

# EMOTIONS AFFECTING MENTAL HEALTH IN ADOLESCENCE

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**ABSTRACT**---Mental Health and Mental Illness are the two relatable concepts in Health Sciences. Subjects which usually deal with health or something related to health care are included in health sciences. This category of sciences usually deals with three branches such as Physical Health, Mental Health and Social Health. As adolescents are taken into consideration, usually there are various reasons for their mental illness which could be due to varying physical, social, or emotional changes. Such changes include poverty, violence, addiction, abuse etc. are some of the prominent factors that made adolescents more vulnerable and rebellious. For the growth and maintaining emotional and social habits which are very important for mental well-being in the crucial time period in the life of youths. The mental health problems which appear in the life of young children especially are mostly not recognized and are hence difficult to treat as it became severe. As per the saying “A healthy mind lives in a healthy body”, it’s almost true and is in a way mentioned. In this paper, various emotions leading to the mental illness of youths, suicide attempts because of mental stress, some preventive measure, some ways to recognize the problems, etc. were being illustrated.

**Keywords**---Mental health, symptoms, emotions, adolescence, self harm, solution.

## I. EMOTIONS AFFECTING MENTAL HEALTH IN ADOLESCENCE

Modern world is a battleground where individuals are fighting with several emotional complexities. Most of the individuals are not aware of any sort of methods to survive after their daily stress and problems. But there are many individuals who take all those problems and stresses that they get from their day-to-day life as normal part of their existence crisis. Most of them have healthy relationships which enabled them to have good health. Such categories of individuals are very much conscious about their own attitude and behavior, thoughts and also feelings. These individuals consider their stress and other problems as a part of their life style and have learned to cope with such issues. Since adolescence is period of transition, an individual may face several psychological crisis. The actions and reactions are sometimes determined by a mind which is not capable of taking a decision if its own and thus the individual is thrown to the midst of problems. There are several factors that lead to behavioural problems in adolescents

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## **II. FACTORS AFFECTING MENTAL HEALTH**

Curiosity, anxiety, ignorance etc. are some of the elements that rule an adolescent child and thus it is taken to a world of imagination where the child cannot discriminate between imagination and reality. Supportive environments in the family, atmosphere in the school and in the public or community play very significant roles in the adolescent's life. Nearly 10-20% of youths is having such problems but is still unrecognized and hence is not well-treated. The more they are exposed to various such issues, greater will be their impacts on adolescents. If one is unable to act according to one's own will then it may give stress to the mind. The direct influence on people by peers has a very strong effect in the life of an individual as they will undergo some change in their attitude, behaviors, values, etc. as they get encouraged by them and will undergo some internal pressure to follow those influential groups or persons is also another factor. The increased access and use of modern technology, also exposure to sexual identity are other reasons. Harsh or strict parenting and tyrannizing and other economical-social problems are risking factors contributing to mental health. Most important factor is that these adolescents and also children are vulnerable to sexual violence, which leads gradually to mental illness. Some adolescents are at the peak of greater risk due to their living conditions and lifestyle, stigma, exclusion, lack of accessibility to various supports and services which are having some good quality. These includes youths or adolescents having some chronic illness, disorders like autism spectrum, those youths living in breakable or humanitarian livelihood, some neurological disability, adolescent parents or pregnant adolescents, those youths who are forced to do early marriages, orphans, children who were a part of the discriminated social groups etc. Usually our body responses to the ways we think, feel, and also the way we act. When we undergo some pressure, stress, anxiety, etc. there is a chance for us to develop a high blood pressure or a stomach ulcer as a result of a stressful incident like that of the death of our beloved. Infections or diseases, genetics, brain injuries, prenatal damages and abuse contribute to the biological factors which may affect the mental health

## **III. EMOTIONS LEADING TO DISORDERS**

These disorders commonly occur in the lives of adolescents. Emotional stresses are in addition to anxiety, depression etc. Those includes frustration, anger etc. which can overlap with unexpected mood swings or the outburst of emotions. In the case of younger adolescents, the occurrences of symptoms which are physical are also possible such as headache, nausea, and stomach ache. Generally, depression is the most common problem found in adolescents who are in the age group of 15-19 years. Also anxiety is another important cause for the illness and disability of adolescents of the age 10-14. Such types of problems can affect their attendance or their academics or in short their studies. Isolation and loneliness will be another phase in the lives of adolescents who are exposed to social issues. These solitude and isolation are initial stages which later lead to great depressions and will urge them to commit suicide.

## **IV. DISORDERS CAUSED BY CHILDHOOD BEHAVIOR**

According to the reports of World Health Organization (WHO), in the lives of young adolescents, behavioral disorders from the childhood is the second leading cause in the age group of 10-19 years. Excess workloads from

schools, not able to pay attention or not able to focus on anything, acting without thinking about the consequences, etc. all of these may not be considered appropriate as the age of adolescence is concerned. If such behaviors are not well treated or not considered serious then truly this may affect their education and also they may develop some criminal sort of behavior. That shouldn't happen anymore. Also another category includes the behavior in eating which is very common in young adulthood and also adolescence. These often co-exist with anxiety or depression. Some studies prove that this particular behavior happens to be more common in females than males. Our immune system can get weak by this lack of emotional health. During such weak period of time, there are chances to get cold or any infections because of this lacking of emotional health. During the time of stress, anxiety, or depression; the affected person will not be able to eat nutritious food and also may not take medicines at appropriate times as prescribed by the doctor. It is in this situation that alcohol, tobacco, or other drugs enter into the life of adolescence. Some signs of such emotional illness in youths can be change in appetite, constipation, back pain, chest pain, general aches or pains, insomnia, breathing shortness problems, etc.

Psychosis. Another symptom is that of Psychosis which is prevalent in the late adolescence. A person undergoing psychosis may lose their connection or knowledge about reality and is living in a hypothetical world or worlds of illusions. They may live in hallucination or delusion in which they see or hear things which doesn't have an existence. This may lead them to hurt either themselves or sometimes others. Sleep problems, obsessive thinking, anxiety, depression, suspicious feelings and also perceptions which are distorted are the initial symptoms which are milder, but later turns into severe problems. These pave way to affect one's senses and also it may change to Schizophrenia, Cyst, Alzheimer's disease, Stroke, etc.

## **V. SELF- HARM OR SUICIDE**

As per the records of WHO, as in 2016, an estimated no. of approximately 62,000 adolescents has undergone death as a result of self harm. It is the adolescents of this age group of 15-19 years are under this problem. Emotional stresses which lead to the abuse of alcohol, childhood abuse, etc. are some of the reasons why suicide or self harm is increasing in adolescents. Once the youths enter at the age of 18, most of them knowingly or unknowingly enter into many problems like the abuse of alcohol, smoking etc. Also, if any stress arises in their life, they will increase the use of these things which give them momentary satisfaction and later take their life itself and also sometimes other's life. As women are concerned, sometimes they may be subjected to sexual abuse or some social problems arose from which they may not be able to recover. This will lead to great depression or they may enter into initial stages of psychosis and hence will be in a hallucinated world. Later this will be the cause of one's own end. Due to money issues, death of beloved or social problems suicide may happen. Getting back what we didn't expect in life or in other words the twists and turns of life is a major cause for the trauma.

As teenagers are concerned, suicide is considered as some solution to their problems in life. Romantic relationship also plays an important role in the lives of youths. If any breakups happen unexpectedly, they are not able to face that which will further lead to elevated levels of depression, anxiety and also stress. Depression is the key factor which leads many to committing suicide. As when people are in the mind-set of this problem, they won't plan about their future and also they don't want to think or talk about their future. Most of the people are uncomfortable in speaking about suicide to children. But speaking about suicide and also asking about the

emotional problems that their children undergoes can be more helpful. If any such depressions are there in life, then the children may convey those or share those problems to parents or teachers which may help them in many ways. Open conversations should be there which should enable them to strengthen themselves mentally and physically in order to withstand the society.

## **VI. SOLUTIONS**

If the feelings of stress, anxiety or sadness are not expressed in a true manner, it causes many physical problems. Keeping all these problems in mind, without sharing to anyone can affect the mental well being of an individual. Adolescents should share their problems with elder people whom they have faith which will definitely give them a sort of relaxation. Every time parents or friends may not be able to help us, at those times it is better to take helps from outsiders such as doctors, religious advisors or counselors etc. So it is better to express our feelings in most appropriate ways.

Having a positive outlook for life is something which helps in improving the quality of life that is living life in a happy and positive way. Focusing on the things which seems grateful in life will in some way boost our life. Adolescents should not be obsessed about the problems in schools or home which will give some negative feelings but this doesn't meant that one should pretend to be happy whenever he/she is in the hands of stress, upset or anxious. Each and everyone should find their own ways to get rid of stresses. One should be very strong in order to survive in this world. Strong here doesn't mean the physical strength. Though physical strength is an unavoidable part in the lives of people, without mental strength no one can survive. Developing an ability to quickly recover from difficulties will strengthen one's own mind.

Other methods includes listening to music, meditation, yoga, etc. which provides a sort of relaxation. These are some useful ways through which emotions get balanced. Eating healthy meals, nutritious food or having a balanced diet along with proper sleep and exercise will definitely help. Taking care of oneself is the most important among them. It means that of avoiding over-eating, abuse of alcohol, drugs, etc. Early detection and treatment of mental health or illness is crucial in the lives of adolescents. If the adolescents are properly guided, they can become eminent personalities and can make maximum contribution to nation building. The energy and the exuberance the adolescent possess is immeasurable and it must be utilized in proper manner through proper channel.

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