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Analysis of a gender perspective: Adolescent mental health

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Abstract
Many individuals consider adolescence to be a period of transition from childhood to adulthood, as well as a period of significant personal development. The maintenance of one's mental health during the adolescent years is of the utmost importance. It is common knowledge that students face significant obstacles with regard to their mental health throughout their academic careers. There are a number of potential reasons, including the challenges of doing well in school, the challenges of going through puberty, the challenges of navigating daily life, the challenges of developing and maintaining friendships, and other external pressures. The research and comparison of this study was driven by the adolescents' own self-reported mental health as the primary factor. Consequently, one hundred adolescents from a variety of Jamshedpur area schools came together for this purpose. The Mental Health Battery (2008), which was developed by Singh and Sengupta, was used in order to assess the mental health of the group of participants. The 't' test was used in order to determine whether or not there was a statistically significant difference between the means of the two groups. According to the statistics, there was a discernible disparity in the mental health conditions of male and female students in educational institutions. In terms of mental health, women were found to be in better shape than males. The students of our country, who will one day be its most valuable resource, need a strategy that is both all-encompassing and coordinated across all sectors in order to guarantee their mental health.

Keywords: Mental health, adolescents, responsibilities, difficulties and influences

Introduction
According to the World Health Organization (2017), teenagers are defined as those who are between the ages of twelve and twenty-one. This is a crucial stage that bridges the gap between childhood and maturity from a developmental standpoint. An individual's viewpoint, thoughts, interests, and behaviors go through considerable changes throughout puberty. This is because they begin to align themselves with the norms that are established by their peer group when they reach this stage. From a psychological point of view, this phenomenon occurs when an individual ceases seeing themselves to be under people who are in positions of authority and instead begins to consider themselves to be on par with, if not even one step above, those who hold such positions. A journey toward self-discovery and authenticity is represented by this time period, which is a period that represents a profound and important transformation of the self. This era, which is sometimes referred to as "storm and stress," provides teenagers with substantial obstacles on both an emotional and psychological level. Stress, both mental and physical, anxiety, anger, difficult complexes, despair, and irritation are all included in this group.

Factors such as self-care, employment, education, or other variables may be contributing to the situation. In light of these challenges, there is a strong impetus among researchers to explore the complexities of adolescent mental health. Adolescence is a fundamental phase in every individual's life story, as it plays a crucial role in development and change. The physiological, psychological, social, spiritual, and moral perspectives on life undergo significant transformations during this period. Many individuals believe that the adolescent phase represents the most challenging period of life. Identifying one's own identity in a constantly evolving world represents just one of the numerous challenges that adolescents encounter. The challenges are compounded by peer influence, parental demands, and various

environmental factors. This period is marked by substantial development in various aspects of an individual's personality. This period is characterized by numerous challenges, conflicts, ambiguities, and disappointments.

Mental Health Concept

A person's physical health is directly impacted by their mental and emotional wellness. Around 20% of teenagers globally suffer from a mental health illness. Mental health is defined as being free from any mental ailment or having a high level of emotional and cognitive stability. Because the psychological and physiological systems of a person are interdependent, they support one another. The ability to assess their environment and modify their conduct appropriately is a sign of a mentally sound person. To achieve mental well-being, psychologists agree, one must be able to easily adjust to new situations. We determine that a person is in a state of mental health if their emotions are stable, their conduct is suitable, and they integrate well with others. This condition is characterized by a balanced work-life balance, satisfying love relationships, and the lack of behavioral or mental health problems. Another component of mental wellbeing is integrating one's inherent impulses in a manner that is acceptable to both oneself and one's social setting. Problems with mental health may affect people of all ages, from childhood until old life, and they are closely linked to physical health. Gender is becoming acknowledged as a significant factor in mental health issues at an increasing rate. A person's mental health may be defined, in part, by their capacity to cope emotionally with the inevitable highs and lows of life. There are several subfields that make up the larger idea of mental health. A person's mental health may be better understood if there are no outward signs of illness or damage. A mentally healthy individual is one who has fully developed personality traits and cognitive skills and who does not suffer from any emotional problems. This concept works similarly here. Things that bring him delight are easy to see, and he finds immense satisfaction in life in general. He has faith in himself and a sunny disposition toward life. He has a small but tight-knit group of friends and keeps in contact with many more; he gets along with everyone he encounters, whether at business or in personal life.

The term "mental health" refers to a person's level of emotional, mental, and physical well-being. When this occurs, it's reasonable to assume that their mental health is good. Reaching one's objectives is the only certain way to leave an indelible mark on society. The President's New Freedom Commission on Mental Health discovered that between five and nine percent of young people have a "serious emotional disturbance." Included under this umbrella term are all diagnosable mental diseases in children and adolescents that substantially hinder their capacity to engage in intellectual, emotional, and social functioning. In 2011, UNICEF found that more than 20% of the world's teenagers were dealing with some kind of mental health or behavioral problem.

Review of Literature

- A person's "mental health" is their degree of psychological, emotional, and physiological stability. Since this happens, it's safe to presume they're mentally healthy. If one wants to make a lasting impression on society, they must achieve their goals. Reports indicate that a small percentage of young individuals suffer from a "serious emotional disturbance." All diagnosable mental illnesses in children and adolescents that significantly impair their ability to participate in intellectual, emotional, and social functioning fall under this general phrase. Statistics from 2011 show that over 20% of the world's adolescents were coping with a mental health or behavioral issue.
- Instructors were aware that their students were dealing with mental health issues, according to Mbwayo *et al*. (2020). The kids were seen to be dealing with a range of issues, such as academic struggles, difficulty with internalizing and externalizing information, unusual behavior, and drug misuse. Teachers have many challenges when trying to help their kids with mental health difficulties, but a lack of training and time is one of the biggest.
- The mental health problems that adolescents experience have far-reaching effects because of the toll that they take on their academic performance and the amount of schooling they do (Bas, 2021) [2].

The Value of Adolescent Mental Health

In today's society, individuals encounter several complex difficulties and contend with numerous opposing influences on a daily basis. The only people who can attain the aim of psychological well-being free from maladjustment are those who are emotionally secure and adaptable. Therefore, the capacity to adapt is crucial for the survival of the human race. The brains and bodies of adolescents undergo a great deal of change. Among the most significant difficulties they face is the effect on their psychological well-being and social identity. Adolescents face a myriad of issues and challenges, including but not limited to: peer pressure, changing schools, breaking friendships, getting into fights with parents, wanting independence, taking tests, feeling inadequate, coping with unstable home life, managing academic pressure, failing, and overcoming the physical and emotional changes of puberty.

In addition, problems with truancy or school exclusion may arise for the children. Developing healthy social and emotional routines throughout adolescence is foundational for a lifetime of mental wellness. Some examples of activities that come under this category are getting enough sleep, exercising regularly, learning to deal with stress, thinking creatively about challenges, communicating well, and controlling one's emotions. Hence, it is crucial to provide safe havens in the home, the classroom, and the community at large. Mental wellbeing includes more than only the absence of mental disorder, according to the World wellbeing Organization (2007). When a person can do everything that they set out to do, enjoy life to the fullest, have satisfying work, and have a great impact on society, we say that they are in the best possible mental and physical health. Consequently, adolescent mental health is critical for their ability to contribute to nation-building and have satisfying family life. The reason for this is because there are many other physical and developmental issues that are closely linked to adolescent mental illness. Illegal behavior, low self-esteem, and participation in less socially acceptable pursuits are a few examples.

According to a study conducted in 2005 by Miech and colleagues, a person's educational possibilities may be permanently impacted by a mental condition. This study

examined the educational and mental health outcomes of over a thousand individuals of the general population from 1981 and later on. At its core, optimal health is a triangle with three interconnected sides. The three facets of health are mental, emotional, and physical well-being. A third leg of the triangle is psychological well-being.

Need of the Study

Today's teens face numerous challenges in managing their mental health. A variety of factors contribute to these issues, including inadequate physical activity, classroom stress, societal expectations, pressure from examinations, resource limitations, and aspirations for future careers. As a result, the primary objective of the research was to evaluate the psychological well-being of the participants in order to gain insights into their mental health and to offer college students actionable guidance for addressing mental health challenges. Access to effective methods for prevention, early identification, and intervention is essential for adolescent mental health. Society could enhance its support for teenagers on their path to mental wellness by improving public education, addressing stigma, and ensuring access to necessary treatment. Proactive measures aimed at enhancing adolescents' mental health contribute positively to the well-being of communities, the happiness of young individuals, and society as a whole.

Objectives

- To assess the mental health of adolescent males and females.
- To examine the disparities in mental health among male and female adolescents.

Hypotheses

- Adolescent males and females will exhibit varying levels of mental health.
- There are notable distinctions between male and female adolescent students.

Sample

One hundred students from various local schools in Darbhanga participated in the research study conducted on them. They were fourteen to sixteen years old. Of the remaining pupils, fifty were female, while the other fifty were male.

Method for the Study

In order to accomplish its aims and test its hypothesis, this study relied on a descriptive survey approach to data collection. Examining, illustrating, and explaining the existing situation is the goal of this technique.

Variables

1. Dependent variable: Mental Health.
2. Independent variables: Gender

Instrument

Singh and Sen Gupta (2008) developed the concept of the Mental Health Battery. The Mental Health Battery will be administered to persons ranging in age from thirteen to twenty-two in order to ascertain their present level of mental health. A reliability value of.12-.88 and a validity coefficient of.60-.82 characterize the scale, respectively. The two coefficients here represent the ranges of the scale, respectively.

Procedure

The Mental Health Battery was administered to both groups with instructions to complete all questions honestly and not to discuss the questions with fellow students. Scoring was done according to the respective scoring keys. In order to fulfill the objective of the study the score obtained were analysized with mean, SD's and t values.

Table 1: Level of Mental Health among Male and Female Adolescents

Groups	Poor		Average		High	
	N	%	N	%	N	%
Male	12	24	28	56	10	20
Female	10	20	26	52	14	28
Total	22	22	54	54	24	24

The prevalence of mental health issues was notably greater among male students, reaching 12%, compared to 10% for female students. In the student group, a higher percentage of men (56%) reported average mental health compared to women (52%). Female students showed a higher proportion of serious mental illness, with 28% affected compared to 20%. In the whole sample, a maximum of 56% of the children showed average mental health. Thirty-four percent of the students reported having excellent mental health, while twenty-two percent reported having bad mental health. Therefore, the hypothesis is accepted.

Table 2: Comparison between Male and Female Adolescents on Mental Health score

Groups	N	Mean	SD	t value	Level of significance
Male	50	80.06	5.17	2.25	Significant at 0.05
Female	50	83.17	8.26		

As can be seen in the table that is located above, the male group had an average score of 83.17, which is higher than the female group. In comparison to the standard deviation of 5.17 for the male group, the standard deviation for the female group is 8.27. According to the t-value of 2.25, there is statistical significance at the 0.05 level of confidence. This is shown by the observation. According to the findings of the study, it seems that females tend to have better mental health than boys do throughout their teenage years. Consequently, the statement "There are notable distinctions between male and female adolescent students" are conclusively shown.

Conclusion

The outcomes of this study indicate that there is a gap in the way that the educational system cares for the mental health of its pupils. When it comes to the state of psychological health, women have the highest percentage of any gender. In each and every facet of life, the emotional and psychological well-being of teenagers is of very high importance. There is no way that they will be able to accomplish anything of value in their undertakings unless they possess the mental fortitude that they have. This conduct is caused by the fact that a significant number of young women are raised in households in which they are the subject of careful observation by both their parents and their teachers. There is a substantial body of evidence that suggests that, from a

genetic standpoint, women have certain advantages over males. Taking everything into consideration, the lives of the young ladies are pretty full of activity and optimism.

Recommendation

Children should allocate time daily for physical activity. Adolescent students need to seek guidance from mental health specialists if they encounter psychological difficulties. To improve students' emotional and psychological well-being, it is essential to provide an environment that is intellectually stimulating and encouraging. Awareness of personal mental health and the factors that may elevate the risk of mental illness is essential for educators and parents.

Suggestions to improve mental health of the Adolescents

A person's mental health is directly related to their level of personality development, according to the research. Every aspect of a student's life, from their studies to their careers to their personal relationships, is affected by their mental health. Advice for teachers, parents, and pupils. The importance of adolescents engaging in supportive connections at home is underscored by the fact that they often display aggressive conduct. Give them the tools they need to stand on their own two feet. Talking to teens on a regular basis about their life is important for many reasons, including family relationships, community service, and future goals. Having meaningful conversations with kids, especially ones that revolve with their schooling, friendships, and interests in school, is very beneficial. Persistent displays of awe. Administering rewards to pupils when they accomplish goals.

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