Mental Health: Issues and Challenges

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Abstract

Mental health includes our emotional, psychological, and social well-being. Adolescence stage is a period of transition from childhood to adulthood. In this age, several changes occur in the children. Due to these biological, psychological, emotional and cognitive, the mental health of children especially girl children affects very much. As the characteristics of this age level also consists of creative approaches, information seeking approach, learning by experimenting, day dreaming, dreamful life and many other perspectives. Among all these, they have various desire, lifelong aims and objectives and a need to do much more than their capacities. A thought abbot self-identification, recognition, self-respect, risk taking abilities shapes their personality in different domains.There is a need to pay attention on the needs of adolescent stage girl child mental health at different levels.Parental support and healthy parenting have been identified as contributors to better mental health outcomes and reduction in help-seeking barriers in their children. Sensitization and training of teachers and counselors to handle adolescent mental health issues can further help in early identification of mental health problems. Drug awareness campaigns should be regularly conducted in schools and colleges can also be helpful. Focus on enhancing social skills can enable them to control peer pressure with reference to joining group of negative attitude friends. The present paper will discuss the problems, issues, challenges and solution regarding mental health of teen age girls.

Keywords : *Mental health, Social well-being, Adolescence*

Introduction:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Adolescence stage is a period of transition from childhood to adulthood. In this age, several changes occur in the children. Due to these biological, psychological, emotional and cognitive, the mental health of children especially girl children affects very much. As the characteristics of this age level also consists of creative approaches, information seeking approach, learning by experimenting, day dreaming, dreamful life and many other perspectives. Among all these, they have various desire, lifelong aims and objectives and a need to do much more than their capacities. A thought abbot self-identification, recognition, self-respect, risk taking abilities shapes their personality in different domains. The another side effect of this age group comes in front of adolescents stage children , that if their high level dreams not fulfill or desire are unfulfilled, they get disturbed and also shows it in their behavior in daily routine, Overall such circumstances leads them towards unhealthy mental health status. In this case, critical formation of personality can be harmful for them. Hence it is necessary to pay attention towards their mental health to make them healthy and happy. More psychological understanding, awareness about their behavior, social interaction with friends, peer group, family members, makes them more open about their psychological and mental needs and they can move for getting good academic achievements. Along with it, if they are oriented towards skill development, learning new skills can bring positive changes in their personality. Otherwise, mental stress, tension or any psychological pressure can increase risk of psychological disorders, adjustment problems and sometime negative attitude towards life. For better life style, positive and progressive mental health especially in this age group is needed. Researchers found that adolescents experience different mental health conditions which sometimes not understood, or diagnoses. Only by observing behavior and day routine of adolescents can, these can be identified and treated well. Little, attention

paid on children can make them healthy. Especially in case of girl child, these stressors are of different kind. Changing pattern of behavior, mental disorder, shyness, less taking,Biological factors, such as genes, brainy system, and various positive or negative life experiences, such as trauma or abuse, any history in the family with such kind of problem can be the sign of mental illness. Along with it , eating pattern, sleeping pattern, Pulling away from people and usual activities, lack of energy, pains, aches, hopeless life, smoking, drinking, or using drugs more than usual, feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared, fighting with family and friends, experiencing mood swings, relationship related problems, too much oriented towards old memories especially negative side of previous life experiences, Thinking of harming yourself or others and unable to perform daily tasks properly are also sign of poor mental health .Menstrual hygiene and reproductive health is the another important challenge among adolescent girls as girls are scared of such problematic issues due to unawareness. Misunderstanding and confusions about the proper age for marriageand pregnancy related aspects are anotherissue raisedbythe girls. They need to have good guidance and counseling.

Violence against girl child is also known as gender based violence. It is an act having negative approach towards them and it affects girls or female gender individuals of society. It includes physical violence, as assault or slavery, emotional and psychological violence or pressures, verbal abuse, harmful practices in the society, child marriage, mutilation, social economic violence, denial of required resources which can lead towards upset mental health Many factors put impact on mental health and security system of girl child as current socio cultural changes, poor social support, the breakdown of joint families, the necular family, the ambiguity of societal values, and increasing gap between aspirations and possible achievements, substance abuse, etc. Lack of awareness, misconception and lack of education are main cause of such situations of girl child. Safety issue is the major challengefor majority of adolescent girls. They are scared of being attacked by antisocial elements while going out and do not know how to face the staring and peeping eyes on the roads and public places. Eve teasing, sexual abuse, fearofviolence from unknown persons are the safety issues faced by girls .Girls' experiences with sexual harassment increase with age during adolescence as the researchers found. Policies and programmes for supporting the safety of adolescent girls the problems are needed to prioritize in the society. Poor hygiene during menstruation has been associated with serious ill-health ranging from reproductive tract infection, urinary tractinfection,badodourandmanymore. Girls suffer from various discomforts like stomach ache, vomiting, headache, back pain and depression during menstruation.

Now a days, computer, internet and mobile phones are helping adolescent girls to get information, entertainment, shopping, communication and wellbeing. Even though these have consistent positive impacts on modern society, it has also created various problems related to privacy, security and safety. Younger girlsbecomevictims of social networking sites. Mobile especially plays prominent role in the mental disturbance of girls in this age .Adolescent girls are too much concerned about media and its impact can be seen on their personality. Teenage girls follow media, movies and magazine image and try to follow it as much as they can.Media is platform of entertainment, fashionandmusic but now it is creating fantasy in the mind of teenage girls. Teen age girls are following young age women fashion and getting addicted to it. Hence they are not enjoying the real life of their own agegroup. They feel themselves like models. It is not called appropriate behavior of them and distracting them from their life goals. In the age of globalization, rapid socialchange, modern culture, tuff competitions, disruption in families, increasing violence, lack of tolerance, individualistic approach and selfish approach are the alarming sign of the society which are reasons of crimes and violence against girls and women. Only through proper education can we provide knowledge, develop capacities and skills in women, girls in particular that would equip them with the coping strategies so that they can manage and deal with life challenges and can live safe life.

For all these safety training must be arranged for girls to prove them self-strength. Mental illness influences due to help seeking attitude or due to disorders occurs due to negative social and family environment. There is a need to pay attention on the needs of adolescent stage girl child mental health at different levels. It requires coordinated efforts so that support from family, friends, peer group and all others will receive to them. Schools and colleges needs to play vital role in the development of adolescents and provide space to grow in proper way. Support from family is also needed. If a girl shares her thought and problems with family members, it can be resolve easily and their mental support will also strengthen their bond. Support from parents play important role in girl child life. Both mother and father provide back and support which helps them to be much more attentive to live better life and especially stress free life. .For better and Positive mental health, one must have to realize their full potential and motivate them to work towards achieving goals of life. One must make them learn to cope with the stresses of life and deal them effectively. The attention towards skill leaning, productivity of works, making meaningful contributions to their communities, healing approach towards needy people, connecting and communicating with others, attentions towards physical fitness through walk and daily walk and exercise, good food and good sleep helps individual to be mentally healthy. Family has to play important role in this concern.Parents support and healthy parenting also contribute in it and it develops better mental health outcomes and reducesbarriers in solving issues of this age level. i Sensitization , training of teachers , counseling sessions to deal with mental health issues can also help in identification of mental health problems. Drug awareness campaigns mustbe conductedin academicinstitutions. Focus on developing social skills can enable them to control peer pressure. Special attention must pay on children with scholastic difficulties or poor academic achievements and provide support and encouragement to them. Resilience, capacity building methods and coping skills can be applied enhance resilience and can lead towards positive mental health. Programmes to aware about mental health can also be helpful as health education, sports and games activities for physical and mental health, adolescent stage related issues and its solutions through solving their queries , and also convey them about hormonal changes can help adolescent girls. Skilled and competent workforce is need of the hour, especially in dealing with adolescent mental health at various levels. Professionals such as physicians, pediatricians, and nurses can be trained for it. So that they may promote good mental health and preventive activities. The key to good liaison is the better understanding of respective roles and responsibilities by each professional of the multidisciplinary team. With the help of such system, one can manage effective mental health and make it a priority. Policies and programs need to be better adjoined with practices based on evidences including scientific and psychological approach .There is a need to develop effective social linkages comprising the personal and professional approach. Social welfare institutions, voluntary organizations and non-governmental organizations are also working in this direction. Both in rural and urban areas. Through regular health checkup camps, seminars, awareness programmes, medical help support can be provided them for betterment.

Conclusion

To conclude, mental health of adolescent's girl children is a shared responsibility. For better results, sharing and collective efforts and resources are needed. Support from all stakeholders is required. Any interventions to be effective, there is a need for synergy between different stakeholders.

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