

# The Importance of Mental Health of Student in the Present Modern Context

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**Abstract:** A person is considered to be healthy if they are mentally sharp, physically fit, and socially balanced. Any modification of the physical, emotional, or social components may cause discomfort or sickness. The disease that results from a disruption in the equilibrium of all three aspects of health may also be used to describe it. The term "mental health" refers to the social and emotional wellbeing of individuals as well as groups. The idea has to do with having fun in life, being able to handle stress and sadness, realising one's potential and achieving goals, and having a sense of community. Students need to take good care of their mental health. The idea has grown significantly in the current situation. The need to safeguard students' mental health is discussed in this study. In-depth discussion is also given to the functions of society, schools, and families.

**Keywords:** -Mental health, education, student, psychology, positive.

**Introduction:** - As a part of health, mental health is essential. Psychological, emotional, and social well-being are all parts of one's mental health. A person's ability to be productive in their activities, to have rewarding relationships with others, and to handle and overcome adversity all depend on having good mental health. Every stage of life, from childhood and adolescence to maturity, requires good mental health. Any moment during their lifespan, a person may have mental health problems. This alters their perspective on life, obstacles, and how they approach them, as well as their attitude and behaviour. Despite the fact that mental health is so individual and that what affects one person may or may not affect another, there are several important elements that lead to mental health issues. These variables include life events like trauma or abuse, biological variables like DNA or brain chemistry, and even a person's family history of mental health issues can have an impact. Stressful work environments, quick societal change, gender discrimination, social isolation, physical disease, and violations of human rights are all associated with poor mental health.

Although mental health issues are widespread, for the longest time, people avoided the subject altogether and assumed everyone had mental health. Mental illness was once stigmatized, and everyone who sought care was dismissed as having a mental illness. Mental well-being and mental disease are not the same. Mental health has long been regarded as the absence of disorders like anxiety and sadness. Generally speaking, the term "mental illness" refers to all diagnosable mental diseases, which are illnesses characterized by changes in mood, thought, and behaviour that are connected to diminished functioning or discomfort. Together, mental wellness and mental illness are interrelated. Those with the best mental health can nonetheless experience mental illness, while persons without mental disease can still have poor mental health. People have recently begun to take mental health seriously and to deal with any concerns with mental health in a responsible manner. Those with mental health issues can improve

by seeking out the treatment that is offered there. People with mental health problems exhibit a variety of symptoms, including low energy, withdrawing from others and from daily activities, losing interest in eating or sleeping, smoking, drinking, or using drugs, feeling hopeless, yelling and fighting, losing their temper easily, harming themselves, and more.

In addition to seeking professional assistance when necessary, maintaining good mental health involves maintaining relationships with people, participating in physical activity, lending a helpful hand, getting enough sleep, and believing that there is a solution. Those who are in good mental health are able to reach their full potential, deal effectively with life's stresses, work well, and give back to their communities. Several aspects of a person's life, including physical aspects, childhood trauma, intrapersonal relationships, and many other situations, might interfere with their mental health. A person's capacity to appreciate life is preserved when they take care of and look after their mental health. The term "mental health" refers to a person's overall wellbeing, which includes their psychological, emotional, and cognitive well-being as well as their ability to meet the demands of daily life and contribute to society. From childhood to adolescence to adulthood, one's mental health is crucial at every stage of life.

The 10th of October is recognised as World Mental Health Day each year. By the then-deputy secretary-general of the UNO (United Nations Organization), it was established as an annual activity by the world federation for mental health.

Each nation has a unique set of resources for mental health. At the same time, affluent nations in the west offer mental health services for all age groups. In developing nations where it can be difficult for families to meet their basic requirements, adequate mental health care is not given much priority.

**Mental Health of Students:** -A state of emotional, cognitive, and behavioural wellbeing is referred to as mental health. It all comes down to a person's mental process and how it influences their feelings and actions. It's common to use the term "mental health" to denote the absence of a mental disease. Mental health is equally as crucial as physical health. Sadly, it doesn't receive the attention that it needs. The effects of this neglect on human rights, social, economic, and health issues are significant.

Even while everyone can develop psychiatric disorders, college students are among the most susceptible populations. Adolescent years mark a crucial time in the passage from childhood to maturity. Changes in the brain, body, and social environment are a result of adolescence. They become more susceptible to numerous psychiatric disorders as a result. Their mental health is impacted by a number of factors, including heredity, parental attachment styles, the demands and frustrations of school and college, low self-esteem, physical changes, interpersonal conflicts, living in a dangerous or toxic environment, parental separation or divorce, chronic illness in the family, loved one deaths, moving or changing schools, money woes, internet addiction, etc.

Commonly documented problems with adolescent onset include major depressive disorders, anxiety disorders, eating disorders such as anorexia and bulimia, and substance usage. Surprisingly, suicide ranks as the third most common cause of mortality for young adults and is a serious issue among college students. Due to stigma or a lack of knowledge, mental diseases on the Indian subcontinent go undetected and people are less likely to seek care. According to a poll by the Indian Council of Medical Research (ICMR), 12–13% of Indian students experience emotional, behavioural, and/or psychological problems. The move to entering a college is one of the most exciting and occasionally stressful ones.

Colleges give students access to academic information and serve as their second homes. They grow emotionally attached to the educational institutions over time. Together with exciting new experiences, college life also presents numerous difficulties. After entering college, a person's life undergoes a number of adjustments. Education adds unneeded stress rather than enhancing life skills. Concern should be expressed over the growing gap between what education is and what it should be. This could set off a mental illness or worsen its symptoms already present.

It is impossible to disregard the effects of the Covid-19 pandemic while talking about mental health. The pandemic contributed to an increase in adult mental illnesses. Day-to-day activities, education, routines, leisure activities, and concerns for family finances and health were disrupted by the pandemic. Many young people were scared, upset, and apprehensive about the future as a result. Fear and uncertainty brought on by the pandemic impacted mental health. Pupils had a hard time adjusting to the digital classrooms that were taking over as everything moved online.

Low socioeconomic status students were particularly heavily harmed since they lacked access to laptops and other amenities. Students claimed that because the majority of them were struggling with anxiety, loneliness, sadness, and fear, they could not enjoy academic activities. Not only was there a dread of poor performance and failing to meet academic objectives, but there was also a fear of the future. The anxiety and sadness levels of the students considerably rose whenever a family member developed Covid-19. Due to lockdown precautions, children have only had a restricted amount of access to social services throughout the pandemic. Isolation and anxiety were brought on by being away from friends, family, classes, and recreational activities. Several individuals remained in unhealthy living conditions, which increased their risk of maltreatment and neglect. They will continue to experience the effects of Covid-19 on their mental health and wellbeing for many years to come.

In certain circumstances, stigma among college students is brought on by ignorance, denial of mental health symptoms, poor or insufficient treatment, and it makes mental health issues more persistent in this demographic. Just 41% of young people in India seek treatment for mental health issues, compared to an average of 83 percent for the 21 nations surveyed by UNICEF in a study on help-seeking behaviour. These figures are alarming. The trajectory and prognosis of the disorder will be positively impacted by identifying protective factors, early identification, and treatment of psychiatric problems.

Loving caretakers secure surroundings at home, at school, and in college, as well as healthy peer connections, are some of the protective factors that can reduce the impact of stress. As was already mentioned, stigma and inadequate funding of mental health services prevent people from having a positive mental health or from getting the assistance they require.

In order for instructors to support children, it is critical to educate them on psychological problems, as well as the relevant interventions. Courses on basic mental health issue recognition and psychological first aid can support the achievement of this goal. College clubs can also hold talks and campaigns on mental health. Colleges and universities ought to have health facilities. Identification of issues will be aided by a cooperative interaction between medical facilities and behavioural health providers. Subsequently, if necessary, referrals to behavioural health facilities can be made. Electronic medical records can be used to coordinate services (EMRs). EMRs may be a wise choice for college students since they improve provider coordination and communication. In order to meet the requirements of students from LGBTQ+ populations, a safe atmosphere needs to be established.

The young minds will take care of the nation. It is crucial to concentrate on their growth and welfare. Without psychological empowerment, there can be no empowerment. They will develop into sensible, emotionally secure, healthy, and productive adults if given the right support in all facets of life, including mental health.

**Objective of the Study:** -To study the mental health needs of students in the present modern context and the role played by various factors in maintaining the mental health of students.

**Significance of the study:** -Mental health is a necessary and comprehensive subject of study. Its scope relates to the entire life of man. Mental health issues are about the nature and problems of a person's relationship with the outside world. The concept of mental health involves all aspects of a person's life, from childhood to every stage of development and their characteristics, a person's family or home, his school, relatives, friends, neighbours, leisure preparation, etc. A person's mental health in his future life depends on his childhood experiences.

Healthy mental health of people of all ages and levels of society is essential for the holistic development of a society. The home or family takes the primary responsibility for maintaining healthy mental health as a person receives the family or home environment from birth. Child rearing practices in the home environment contribute significantly to mental health. In addition, various personality factors and personality development characteristics also determine mental health. Apart from the home environment, school is another medium that affects mental health. Children's mental health can also be developed in the school environment.

**Methodology:** - Analytical methods have been used for this study. Data are collected from secondary sources like books, magazines, journals internet etc.

**Need and importance of Mental Health:** -The goal of mental health is the development of a healthy, balanced and integrated personality. Through mental health, individuals can realize their self-being, live satisfactorily and happily and achieve their goals in life with the aim of contributing to society.

- **Helps in the development of desirable personality:**-Mental health helps in developing a healthy, balanced and integrated personality. This type of development can maintain a proper balance between one's own and environmental circumstances, one's own needs with the needs of society, and can exemplify an integrated personality rather than a fragmented person.
- **Helps in Proper Emotional Development:**-There is a close relationship between a person's mental health and emotional behaviour. People who enjoy healthy mental health show emotional maturity in their behaviour.
- **Help in Proper social Development:**-A person's mental health helps the person to establish appropriate social relationships in society. People who have no conflict with their self-being have enough time and energy to establish relationships with others. It helps in a person's social behaviour and proper social adjustment.
- **Help in Proper moral Development:**-People who enjoy healthy mental health usually follow the moral standards of society and behave as honest and characterful people. Their proper intellectual functioning keeps them away from immoral and anti-social behaviour.

- **Helps in Proper aesthetic development:-**Proper mental health helps in the development of proper aesthetic sense, artistic taste and refined mood. A mind free from any excitement, conflict, frustration, inferiority, guilt or adverse attitudes can flow towards aesthetic, artistic and creative development instead of complexity or conflict.
- **Helps in actualizing one's potentialities:-**Mental health is essential for a person to realize his or her own potential. If children are in good mental health, they can try better to realize their potential. In contrast, children without healthy mental health cannot realize their potential due to intellectual disabilities, isolated personalities and inappropriate behaviour.
- **Helps in seeking proper adjustment:-**A mentally healthy person is a well-adjusted person. Such persons are able to adapt appropriately to themselves and their environment. They are able to adapt to the circumstances of society and the needs of health.
- **Helps in seeking Goals of Life:-**Mental health helps a person to strive to achieve the goals of life properly. Holistic mental health always empowers a person to achieve this goal with full strength.
- **Helps in Progress of the society:-**Mental health helps to develop a person into a balanced and important citizen who is aware of his rights as well as his responsibilities. Individuals receive the needs from society for their proper development and living and are also willing to give something for the progress and development of society.
- **Helps in the prevention of mental illness:-**Mental health helps protect individuals from behavioural abnormalities, maladjustments and mental illness. Compared to impaired mental health, a healthy mind and balanced personality provides sufficient resistance to fight against life's adversities and to cope with accidents and life's stresses.

**Mental health and mental hygiene:** -The adage "health is riches" is true. Health is supposedly the most valuable possession a person may have in the world. Having money is undoubtedly a great thing. A healthy guy in ruins, however, he cannot make happy. As the body and mind are intertwined, neither can be strong and fun without the other. Self-neglect, or the inability or reluctance to tend to one's personal needs, can be indicated by poor hygiene. Some mental or emotional disorders, such as severe depression and psychotic disorders may go hand in hand with poor hygiene. One of the first indications that someone has a mental illness is poor personal hygiene, which includes forgetting to wash, use deodorant, change clothes, and brush one's teeth on a regular basis. This decline may be caused by the illness's disorganization, general indifference, or lack of motivation. One of the most important aspects of our daily lives is practicing proper hygiene. Many residents of remote areas might not know the difference between excellent and bad hygiene. By practicing good personal cleanliness, it is very likely that communicable diseases like trachoma and diarrheal would be avoided. In order to prevent and control serious public health issues that are common in our area, we must understand the correct hygiene practices.

The term "hygiene" refers to healthy behaviours that promote illness prevention and good health, particularly cleanliness, correct wastewater disposal, and access to clean water. It describes all the things that are done to maintain and improve one's health. Any human being's life has a vital and crucial component called mental hygiene. The fact that practically every religion on earth has promoted hygiene helps us understand how important it is. The advantages of hygiene extend beyond the physical makeup of people; it also affects some psychological behaviours. It increases self-esteem, morale, and self-confidence in a person. A person's level of hygiene reflects their style of living. A person who practices

effective self-care is able to feel at ease in their own skin as well as in the comfort of those around them. A person with high moral standards would never neglect their mental hygiene.

Similar to how maintaining physical fitness keeps our bodies strong, maintaining mental fitness enables us to achieve and maintain good mental health. When our minds are in good shape, we appreciate our lives, our surroundings, and the people that inhabit them. We have the ability to learn, experiment, and take risks. In both our personal and professional lives, we are better equipped to handle challenging situations. We experience the grief and rage that sometimes accompany death, but we are then able to go on and resume enjoying our lives. The mental health issues that are occasionally linked to a chronic physical condition can be fought or prevented by taking care of our mental health. In rare instances, it can stop a medical or mental condition from developing or relapsing. For example, good stress management can reduce the risk of heart disease. One in five people will develop a mental disease in their lifetime, and people battle mental health issues every day. Innovations that would improve the public mental health plan should be carefully considered. A sort of preventive maintenance called mental hygiene is connected to the practices of physical cleanliness. Mental training exercises can promote wholesome cognitive processes that are beneficial to wellbeing thanks to the plasticity of the brain. A few daily mental hygiene activities that one can do to promote wellbeing and help prevent mental health problems. Such mental training behaviours may be used to lessen common human tendencies to ruminate and mind wander unconsciously, which when excessively present are linked to increased activity of the default mode network, susceptibility to the pathogenesis of mental illness, as well as impending human flourishing.

Achieving and maintaining mental health in society are topics covered by the science of mental hygiene. The terms "mental hygiene" and "mental health" are closely related since the primary goal of mental hygiene is a systematic body of knowledge that seeks to achieve mental health. The absence of mental illness is only one aspect of good mental health. We can learn, think, engage, produce, overcome challenges, and present our best selves when we are in good mental health. When we feel good about ourselves and are able to handle the pressures of daily life, we are said to be in good mental health. The technique of attempting to preserve mental health through an adjustment mechanism is known as mental health hygiene. Good mental hygiene habits can support us in coping with psychological trauma. Being a branch of the science of healthy living, mental hygiene enables us to investigate all the key problems pertaining to the pursuit of tranquillity.

**Role of Family:** -Family is the foundation of home. A family is a unit that may or may not be linked. "A group consisting of parents and children living together in a household" is the definition of family. Children may also be impacted by parents or guardians who are struggling with their own mental health. First and foremost, a parent's perception of and behaviour towards their child sets the stage for that youngster's healthy mental health. Children's top priority, especially in early to middle childhood, is to win the approval of their adult caretakers. The ability to overcome possible temptations that lead adolescents to make decisions that put their mental health at risk will be facilitated by the acceptance and affection that are fostered in the home from birth. Open communication and learning how to speak to kids might be helpful in this area.

Students' good mental health is maintained in large part by their parents and guardians at home. To achieve these goals, the following steps should be taken:

- **Foster a sense of belonging:** Children's positive adjustment, self-identification, and sense of trust in others and themselves all depend on them feeling connected and welcomed. Promoting mental wellness requires parents and children to have solid, wholesome relationships.
- **Foster resilience:** Overcoming obstacles and maintaining good mental health require being resilient, which is a quality that comes naturally with life. Resilience can be fostered at home through connectedness, competence, assisting others, and successfully navigating challenging circumstances.
- **Maintain a positive atmosphere:** Students' learning and mental health depend on feeling safe. Positive behaviours like kindness, respect, and accountability should be encouraged by parents and family members.
- **Encourage giving to others:** Young people must understand their power to influence others. Family members should promote self-worth, connection, uphold individual accountability, and provide chances for positive reinforcement.
- **Promote physical health:** Good mental health is supported by good physical health. Children should have access to a good diet, frequent exercise, and enough sleep at home to help them cope with stressful situations. Frequent exercise and meditation should be promoted at home to reduce negative emotions like anger, despair, and anxiety.

**Role of School:** -The school is the most significant agency that affects a child's development. The child gains information in a variety of subjects at school to help him get ready for life after school. A resourceful and supportive teacher gets the most out of the students and helps them build their confidence. The school supports the child's development of a scientific outlook on life and helps him become familiar with the physical and social world. The students gain most from a school where there is a high level of concern for the child and interest in his welfare. Hence, rather than buildings or books, what matters in a school for good personality development is the human element offered by the teachers and the school. It has been discovered that a child makes improvement in social skills by learning from classmates and other pupils within the first year of entering pre-primary school. So, it is ideal that the school meet the child's typical psychological demands. To avoid being viewed as a terrifying force but rather as a friend and a mentor, the teacher should cultivate a positive and harmonious relationship with his pupils. The instructor should be approachable and helpful, and students should feel comfortable to talk to him about any issues they are having. Overly competitive feelings should be avoided because they are bad for both the individual and the community.

The teachers that were least liked by their students were those who were unhelpful, unfair, unreasonable, caustic, partial, and annoying. Children's mental health is also impacted by the teacher's methods of discipline and punishment. However evidence from both experience and observation indicates that severe punishment harms children's mental health. In order to motivate his students to learn, the teacher should employ rewards of all types rather than punishments from a mental health perspective.

**Role of society:**-In addition to the home and school, society is represented by a variety of institutions/components, such as the neighbourhood, social groups, religious organizations, modes of transportation, media outlets, and forms of amusement. Play a significant part in preserving mental wellness. Social support and excellent mental health have many advantages. Lower rates of anxiety and depression, more self-esteem, greater empathy, and more dependable and cooperative relationships are just a few examples of linkages that have been proven. Our immune system can be strengthened by

strong, healthy relationships, and these connections can also aid in our recovery from illness and possibly even extend our lives. Humans are social creatures. A web of social ties makes up society. An individual's social surroundings, as well as the social connections they form therein, can also have a profound impact on physical and mental health and future achievements.

A sizable body of research supports the idea that a person's social environment affects their mental health.

- **Physical environment:** A person's physical environment has a significant impact on their health. Poor physical conditions are related with unfavourable health outcomes in environments. Affordable, high-quality housing is related with less poverty and more home stability, both of which have an impact on children's health and the social bonds they develop.
- **Educational facilities:** It's also critical to have access to high-quality educational facilities within a community. Individuals living in socioeconomically marginalized communities are less likely to attend and reap the benefits of early childhood education. Attending early childhood education is linked to improved child development. Children who do not participate in early childhood education have also been demonstrated to be significantly more at risk of receiving abusive treatment as youngsters, which poses a risk to their mental health.
- **Community rules and norms:** Community rules and norms can also have an impact on children's mental health.
- **Social connections:** A high quality of life and mental health depend on establishing and maintaining strong social connections. People with healthy connections experience a sense of community and receive support from others in their social network, which enables them to go about their daily lives regularly and deal with stress and challenging situations.
- **Motivation:** People who live in environments where there are healthy social connections are more motivated than people who do not. It has been discovered that peer support is a significant predictor of a child's motivation to pursue social goals, whereas teacher support boosts a child's willingness to pursue both social and academic goals. The amount of school interest and goal-setting of youngsters are both influenced by their parents' support.

**Conclusion:** -A person's ability to employ their cognitive and emotional capacities is a sign of mental health, which is a condition of emotional and psychological well-being. It impacts our thoughts, feelings, and actions. It also affects how we respond to stress, interact with others, and make decisions. Mental health includes the capacity to deal with life's obstacles as well as the absence of mental illness. It means preserving a suitable level of personality development and a general lack of mental illness. A person who is mentally well leads a fuller, happier, peaceful, and productive existence. He is well-adjusted and capable of changing with the times. At every stage of life, including childhood and adolescence, mental health is crucial. Positive ideas about people's and communities' social and emotional well-being are associated with the concept of mental health. The idea has to do with having fun in life, being able to handle stress and sadness, realising one's potential and achieving goals, and having a sense of community.

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