



ISSN (E): 2277-7695  
ISSN (P): 2349-8242  
NAAS Rating: 5.23  
TPI 2022; SP-11(11): 184-186  
© 2022 TPI  
[www.thepharmajournal.com](http://www.thepharmajournal.com)  
Received: 27-09-2022  
Accepted: 30-10-2022

**Shweta Charan**

M.Sc Scholar, Department of Human Development and Family Studies, CCAS, MPUAT, Udaipur, Rajasthan, India

**Suman Audichya**

Assistant Professor, Department of Human Development and Family Studies, CCAS, MPUAT, Udaipur, Rajasthan, India

## Mental health of youth

**Shweta Charan and Suman Audichya**

### Abstract

Youth is a period of adjustments towards new pattern of life and new social expectations. This time is typically described as one of settling down, having children, entering the creative phase of life, experiencing emotional stress, becoming dependent on others and living a dependent lifestyle, changing one's values, and adapting to new lifestyles. Early adulthood is a distinct period in the life cycle as a result of such new changes. It is also a difficult life span. These changes and disarray have both positive and negative long-term effects on the lives of young adults. Youth may experience poor/good adjustments as well as poor/good mental health while dealing with and adapting to said roles, changes, and situations. The current study aimed to determine the youth's mental health. A total number of 200 students were selected as sample of research through random sampling method from four colleges of Udaipur city, Rajasthan. The findings showed that the girls facing more mental health problems as compare to boys.

**Keywords:** Mental health, youth, emotional stress, adjustment

### 1. Introduction

The word "mental health" is generally used to refer to the absence of mental conditions such as substance misuse, eating disorders, depression, and anxiety. During the young years, people adjust to new social norms and lifestyles. This is a time of settling down, having children, entering the creative phase of life, experiencing emotional stress, becoming dependent on others and living a dependent lifestyle, changing one's values, and adapting to new lifestyles. Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps to 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. More than 1.5 billion children and youth around the world have been affected by the closure of schools and colleges. Youth suicidal attempts have increased as a result of bullying, which has also been named as a serious public health issue among young people.

Youth are particularly vulnerable group during public health crises, including youth with pre-existing mental health concerns. The gender distinctions we define in our society are among the most significant. Since our social norms are fundamentally gendered, boys and girls should experience different emotional and mental health issues. However, there have been contentious discussions regarding the disparities between the mental health of boys and girls for a while. Girls experience higher rates of internalising illnesses including depression and anxiety, whereas boys experience higher rates of substance abuse and antisocial disorders (referred to as externalising disorders). Verma and Monika, (2021) <sup>[11]</sup> conducted a study to find the relation between mental health and psychological hardiness among college students. The results revealed that mental health is positively and significantly correlated to psychological hardiness among college students and those males and female students also do differ in their mental health and psychological hardiness. Sachdeva (2017) <sup>[8]</sup> studied how academic stress affected adolescent girls' personality, the adolescent girls had a moderate level of academic stress and that there was no significant correlation between academic stress and personality characteristics. Sagar and Singh (2017) <sup>[9]</sup> examined the degree of academic stress experienced by students in higher secondary schools. Anupama and Sarada (2018) <sup>[1]</sup> found that 10th-grade boys and girls in private and public schools reported high (57.9 per cent) to extremely high (40 per cent) levels of academic stress. Girls experienced more stress than boys did. When compared to the girls, the boys experienced greater amounts of physical stress.

**Corresponding Author:**

**Shweta Charan**

M.Sc Scholar, Department of Human Development and Family Studies, CCAS, MPUAT, Udaipur, Rajasthan, India

## 2. Material and Methods

### 2.1 Participants

A total number of 200 students were selected as sample of research through random sampling method from four colleges of Udaipur city, Rajasthan.

### 2.2 Research Design

Exploratory research design was utilized in current research suitable statistical methods i.e. Mean, SD, t value was applied on the collected data to derive the research results. After analysis comparing the data, the finding of research reflected that poor mental health was quite evident among majority girls as compare to boys.

### 2.3 Instrument

To achieve research objective, a tool namely Mental Health Battery developed by Singh and Gupta (2000) was used. There are total 130 items in this inventory under six categories i.e. Emotional stability (ES), Overall adjustment (OA), Autonomy (AY), Security-insecurity (SI), Self-concept (SC), Intelligence (IG).

### 2.4 Procedure

After the selection of eligible 200 students, necessary instructions were provided regarding filling the mental health battery. Researcher collected the data through offline mode.

## 3. Result and Discussion

### 3.1 Gender wise comparison of mental health

Girls have a significantly higher frequency of depression and anxiety while boys have a larger prevalence of substance use disorders and antisocial behaviors. Girls also have a higher prevalence of depression and anxiety disorders due to genetic and biological factors.

**Table 1:** Mean comparison of mental health and its dimension as per gender (n=200)

S. No	Sub aspects of mental health	Boys (n=100)		Girls (n=100)		t value
		Mean	SD	Mean	SD	
1.	Emotional stability	8.27	2.988	8.05	2.451	0.56 (NS)
2.	Overall adjustment	24.63	3.656	24.79	4.284	0.28 (NS)
3.	Autonomy	10.87	1.813	10.15	1.749	2.85 *(S)
4.	Security- Insecurity	8.92	2.063	9.62	2.145	2.35 (NS)
5.	Self-concept	9.49	2.254	8.56	1.805	3.22 *(S)
6.	Intelligence	18.93	4.314	17.34	3.814	2.76 *(S)
	Overall Mental Health	81.11	8.820	78.51	8.590	2.11*(S)

\* Significant at 0.05 level of significance

This part of the result includes the gender wise comparison of mental health and its dimension. The Table 1 depicts the mean differences of mental health among boys and girls. The following table shows that there are non-significant differences between boy and girls in emotional stability, overall adjustment and security-insecurity dimension of mental health.

The table 1 also depicts that the boys have higher emotional stability (M=8.27) as compare to girls (M=8.05). In case of overall adjustment the mean score of girls were higher (M=24.79) as compare to boys (M=24.63).

In the third dimension of mental health that is autonomy significant difference at 5% level of significance was observed between boys and girls. The mean scores of boys were higher (M=10.87) as compare to girls (M=10.15). In case of security-insecurity girls were higher mean scores (M=9.62) as compare to boys (M=8.92).

In the fifth dimension of mental health that is self concept boys scored higher (M=9.46) mean score as compare to girls (M=8.56). Significant difference at 5% level of significance was observed in this dimension. Similarly in Intelligence the mean scores obtained by boys were slightly higher (M=18.93) as compare to girls (M=17.34)

In overall mental health boys scored higher mean score (M=81.11) as compare to girls (M=78.51). Significant t values were observed in autonomy (t=2.85), self-concept (t=3.22) and intelligence (t=2.76). It was observed that boys had high mean scores (M=10.87), self-concept (M=9.49) and intelligence aspects (M=18.93). It infers that gender wise there are significant differences.

The findings of the present study can be support by studies which shown conclusively that gender differences have a key role in the higher prevalence of anxiety and depressive disorders in girls and women than in boys and men (WHO, 2020) [12]. Women reported higher degrees of discomfort than males in four big US surveys, and they were more likely to believe they had an emotional disorder than men with identical levels of symptoms (WHO, 2020) [12].

Due to the larger prevalence of depression and anxiety disorders in women than in men, they may be more disabled in terms of social functioning, physical functioning, role performing, and days spent in bed, depression may be just as incapacitating as or even more incapacitating than a number of other chronic medical disorders (WHO, 2020) [12]. Eisenberg (2013) [2] conducted a study in the United States on the relationship between mental health issues and college students and discovered there was a strong correlation between living on campus and overall mental health. Parveen and Shafiq (2014) [7] found that the mental health of men and women differed significantly by gender. Numerous coping mechanisms and the mental health index were shown to be significantly correlated.

The findings contradict with a study by Sankar, Wani, and Indumathi (2017) [10], which looked at the degree of mental health among adolescent boys and girls. The findings suggested that age and gender are important determinants of mental health and that boys had higher levels of mental health than girls. A common result among young adults was that males had more unfavorable attitudes than females according to the findings young adult males had the highest negative opinions regarding mental health treatment of any category. Males demonstrated greater unfavorable attitudes compared to females (Gonzalez, 2005) [3].

## 4. Conclusion

Every period of life has its challenges, but youth's problems might be more serious than problems at other ages. Because of this stage's reputation as a "adjustment period." Every issue at this point is tied to every other issue. The findings of the current study indicate that having weak emotional regulation skills and having a poor mental health may make it harder for youths to cope with life's ups and downs. The results of the inquiry allow us to draw the conclusion that there is a strong correlation between a few factors of mental health.

## 5. Acknowledgement

The author deeply grateful to the Department of Human Development and Family Studies, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur (Rajasthan), India for providing the research facilities for this research.

## 6. References

1. Anupama K, Sarada D. Academic stress among high school children Indian Journal of Neurosciences. 2018;4(4):175-179.
2. Eisenberg D, Hunt J, Speer N. Mental health in American colleges and universities: variation across student subgroups and across campuses. The Journal of nervous and mental disease. 2013;201(1):60-67.
3. Gonzalez JM, Alegria M, Prihoda TJ. How do attitudes toward mental health treatment vary by age, gender, and ethnicity race in young adults? Journal of community psychology. 2005;33(5):611-629.
4. Hartás D. The social context of adolescent mental health and wellbeing: Parents, friends and social media, Research Papers in Education; c2019.
5. <https://www.cambridge.org/core/books/handbook-for-the-study-of-mental-health/gender-and-mental-health-do-men-and-women-have-different-amounts-or-types-of-problems/73098CA54932BCA238693EAED341212B>
6. Nazeer M, Sultana R. Stress in Medical Education and its Management. International Journal of Scientific Research. 2014;3(12):355-359.
7. Parveen S, Shafiq M. Mental health and coping among youth in Kashmir. Implications for psychological intervention Delhi Psychiatry Journal. 2014;17(2):295-302.
8. Sachdeva K. Effect of academic stress on personality traits among adolescent girls. Scholarly Research Journal for Interdisciplinary Studies. 2017;4(37):9043-9048.
9. Sagar, Singh B. A study of academic stress among higher secondary school students. International Journal of Creative Research Thoughts. 2017;5(4):1864-1869.
10. Sankar R, Wani MA, Indumathi R. Mental health among adolescents. The International Journal of Indian Psychology. 2017;4(3):15-21.
11. Verma R, Monika M. Mental health in relation to psychological hardiness among college students. The educational beacon. Com; c2021. p. 10. <http://www.theeducationalbeacon.com/pdf/4>. Renu Verma and Monika Lakra.pdf
12. WHO; c2020. [https://www.who.int/gender/other\\_health/genderMH.pdf](https://www.who.int/gender/other_health/genderMH.pdf)