

Youth Mental Health

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Abstract

Mental health develops the whole personality of the youth. Every young person has aspirations, desires, interests etc. Some of these are inherited and some unearned. Apart from physical, mental, emotional and social development, other types of development are expected for overall development of youth. Maintaining mental health is essential for mental development. If the mental balance is not properly maintained then their social life is not healthy hence maintenance of mental self-esteem is very necessary. Mental health is an adequate adaptation to the environment on the role of reality. Mental health is the ability to face and accept the emotions, desires and realities of daily life. A complete and harmonious functioning of the youth can be called mental health. Therefore, this article presents a presentation about the formation of mental health of youth and the role of home, school and society for its role.

Keywords: *youth, mental health, psychotherapy, self-esteem, atmosphere.*

Background

The current time is the time of empowerment of the youth. Youth has immense potential. In order to develop it and make it successful in the right direction, it needs mental health. Mental health is a well-rounded personality of the youth that means the harmonious integration of its various psycho-physical aspects with each other. Mental health includes both the mental and the physical. The mental health of young people reflects how well they have adapted to the opportunities that arise in their own lives.

Mental health science is a systematic science that suggests ways to maintain mental health. Maintaining mental health prevents young people from developing mental disorders (psychopathies).

A young person always has to adapt to his surroundings. Mental health is the characteristic of being able to adapt to the environment on the role of reality itself. Young people serve many different emotions, feelings and desires in their life. A young person who has the ability to accept these psychological issues and all the good and bad realities of life and face them, when necessary, can be said to be truly healthy. A harmonious functioning of a young person's whole personality indicates his mental health.

Such a young man reaches a definite goal through proper coordination of energies. A mentally healthy young person can balance his various needs. Demonstrates singleness in one's goals, objectives and ideals. His speech, thought and behavior are uniform. It conveys a proud concept. This role is followed by a presentation on the mentally healthy youth, the construct of his mental health and recommendations for maintaining mental health in youth.

Mentally healthy youth

He is full of confidence. It has the ability to adapt to the environment as per the situation. It has the ability to face and accept emotions, desires, realities of life in daily life. He moves towards a definite goal by proper coordination of his energies. He maintains harmony between his various needs. Its aims, goals and ideals have coherence. Oneness is seen in his speech, thought and behavior. Self-centered dilemmas maintain their sanity without solving problems. He has a positive attitude towards education and the world. He is well accepted in the society. He is concentrated towards his works, studies.

The formation of psychological self-esteem of youth

Youth mental health is shaped directly and indirectly. Some are based on environment while some are hereditary.

Hereditary effects on youth mental health

The proverb 'First happiness is self-made' clarifies that a healthy, disease-free and healthy body is the key to all happiness.

The physical constitution of a young person, according to psychologists, is sometimes attributed to inheritance from ancestors. A healthy mind resides in a healthy body. A weak or diseased body, if inherited, has adverse effects on mental health. Intelligence is also considered to be hereditary. An intelligent person can easily adapt to other persons, situations and society. It can ease mental

tension by finding a way out of any situation. Some psychologists consider business ability to be inherited. Such a person gets job satisfaction by faithfully performing duty. Parents whose character is high, their children also have high character. High character. A person is restrained or restrained. They have good qualities. Hence, he can spend his life easily, and can maintain balance mentally.

The impact of Atmosphere on youth mental health

Home or family plays a very important role in the formation of youth. Especially parents and other family members contribute in its formation. Apart from this, the environment of the home also has positive or negative effects on his mental character. In the family, parents sometimes cannot give full contact to the youth.

Parents engaged in work or business show neglectful behavior towards children, especially in infancy or childhood.

When he needs the warmth of parents or family members,

Then the neglect of the parents has an adverse effect on his mental health. Apart from this, when there is more than one child in the house, parents show partiality towards some children and neglect some children. This also affects his mental health. Some parents shower irrepressible love towards their children. They sometimes give him extra pampering or love. Hence, he cannot think of Sarasara when all his needs are satisfied. So, he gradually becomes stubborn, angry and overly emotional. Due to this, many times disorders are also born in children. In this situation also the mental health of the child is affected. Besides, when too much control is kept on the child, his personality gets stunted. He becomes morbid and psychotic. Feelings like disgust and hatred are born in him. Sometimes parents don't want children in some circumstances. Even in such circumstances, if a child is born, the parents neglect it. Such a child becomes unwanted for the parents. Therefore, the behavior of the parents is not good towards him. In these circumstances, the mental condition of the child is adversely affected. A child is brought up in a family. If there is conflict between parents and family members, the environment of the family is constantly in conflict, such circumstances affect the child's mental health. Stays happy in a way. When the child whose parents are separated, divorced and the child is growing up with whomever he likes, such a child is emotionally disturbed after the divorce of the parents. His sensitive feelings are hurt, thus

having adverse effects on his mental health. Sometimes children are innocently sexually abused. They do not have enough consciousness. Parents sometimes scold and threaten their children in such a situation. Then such children feel sexually confused and if they do not get proper guidance, they turn to the path of perversion. Then mental health problems arise. Parents sometimes often compare their children with others' children and put them down. Then such children suffer from inferiority complex and feel inferior to themselves. Other children become neglected and despised. This affects their mental health. Some parents do not naturally give their children concessions or freedom of behavior. He constantly nurtures them under his guidance and discipline. Such satanas become dependent and parasitic in the long run. Sometimes a rebellious spark flares up in them. The social and economic status of parents also affects the mental health of children. Social and economic backwardness Lack of fulfillment of needs adversely affects the mental health of children.

The impact of education on youth mental health

If the school is managed in a democratic manner, there is a happy unhindered development in the students. If the school is dominated by principals and teachers and run in an authoritarian style, the mental health of students is adversely affected. The school principal, teachers and the students become hostile towards the school. The principal and teachers are the idols of the students. At school he obeys his parents' demands.

If school principals and teachers have sympathetic behavior towards students, it has a positive effect on mental health. If the students are neglected or bullied in the school, their mental health deteriorates. If the school environment is free and happy and there is dialogic relationship between the principal and teachers, teachers', principal teachers-students etc. then it helps in maintaining mental balance. A school that lacks discipline, does not have ideal teaching methods and traditions, and where there is conflict between school principals, teachers, and staff has adverse effects on the mental health of students.

Impact of society on youth mental health

A youth automatically becomes a member of a caste or group from his birth. The high and low distinctions between caste and caste in the social structure have a deep impact on his psyche.

Children of lower caste are beaten. Concern towards them is viewed with respect. It is neglected. All this also has a negative impact on his mental health. Frequent communal riots in the society also affect the mental health of the youth. Some cultural traditions and systems of the society have an impact on the mental health of the youth. The stereotypes, superstitions, unwanted beliefs of the society have an adverse effect on the mental health of the youth. Some people in the society are very poor and some people are rich. Physical, physical, Social and economic needs cannot be met. Due to this type of economic situation, they social and feel economic insecurity. It also has an adverse effect on mental health. Sometimes religious elves create a fire of hatred in the mind of the youth. This also has an adverse effect on mental health doing. Sometimes adolescents and youth witness social disorders and economic corruption in the surrounding society, which has a profound impact on their mental health. Evils such as exploitation, unemployment etc. arising out of social inequality and economic inequality also adversely affect mental health.

Conclusion

How mentally healthy the youth is can be deduced from their behavior. That is, it can be known that the level of his mental health is low or limited. In this view, if the role of inheritance and environment - home, school, society etc. affecting mental health is understood and these three institutions can give proper direction to the mental health of the youth. So, the youth of the nation can take steps in the development of the nation by maintaining mental health.

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