

Mental Health Challenges: A Study on College going Adolescents at Bhubaneswar, Odisha

Roja Ghosh¹, Sarita Mishra^{2} and Heleena Jati²*

¹Research Scholar, P.G. Department of Home Science, Rama Devi Women's University, Bhubaneswar (Odisha), India.

²Assistant Professor, P.G. Department of Home Science, Rama Devi Women's University, Bhubaneswar (Odisha), India.

(Corresponding author: Sarita Mishra*)

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ABSTRACT: Mental health is an essential component for well being. The contemporary world has been changing with invention, technology, life style and also create lots of challenges in different spheres. The young energy must be invested in now research, acquiring the skills for industrial requirements and develop competency for the new world. The adolescent age is one of most important phases of life which is the real formative year. This phase of life requires specific attention for the mental health. According to world health organization mental health is a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work with productivity and is able to make contribution to his on her community. Infact mental health depends on many factors including genetics, life experiences, environmental factors and social determinants of health. So, it is highly relevant to understand adolescent health and address the issues related to adolescent mental health. This study has been conducted among the college going adolescents Bhubaneswar, Odisha. The article deals with the concept of mental health, issues related to mental health and adolescent problems. The challenges of the study include lack of time and lack of cooperation of samples as they are reluctant to spare their time and also personal issues which causes mental depression. This study will throw a light to the researchers and society to understand the adolescent problem, issues and their needs. If these problems can be stressed only then the adolescents challenges can be addressed.

Keywords: Mental health, Adolescent age, Well being, Stress, Depressions.

INTRODUCTION

The contemporary world is the full of young generation. The industrialization and globalization process creates a lots of challenges in terms of getting employment, competing for a success and also struggling for carrier opportunities. The young energy has been invested in such challenges. Infact many of the cases are the realities needs to be addressed. The contemporary worlds provides all facilities in terms of global education, information technology, connectivity and also a global platform to get jobs and transact business. Besides this every nation tries to focus on young energy. The challenges for all is to identify the problems of adolescents. The adolescents are contributing one fourth of total world population. India has the highest population within the age groups of 10-24 years. This age is the most significant age of life as it is the formative period of mental health. This phase of life given special attention because most youth spoils their life due to lack of guidance, imbalance mental health and wrong peer pressure. It is very essential to nurture the mental health during the adolescents age (Jansen *et al.*, 2013; Zaida *et al.*, 2020). It is the

formative year of life, so the parents, teachers and the authorities need to give attention on the young generation. The counseling sessions, yoga, exercise, participation in sports activity and using of maximum energy for the productive activity needs to be focused. According to World Health Organization (WHO) "Mental health is a state of well being in which the individual realizes his on her own abilities, can cope with the normal stress of life, can work productivity and fruitfully and is able to make a contribution to his or her community". It is the emotional, psychological and social well being of a person, which affects how they think, act and behave as well as their ability to handle stress, relate to others and make decisions, according to the American Psychiatric Association (APA), "The well being condition of the adolescents has attracted all platforms of academia because numerous incidence of crime by the young generation. According to the World Federation For Mental health (WFMH), "mental health is the foundation for emotional thinking, communication, learning, resilience and self esteem. It is also the key relationships, personal, emotional well-being and contributing to community in society. The young generations are the real contribution for the

disturbed society if they will be, then this world will be affected and imbalance in many ways. To understand the psychological state emotion, thinking process, ideas and what makes the young generations into stress, causes of stress and depression, reasons of emotional disturbances were selected in this study to explore about the facts related to adolescents age (Octavis *et al.*, 2020; Zare *et al.*, 2022).

Objective:

The specific objectives are taken to explore the knowledge about adolescent problems.

-To study about the mental health status of college going adolescents.

-To know the causes of their problems which make them mentally sick.

-To explore the knowledge about mental health condition which affects their behavior.

MATERIAL AND METHODS

The present study is a stratified convenience sampling method conducted among college going adolescents students of Bhubaneswar, Odisha, aged between 15-19 year. Eighty (80) respondents were selected randomly

for the present study and the data were collected through standardized questionnaires and analysis techniques. The data collected, consolidated, tabulated and analyzed. Statistical tools were used like percentage method and statistical graphs were used to interpret the findings. The data were tabulated and presented in tabular form with interpretations.

RESULTS AND DISCUSSION

The research results based on the data collected from Bhubaneswar city of Odisha. A total number of 80 adolescent college going (male and female) respondents are interviewed through questionnaire. The specific dimensions like problem faced by the adolescents, common problems due to depression, time factor of depression, mood swings of the teenagers, social interface with activities, reactions during stress, causes of psychological stress, mental illness and coping strategies are studied. This result analysis will provide a platform for further research and helps to understand the mental health conditions as well as the coping strategies to train the mind and make a balanced mental health of an adolescent age.

Table 1: Different problem faced among respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	Depression	23	28.75
2.	Anxiety	11	13.75
3.	Stress for career	20	25
4.	Family pressure	1	1.25
5.	Frequent headers	10	12.5
6.	Obsession	1	1.25
7.	Unable to accept Negative	5	6.25
8.	Isolate yourself	3	3.75
9.	Other stress	7	8.75
	Total	80	100

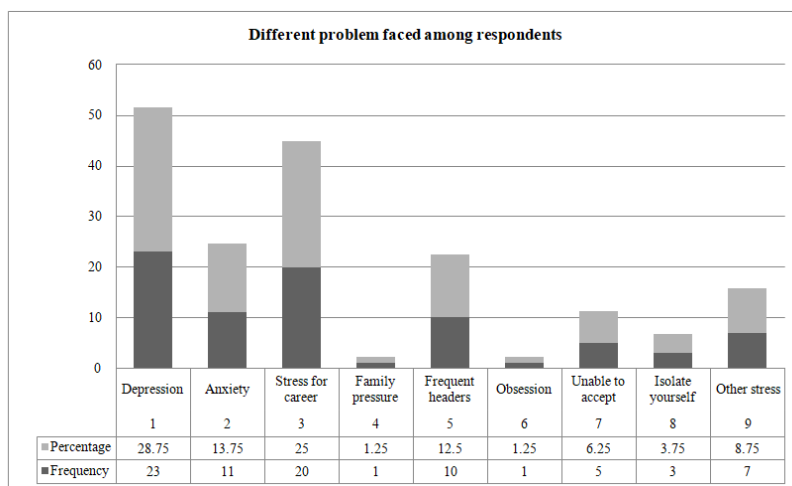


Fig. 1. Different problem faced among respondents.

This result based on many options and frequencies of respondents who face problems (23%) of respondents faced depression, (13.75%) of respondents faced anxiety. Around (25%) of the respondents are in stress condition for carrier. A negligible number of

respondents faced family pressure, frequent headaches faced respondent is (12.5%). Few respondents i.e (6.25%) are unable to accept the problems. Around (8.75%) respondents isolate themselves, other stress faced by respondent is (8.75%).

Table 2: Mental health problem timing in months among the respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	Less than 3 months	41	51.25
2.	3 to 6 months	10	12.5
3.	6to 12 months	7	8.75
4.	More than 1 year	22	27.5
	Total	80	100

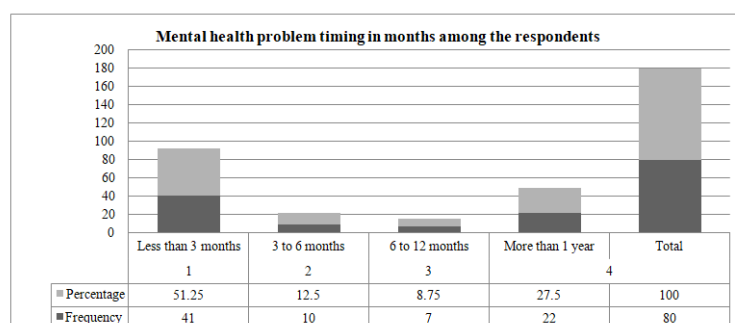


Fig. 2. Mental health problem timing in months among the respondents.

From the above table it was found that (13.33 %) respondents were faced mental health problems less than 3 months. A quiet majority i.e (53.33%) respondents are facing this problem for 3 to 6 months, (18.88%) respondents are facing this problem for 6 to 12 months and(14.44%) respondents were facing this problem for more than 1 year. It is very challenging that the adolescents who are under mental health problem for one year. They are not very much productive and prove to ill health. In the above table it was found that

(7.5%) respondent are feeling stressed/depressed throughout the week and (11.25%) are suffering from depression over to 2 days, (10%) of respondents depressed twice in a week, (8.75%) respondents were faced all of the days and (61.25 %) respondents were faced some days this problem. Feeling depression is a common tendency during adolescent age but if it continues and happens again and again then it leads to total health condition at the adolescent age.

Table 3: Feeling depression in a week of respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	Throughout the week	6	7.5
2.	Over to2 days	9	11.25
3.	3 to 5 days	8	10
4.	All of the days	7	8.75
5.	Some days	50	62.5
	Total	80	100

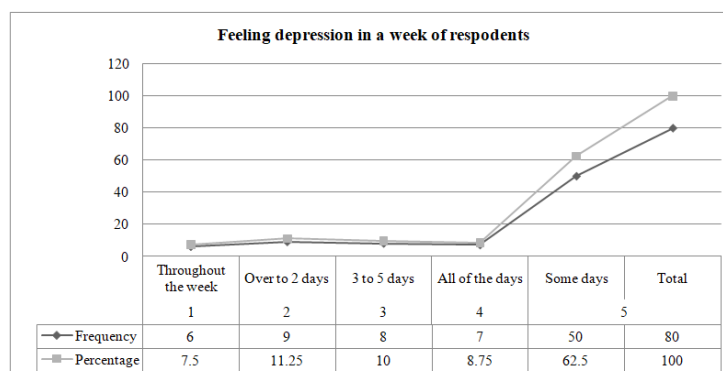


Fig. 3. Feeling depression in a week of respondents.

Table 4: Teenager turn into hostility and mood swings among respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	Due to depression	14	17.5
2.	Due to Irritation	24	30
3.	Suppressive pressure of year parents	5	6.25
4.	Study pressure	17	21.25
5.	Carrier pressures	10	12.5
6.	External pressure	10	12.5
	Total	80	100

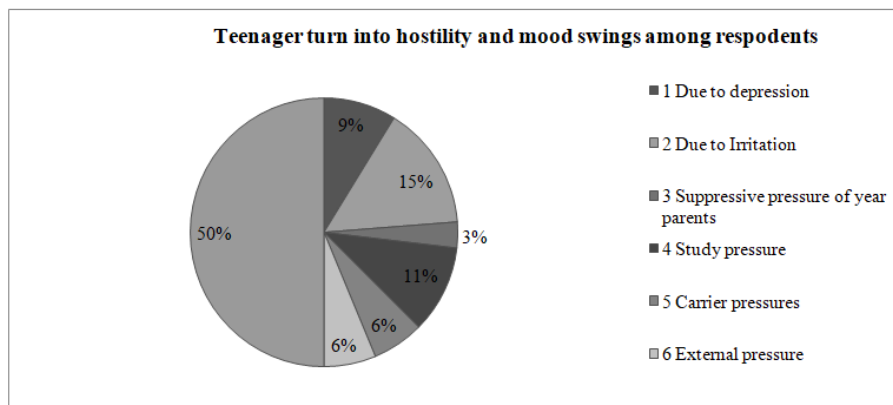


Fig. 4. Teenager turn into hostility and mood swings among respondents.

From the table it was found that (17.5%) respondents were faced mood swings due to depression, (30%) respondents felt irritation, (6.25%) respondents were felt mood swings due to suppressive pressure of parents, (21.25%) respondents were felt strong mental pressure due to study pressure, (12.5 %) respondents were faced mood swings due to carrier pressure, (12.5 %) respondent were faced hostility and moods wing due to external pressure in this period. Adolescent age is the age of creativity and productivity. If most of adolescents faced mood swings and mental pressure then the creativity will not happen. The adolescent should be supported with counseling to have a normal mental health.

The result revealed that (12.5%) of respondents were interfacing with day today social activities, (60

%) respondents were most of the time interface with day to day social activities and only (27.5 %) respondents were refused or not. The adolescents are the real stakeholders, so they have to invest their energy in social activities.

Table 5: Interface with social activities of respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	All of the time	10	12.5
2.	Most of the time	48	60
3.	Refused	22	27.5
	Total	80	100

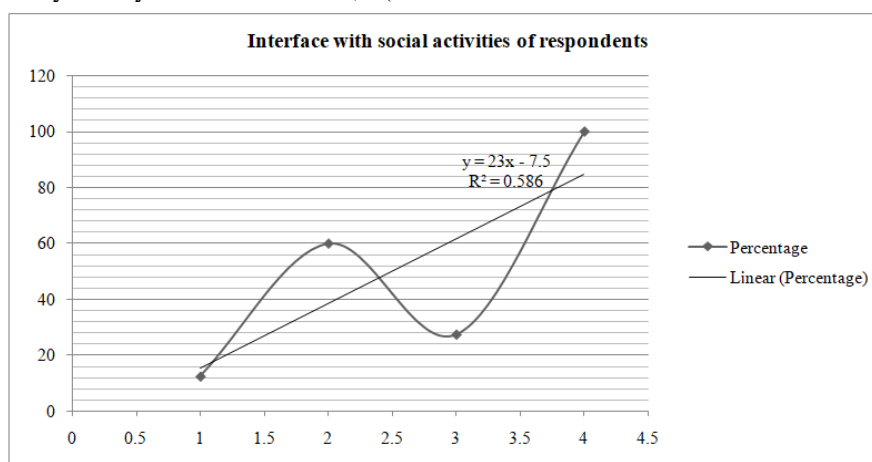


Fig. 5. Interface with social activities of respondents.

Table 6: Reaction of stress among respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	Isolate yourself	38	47.5
2.	Unable to sleep	20	25
3.	Suicides thought	3	3.75
4.	Criminal thought	3	3.75
5.	Others	16	20
	Total	80	100

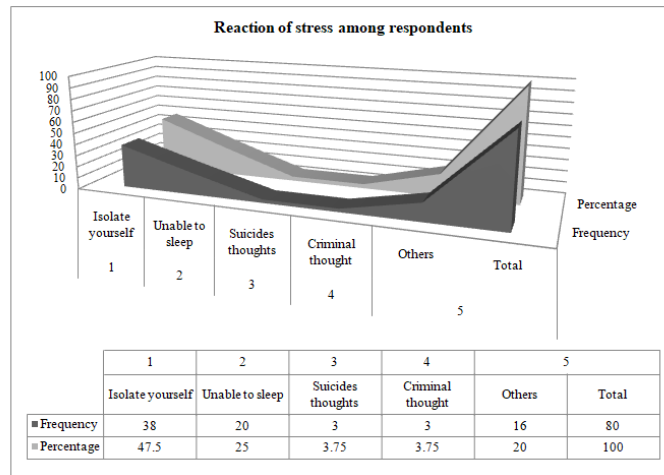


Fig. 6. Reaction of stress among respondents.

Fig. 6 present findings regarding reactions of adolescents during stressed condition. Around (47.5%) respondents were isolate themselves stressed and (25%) respondents were unable to sleep, (3.75%) of respondents are suicidal thoughts, (3.75%) respondent are criminal thought in mind when they feel stressed and (20 %) respondents are choosing other option when they feel stressed. The adolescents reactions during stress period is alarming. They were sometimes mislead into imbalance life. They have the suicidal thoughts, criminal bent of mind and get involved into illicit

activities.

From the Table 7, it was found that (11.25 %) respondents were facing psychological stress due to loss of parents, (13.75 %) respondents were in stress condition of genderine quality and(37.5%) respondents were in stress condition due to love affairs. The psychological pressure is a challenge to the adolescent age. It requires proper diagnosis and counseling many of suicidal cases and mental health disorder happens due to psychological health.

Table 7: Causes of psychological stress among respondent.

Sr. No.	Characteristics	Frequency	Percentage
1.	Loss of parents	9	11.25
2.	Financial problem	30	37.5
3.	Genderine quality	11	13.75
4.	Love affairs	30	37.5
	Total	80	100

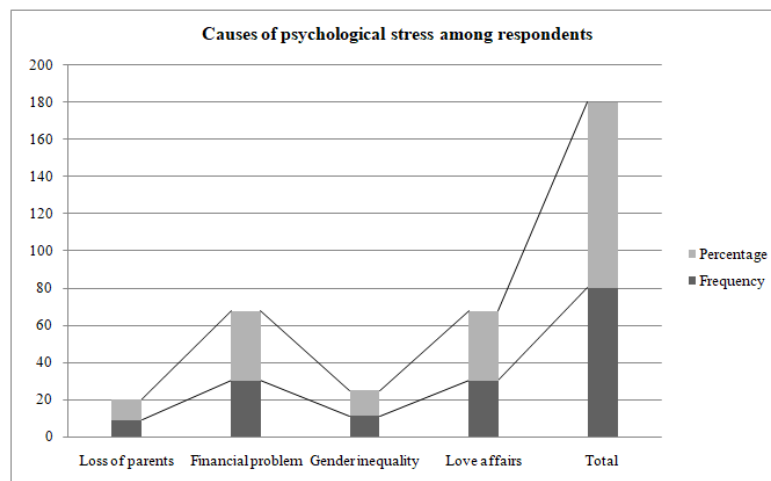


Fig. 7. Causes of psychological stress among respondents.

Table 8: Mental health problems of respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	Less sleep	33	41.25
2.	Ego problem	7	8.75
3.	Phobia problem	12	15
4.	Any other problem	28	35
	Total	80	100

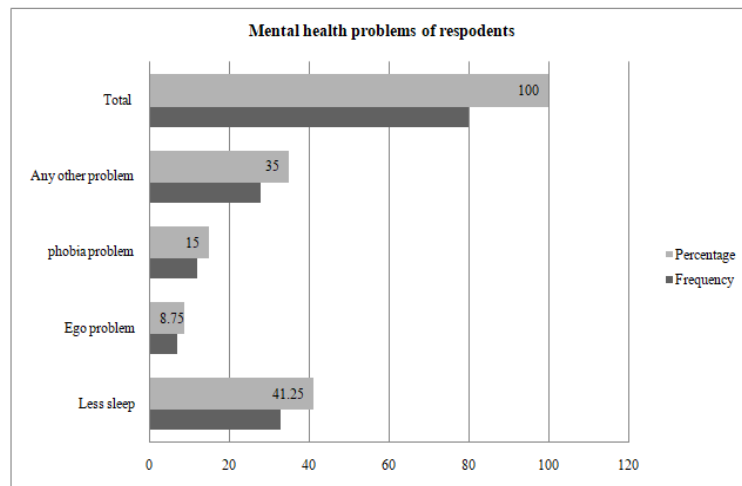


Fig. 8. Mental health problems of respondents.

From the above table it was found that (41.25%) respondents were having less sleep. A negligible percentage of ego problem. Only (15%) respondents face phobia problem, (35%) respondents were faced other problems leading mentally illness. The adolescent period is a period of storm and stress. They face the problems like typical phobia or fear psychosis, sleeplessness and due to adolescent ego problem, they are not very expressive. These conditions leads to adolescent mental illness.

From the above table it was found that (32.5 %) of

respondents were crying when they feel stressed and depressed, (6.25%) of respondent were run away from that place, (13.75%) of respondents were talk to her/his parents, (11.25%) of respondents were talk to friend, (6.25%) of respondents were deep breathing, (6.25 %) of respondents were doing medication, (2.5 %) of respondents were listening to music and (2.5%) of respondents were consulting a doctor when they feel stressed and depressed. The adolescent problems can be addressed through consultation with doctor.

Table 9: Coping the stressed among respondents.

Sr. No.	Characteristics	Frequency	Percentage
1.	Cry	26	32.5
2.	Run away from that place	5	6.25
3.	Excessive Eating	4	5
4.	Talk to your parents	11	13.75
5.	Talk to your friend	9	11.25
6.	Deep breathing	5	6.25
7.	Medication	5	6.25
8.	Listening to music	10	2.5
9.	Consulting a doctor	5	2.5
	Total	80	100

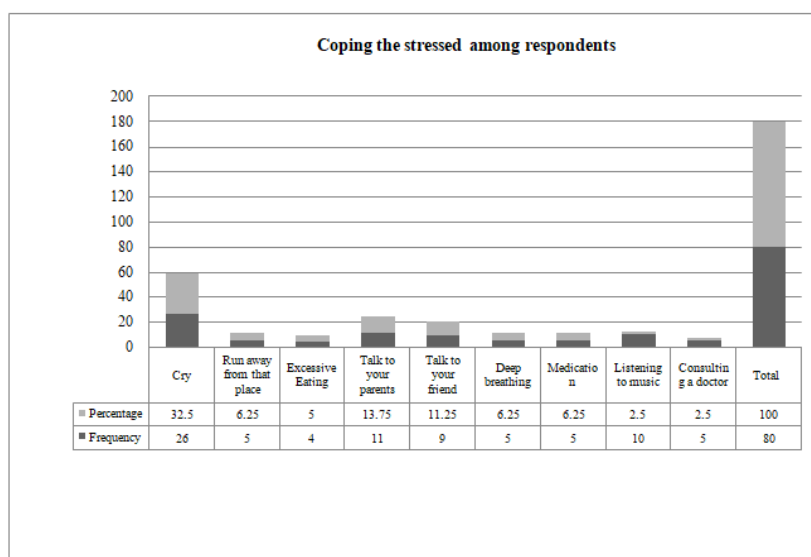


Fig. 9. Coping the stressed among respondents.

CONCLUSIONS

Mental health is the highest quality life indication of every human being. When the mental health and well being is maintained then the quality of life improved. It is evident that mental health affects day to day life, relationships and physical health. Once the imbalance arises it continues and directly and indirectly it affects the life. Adolescent period is considered to be the period of instability so it needs to be given special attention by parents, teachers and community too. It is the most important formative years of life. The study on the adolescent boys and girls provides an interesting facts related to their adolescent problems stress, instability of mind and their life style facts. The following key findings are the facts which will help in preventing the mental health problems. The awareness programs for adolescents and parents, educating the parents and attention of authorities will help in managing the adolescent age and issues of adolescent. The adolescent age is the most significant years of life. It must be nurtured, cared and trained for a better future citizen.

FUTURE SCOPE

Future research on mental health issues among college going adolescents in Bhubaneswar has a lot of potential for implementing focused interventions. The effectiveness of various interventions, such as early detection and prevention program, mental health education campaigns, counseling services, and peer support networks, might be investigated in future studies. In order to provide accessible mental health support, technology-based interventions such as mobile applications and internet platforms could be created. Adolescent college-going students in Bhubaneswar can benefit from the study to treat mental health issues and improve wellbeing through cooperative efforts between educational institutions, healthcare providers and community organizations.

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foremost, we would like to express our sincere gratitude to the study's participants, without whom this work would not have been possible. It has been really helpful to comprehend the complex terrain of mental health difficulties experienced by adolescent college students in Bhubaneswar thanks to their openness to share their experiences and ideas. Additionally, we would like to thank the faculty of Rama Devi Women's University whose cooperation and support made the data collection procedure easier. Finally, we would like to express our gratitude to our family and friends for their continuous support and inspiration throughout this study project. Without the collaborative efforts of everyone involved, this paper could not have been finished. We appreciate your crucial support and donations.

Conflict of Interest. None.

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