens take ethical ideals from their parents and faith to mold their morals. They also understand what value is best for society as a whole. As a result, it is important for parents to act as positive role models and not only insist that their children behave properly, but also that their own parents do so.

An individual is legally bound to obey established moral principles, but only if they do not endanger one's health, are ethical, and are based on human rights. Adolescents develop a strong sense of morality as they progress into puberty and into adulthood. If this development is disrupted, teenagers can exhibit antisocial and competing behaviour, which may obstruct the adolescent's contact with their community and lead to numerous disputes.

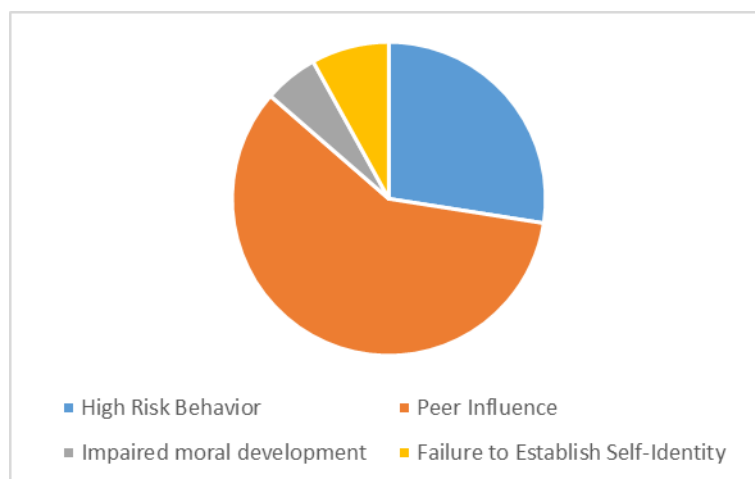


Figure 1. Factors in adolescent mental health

The prevalence of adolescents who experience conflict with peers. A survey conducted on 150 adolescents showed that as many as 21% (high risk behavior) adolescents stated that they had experienced disputes and 45% (peer influence) adolescents stated that they had experienced conflicts with their peers at school. Psychological violence is ostracism, while the second rank is verbal violence such as taunting and physical violence such as hitting.

Mental Health Problems Experienced by Adolescents

Adolescents are often introduced to and undergo a number of psychiatric illnesses. Depression is a mood illness that makes you feel depressed all of the time. Depressive episodes will last weeks or months. Schizophrenia is a psychiatric illness that triggers paranoia, visions, and a loss of control over one's thoughts and actions. The sufferer of schizophrenia is unable to differentiate between reality and their own feelings. Anxiety disorders are neurological illnesses that cause people to be nervous and fearful to the point of being unable to carry out their everyday tasks. Bipolar disorder is a neurological illness that is marked by mood swings. Bipolar depression causes people to feel very depressed and helpless at times, and sometimes very optimistic at other times. Changes in sleep habits that affect the sufferer's health and quality of life are known as sleep disturbances. Insomnia (difficulty sleeping) and falling asleep quickly are two types of sleep disturbances. Several steps should be taken to prevent mental health problems in youth, including: accepting and loving yourself; avoiding inappropriate use of social media; closer to God; maintaining positive relationships; active in activities; beginning to open up with others; exercising frequently; getting adequate rest; and consuming nutritious foods and beverages.

Public Views of Mental Health

Sufferers with mental health conditions find it difficult to obtain community assistance, which is an important part of their development. People find it impossible to understand sufferers' conditions; they see them as risky individuals, patients who are unable to regain their mental health and who need to be isolated. Education regarding mental health, mental health conditions, and how to deal with them is required not only for families who have family members who suffer from mental health disorders, but also by the general public. One of the features of social work is the idea of person in the world, which describes how an individual's life can impact and be affected by the environment surrounding him. In order to create a (social) atmosphere that is proportional to the rehabilitation of sufferers of mental

health conditions, all levels of society are obligated and entitled to receive as much knowledge as possible. By educating the world about mental or psychiatric wellbeing (including psychosocial), the stereotype of "weird people that should be shunned" will eventually fade, and households of individuals who suffer from mental or mental health problems will seek care as soon as possible. Furthermore, with the public's open mind, the social worker profession, especially in the medical sector, would be encouraged on a regular basis. People who challenge and doubt the cure for sufferers of mental health or psychological conditions should be able to find a response or answer through the provision of different forms of therapy. The heavy negative stigma that society places on those who suffer from mental illnesses prevents them from receiving adequate care. Families of mental health problems deem it a shame to lock up family members with mental health issues at home, considering the fact that they are also often encountered who prefer to shackle because they feel sufferers of mental health disorders can endanger the welfare of others. It would be daunting for health facilities who struggle with this problem to support those who need care because of the negative stigma. People tend to be silent and do very simplistic tasks as a means of therapy due to a lack of awareness about mental issues and mental health disorders. People get stuck in their own experiences due to a lack of general knowledge of mental health conditions.

Conclusion

Adolescence is an important stage in a person's life. Many changes occur during this period as an individual prepares to reach adulthood. Adolescents who excel in cultivating a normal identity and self-maturity are well positioned to face different obstacles in their life now and in the future. As a result, it is preferable to avoid by reinforcing different protective factors and reducing current risk factors as much as possible, which begin at conception and continue until the child reaches adolescence.

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