



## RESEARCH ARTICLE



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**WELL BEING AND PSYCHOLOGICAL HEALTH OF THE YOUTH**

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*(Senior Assistant Professor, S.Govt. College of Science Education and Research, Jagraon, Dist. Ludhiana, Punjab India.)***ABSTRACT**

Psychological health is an integral aspect of the overall health of any human being. In this busy and competitive world of today, it has become quite challenging to maintain good psychological and mental health and refrain from worry, anxiety and stress. According to our society, it is considered a stigma to talk about any mental health issue one is going through. There are innumerable students who suffer panic attacks due to the immense burden of studies while competing with peers for good grades. But they fail to discuss it with others for the fear of being labelled as 'weak'. In today's society, we see many young females especially working women who are doing jobs as well as household chores owing to which they gradually develop work stress which remains unsaid and unreleased and ends up affecting their mental health. So the need of the hour is to destigmatize this crucial topic so that humans can talk it out and get rid of such suffering making a healthier and happier society. In the last few years, we have seen major development of online consultation centres which are doing a great service to provide treatment to such people but the need is to make these services affordable and accessible so that many people could take benefit from it and live a happy and healthy life. Some other techniques like resilience and developing other coping mechanisms, the power of positive thinking, meditation and prayers should be taught to the youth so that they learn to be patient and positive in life for achieving their goals as well as being a better human being. In European countries, certain factors like environment, economic pressure, and modern day lifestyle make people feel lonely and isolated from others. Such conditions give rise to psychological problems which need to be addressed at the earliest. These Days many youngsters choose to move to foreign countries for higher education and job opportunities. They also complain of suffering from such psychological problems of depression, anxiety, inferiority and homesickness due to being alone and away from their families. The excessive use of social media platforms and smartphones have also led to a significant rise in youngsters suffering anxiety and depression as a consequence of constant comparisons and 'FOMO' the fear aroused among youth by seeing the posts online. So, the use of smartphones should also be limited to save the degrading mental and psychological health of our youth.

**Keywords :** *Health, Smartphones, Youngsters, Depression, Psychology.**Author(s) retain the copyright of this article Copyright© 2018 VEDAPublications*

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## INTRODUCTION

This paper explores the effects of socio-cultural changes on the youth in India and Europe and also discusses the coping mechanism to tackle this issue. World is becoming a global village these days. It is shrinking. The various cultures are intermixing with the people from different communities and many countries coming together. Youth of our country is moving abroad for higher studies or in search of greener pastures and vice versa. It has been noticed that cultural globalization has become a powerful factor for bringing about social change in our society. What this cultural fusion is doing is to change the personality and behaviour of our youth. New methods of communication such as mobile phones, laptops are creating opportunities but at the same time giving rise to many serious issues. In this modern world, the youth is in quest of its identity and is facing many psychological challenges.

With the advent of science and technology, many new changes have totally transformed the traditional perception of society. These changes have made our society liberal and modern but have also adversely affected our youth. In today's society, the era of nuclear families and stressful competitive atmosphere have adversely affected the youth of today. It has been observed that youth these days are not as happy and satisfied as they should be in the prime time of their life. Reports have shown that they are experiencing stress and anxiety due to the change in the scenario. Talking about mental health is taken as a stigma in our culture and prevents people from taking initiative to discuss their problems as the topic of mental health has been portrayed as unpleasant and negative by society. The

initiative taken by Ananya Birla in this regard is commendable. She has founded 'Mpower' a service that has helped countless people in India during Covid-19 pandemic. Mpower, in Association with Government of Maharashtra, started a 24 into 7 helpline number which received more than 50,000 calls within 2 months. This data showcases the seriousness and enormity of this issue, there lies an urgent need to address it. Likewise in Europe, Prince William and Kate have long been strong advocates of mental health. They have started an organisation named 'Shout', this service provides the facility of text message to avail counselling and get treatment timely. The large number of text messages as received by Shout also speaks about the seriousness of this issue. Prince William and Kate have recently achieved and celebrated a milestone for mental health as their official website 'Mental Health Innovation' has released the data of 3 Million conversations till date. Prince William wants to extend this service to more and more people to provide everyone a platform to discuss their issues and find a suitable solution.

## EASY ACCESSIBILITY OF MENTAL HEALTH AND SUPPORT SERVICES

We should focus on providing easy and accessible Mental Health Services so that youngsters can easily avail them. The department of Call Education in Kerala launched 'Jeevani' program in 2019 for safeguarding the mental health of students in India. Under this program, Jeevani provided services like counselling, early diagnosis and awareness for the benefit of students. These services have been provided to the students of 66 different colleges on



their respective campus centres staffed with professionals to provide guidance and counselling to the needy and interested students. Likewise in Europe the largest health program was started in 2021 named 'EU4 Health' which focuses on improving and providing mental healthcare services and its affordable medicines to promote good psychological health and support the youth of the European continent.

It is of utmost importance to develop resilience and effective coping mechanisms to find a suitable solution for mental illness to help the young people who are undergoing the emotionally weak phase of life. For instance, In Germany many such programs were started which aim to redress and prevent mental health issues for the school going children as the catharsis of emotions is very important at this standard age. So such kind of open discussions should be encouraged. Till 2024, this program has benefited approximately 30,000 youngsters in different countries like Austria, Czech Republic, Germany etc signifying its extensive approach. In our country India, the Ananya Birla Foundation is proactive in providing mental health support service to the youth. This foundation has made collaboration with Institute of Human behaviour and allied services to provide good mental health services to students in Delhi. Confidence development and positive thinking should be taught to youth as a coping mechanism against any kind of mental stress.

## INFLUENCE OF SOCIAL MEDIA ON YOUTH OF TODAY

The youngsters these days are obsessional towards the use of social media platforms namely Tik Tok, Facebook, Instagram and Snapchat. As a consequence, they become possessed by 'FOMO' The psychological fear of missing out on social trends. The young generation leaves no stone unturned to live a manufactured reality. In European countries, FOMO is instilled through influencer culture that generates a psychological pressure to follow every latest trend. This gradually creates stress, anxiety and emotional pain among the youth. Research held in France and Italy reported a significant rise in depression and mental anxiety cases as a consequence of online comparisons and inability to participate in social gatherings like the others. FOMO is also reflected in educational and career related decisions these days. The rise of technological startups is pushing the youth towards this sector. In European countries, people are being attracted towards artificial intelligence and other lucrative fields seeking the success similar to others on social media. In the post-pandemic era, there has been a noticeable decline in the traditional values among the youth due to increased exposure of social media. Now people prefer to go for foreign tours instead of spending quality time with family members. Youngsters these days are forming digital stranger friends online through text-messaging apps as opposed to engaging in face-to-face conversations with their real family. This shift in culture has led to growing disconnect between the two generations as the young people are busy pursuing their insanity for living a 'picture perfect' and manufactured reality that actually



doesn't exist. Hence FOMO has severely given rise to mental stress, depression, anxiety and a significant shift in cultural values of the youth of India and Europe.

## CONCLUSION

The new evolving socio-cultural atmosphere which is the blend of many cultures has both positive and negative effects on the impressionable minds of youth. A study has also revealed that the young age is no longer the happiest period of life due to many external factors like competitive atmosphere, influence of social media, smartphone usage, celebrity world, bodily changes and family pressure. The youngsters are constantly under stress. The report unveils the urgent need of redressal of this issue to save our Youth from going astray. It can be concluded that socio- cultural changes have deeply affected the minds of youth in India as well as in Europe and there still exists an urgent need to destigmatize this taboo of mental illness and ensure good mental health services, promote the development of coping mechanism in youngsters for helping them out of this crisis just like the commendable programs EU4 health, Jeevani and M power have started to provide assistance to the youngsters. As the saying goes, "A stitch in time saves nine." So, let's stand united to defy the taboos and ensure good mental healthcare to build a happy and healthy tomorrow.

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