

A Qualitative Study of Adolescent Mental Health: Issues and Challenges in the Stressful Lifestyle

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ABSTRACT

Each and every adolescent has the right to have a good mental health. The promotion as well as protection of the psychological health of adolescents may help in improving the quality of their lives, strengthening the human capital, help in contributing towards the socio-economic development and create an equitable world. Even though the investment during the effective, early intervention for psychological health of the adolescents was considered to be the best bet over the past few decades, the current evidences indicate that the mental health of the adolescents is still not paid good attention to. The burden of the suboptimal psychological health of adolescents is huge both during the adolescence as well as adulthood. It even helps in influencing the following generations. The summary of knowledge demands an increased attention towards and action about the adolescent psychological health. In that case everyone's got some role to play. Why is it important to pay attention towards the mental health of adolescents? The paper would answer the question.

Keywords:-Adolescent Mental Health, Depression Amongst Youth.

Introduction

Lack of ample attention towards the mental concerns and health of adolescents and kids might cause mental disorders which can have lifelong consequences. It undermines the compliance with the health regimens and also reduces the capacities of the societies for being productive as well as safe. The contemporary recognition of adolescent and children mental health and disorders as well as advances in care of adolescents and kids who have mental disorders give an incentive for synthesizing the current knowledge, identification of the future exploration and consideration of the apt policies. The areas of main concern include:

- Diagnosis as well as treatment
- The barriers for treatment and diagnosis
- The trend in care for adolescents and kids who have mental disorders Regarding this, the

WHO has created a whole series of the activities which have been designed for identifying the gaps in treatment, promotion of training, encouragement of rational treatment and promulgating the model policies. One of such activities was the conference on “Care of Adolescents and Kids who have mental disorders- setting the directions of WHO”. The conference was attended by leaders who suggested about caring for adolescents and kids who have mental disorders from across the world. The main point of focus was on caring of the kids and adolescents who have mental disorders who a special attention on the emerging issues which impact the developing nations.

The magnitude of burden of the diseases concerning the mental health of adolescents and children is understood well by parents and clinicians. But, until recently it's been quite difficult to measure it. Now, with a global crisis involving kids impacted through war, exploitation for sex and labour, orphaned due to AIDS and some are even forced for migrating for political and economic reasons. The dimension of burden of mental health as well as mental disorders are evident as well as quantifiable. It's been estimated that in about 26 African nations, the total number of kids who have been orphaned for some reasons would be double. About 68% of the kids would be because of AIDS. An absence of education, underachievement which leads to dependency, an involvement in the criminal activities, use of illegal drugs, an inability of benefitting from rehabilitation, comorbid medical condition are some of few impacts which are related to cost. For understanding the mental health demands of adolescents and children, it's very important to understand the different dimensions of what's known as non- communicable disease which affects the kids. The effect of these infectious diseases with an indirect or direct effect on mental health of kids and lastly available data for diagnosable psychopathology. Different reports under present the disabilities which are caused due to psychological disorders amongst the adolescents and kids due to childhood psychiatric ailments like ADHD, conducting disorders, mood disorders, learning disorders, pervasive development disorders as well as mental retardation amongst others have not been included. It's significant to highlight the below:

Across the world, about 20% of kids as well as adolescents suffer from disabling mental ailments

Across the world suicide is the third leading reason for death amongst adolescents MDD or the Major Depressing Disorder often has the onset in children, across diverse nations and is generally associated with the substantial psychological impairment as well as risks of suicide.

Literature Review

The stage of adolescence is the transition phase which begins from childhood and ends with adulthood. It is marked by a number of cognitive, biological, psycho-social changes. The attributes that emerge during this stage include a tendency of experimenting and seeking novel experience,

A Qualitative Study of Adolescent Mental Health: Issues and Challenges in the Stressful Lifestyle an increased vulnerability, and low risks perception, intense need for independence and inner search for finding self- identity that gradually shapes up the personality of these youth across the developmental years. It's quite a crucial period which is characterised through physical and neurobiological maturation which leads to improved psychological awareness as well as a high level of emotional and social interaction with the adults and the peers. Even from the neurobiological point of view, the adolescents may be viewed as the work in progress with inter-personal, academic as well as emotional challenges. It helps them to explore the new territories with the help of talents and experimentation of social identities. On one side, it's the phase of immense growth for preparing the role of adults as well as skills for sustaining the challenges and pressures. On the other hand, it's the phase of transition which may increase the risk of different adjustment issues, psychological disorders as well as suicide. Promotive and positive mental health during this age ensures a very smooth transition into the adult life later.

It's quite imperative that the non-government organisations and nations start addressing the issue related to mental health of children, community as well as family, mental health issues in kids often leads to impairment for life. This could have immense negative economic and social consequence. Such issues and challenges make the process of development as well as implementation of the initiatives related to mental health of children quite imperative. Successful initiatives need to include different elements of intervention techniques, awareness promotion, preventive measures, etc. The logical point of starting is to start with the awareness promotion, with the help of awareness campaigns on mental health of children considering the fundamental assumptions that an increased awareness regarding mental health challenges would also work for increasing awareness about need for intervention as well as prevention mechanism. The introduction defines the goals and the purpose of these awareness campaigns and also states what could be accomplished with the achievement of the goals. It even offers the basic information and facts about the mental health of children. It helps in illustrating the intensity of the issue. Finally, it highlight the content of remainders of manual stating the organisation and the way it could be used for planning and implementing the campaigns on mental health of children.

The purpose of any awareness campaigns is to increase the awareness of magnitude, nature as well as treatment of the issues related to mental health of children is the fundamental step for the improvement of mental health of children. Awareness about mental health of adolescents and children is the basic right of humans which should be protected for the kids to thrive upon. It's a basic health concern. It is mainly related with better outcomes of education. It offers the facilities for improved productivity of adults as well as economic stability. There are certain manuals which have been designed for providing practical guidance for making a plan about the awareness campaign, the ways of developing the awareness campaigns at different levels of community,

nation and the individual level. The data required for supporting this type of a campaign is to be collected. The techniques which need to be implemented for the campaign.

The factors which affect the psychological and mental health of the adolescents in India include many risk factors. There's a very critical bio-psycho-social framework about the risk factors which operate in lives of the adolescents that include home, self, peer group, school as well as neighbourhood. These could be related to mental health issues amongst the adolescents. The risk factors comprise of different variables which help in increasing the probability which an adolescent or the child would develop. It hardly happens that the single risks factors account for an emergence as well as inhibition of the psychiatric disorders. There's a prominent effect of these factors on mental health of the adolescent children. These factors include poor societal support, socio-cultural modifications, breakdown of the joint families or the extended families, substance abuse, etc.

The barriers in the delivery stigma of service regarding the mental health as well as a lack of awareness and education also comprise of the factor to seek psychiatric consultation. Above all these beliefs regarding the mental issues, it also influences the help seeking pattern as well as attitude amongst people. In our country, just 1/3rd of families having adolescents and kids with mental disorders perceive that their kids have any kind of psychiatric issue. At the level of stakeholders, the limitations regarding the current programs and policies, a lack of proper alignment across these as well as fragmentation of the governance of the mental health of adolescents between the departments and the ministries may pose some major challenges to their efficient implementation.

There's a concerning dearth of data about the positive psychological status of teens. This is for the teens who are happy, optimistic as well as well prepared for their life. Since 1950s, a number of conceptual frameworks and campaigns have addressed the issues related to mental health. These frameworks and campaigns include the emphasis like cultural definitions of the psychological well-being, a sense of physical health as well as a capacity to cope and resiliency in face of the stressors. In the domain of adolescent health, similar kind of efforts have helped in expanding the definition of mental health. One perspective is that it examines the negative behaviour as well as outcomes to the one which incorporates a positive development of the youth.

In the domain of mental well-being of adolescents, similar kind of efforts have helped in expanding the definition of healthcare. One point examines the negative behaviour as well as outcomes and other incorporates the positive development as well as functioning of the adolescents. According to a textbook on the mental health of adolescents, it is very important to eliminate and reduce the issues amongst adolescents and children and it is also very important to

A Qualitative Study of Adolescent Mental Health: Issues and Challenges in the Stressful Lifestyle help these children in thriving and form a positive connection with the bigger picture. The framework to conceptualise the positive development of adolescents cover different domains which include:

The individual assets like emotional and social competency, positive identity, pro- social involvement and life satisfaction

Environmental factors which foster a positive development of the youth including the school, family, community, etc.

A consensus couldn't be formed to measure the positive mental well-being. However, a number of states as well as communities have adopted the current framework for measuring the positive functions. An example of such an effort to use a comprehensive approach is the study of 2001-2002 which was done on 34 industrial nations including the USA. Along with examining the prevalence of issues like violence and use of substance, the analysis also catered to satisfaction with their relationship with their parents and their life. Most of the adolescents stated that they have a positive satisfaction towards their life with a percentage reports a slightly decreasing graph amongst the older teenagers. Also, the adolescents usually report a very close relationship with their mother and father with slight variations in terms of the demographic factors. The young adolescents are likely to have a more close relationship with their parents as compared to the older teens. Black youth have a closer relationship with their mother as compared to white youth. Youth who have less educated parents are likely to have a more close relationship with their parents as compared to the youth who have educated parents.

Issues related to use of substance and mental well-being are some of the leading causes of years that have been spent with disability amongst the young people and the adolescents. Such issues have a prominent adverse effect on family, individual and the society. These problems are mostly related to poor occupational, academic as well as psychological functioning. They contribute towards premature mortality due to an association with accident caused mortality or suicide. Both of these cause death in the particular age group. Further, maximum amount of burden of the psychological disorders amongst adults has the onset since adolescence. However evidences also show that there is a dearth of comprehensive policies response towards the mental well-being related needs amongst the adolescents in high income as well as low income nations. According to the Lancet Commission about health and mental well-being amongst adolescents, a focus was suggested on needs of the health policy for expanding from the infectious diseases to the non-communicable diseases. These include the use of substance as well as mental wellbeing.

Talking about India, it has the biggest number of adolescent population in the entire world. It comprises of about one fifth of the population. According to a meta-analysis about 6.5% of samples from the community and about 23.3% of the samples from schools experienced a significant

morbidity related to mental wellbeing. Suicide is considered to be one of the leading causes for death amongst the older adolescents. There has been a little attention historically towards the mental health of adolescents in India. However, in the past few decades the general health of adolescents as well as their mental health have attracted increased attention in the programs and the policies. The convergence of the policy to such focus areas along with a successful implementation of the policies assure a reduction in the burden of the mental disorders in not only adolescents but they would even make major contributions towards global burden of disorders related to mental health.

Competent and skilled work force is important especially to deal with the issues related to adolescent mental wellbeing at different levels. The professionals like paediatricians, physicians, nurses, etc. may be trained in different aspects of mental wellbeing of adolescents and also in preventive measures. The key for good liaisoning is a better understanding of the respective role and responsibilities by every professional of multi-disciplinary team. Through the development of efficient linkages along with sufficient referral system could further help manage the mental wellbeing on a priority basis amongst the adolescents and kids. It may even help in dealing with the emergency situations such as suicide.

There's also the need to construct indigenous ways to promote mental health of adolescents and children. The computer assisted intervention could be used especially for the urban adolescents. Programs and policies have to be aligned in a much better way with the practices based on evidence. These could emerge from the scientific studies as well as experienced with regular updates of the practice guidelines. This would help increase the competence even further in this regard.

Lack of psychiatrists to deal with adolescent and children mental health affects all nations. Even in USA, where the national society for adolescent and children psychiatrists has been founded decades ago, there is less than 1/4th of number of adolescent and children psychiatrists available for addressing the estimated needs of the nation. There are fewer adolescent and children psychiatrists. There are a number of reasons responsible for this.

1. These include insufficient financial compensation to these psychiatrists. The psychiatrists dealing with mental health of adolescents and children earn way less as compared to other medical practitioners
2. The time required for training including the post graduate programmes in psychiatry of adolescents and children last for approximately six years after the medical school
3. Low social and professional status of adolescent and children psychiatrists
4. A stigma related to mental wellbeing amongst adolescents as it has been reflected by the

A Qualitative Study of Adolescent Mental Health: Issues and Challenges in the Stressful Lifestyle common people's perception that a psychiatrist is not a real doctor. Or the disorders related to adolescent and children's psychiatry are not real diseases.

Even though psychiatrists have always been the mainstay of adolescent and children mental wellbeing services, there's also been a welcoming growth in the multi-disciplinary services. For further extending the scope and the size of workforce of the professionals working towards this segment, more training needs to be available. Not just the adolescent and the children psychiatrists but even the clinical psychologists, social workers, paediatricians, nurses, psychiatrists, primary health practitioners and the other healthcare professionals is important.

There is an evident gap which is there in the available courses which are adopted for multi specialities.

Conclusion

In all, the mental wellbeing of adolescent and children should be considered to be the shared responsibility for all. For any kind of intervention for being efficient, there's a strong need for a synergy amongst different stakeholders. Adolescents who have disorders related to mental wellbeing should get an access to integrated, timely, multi-disciplinary, good quality healthcare services in order to make sure that they get effective support, treatment as well as assessment. The promotion and preservation of mental wellbeing amongst the adolescents have been viewed conventionally as the responsibility of the family and the individual as well. However, it's quite important to focus on it at a broader level. There's also a need for promoting the conceptualisation of positive mental wellbeing with the public health approach including expansion of community services to deal with mental disorders.

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