ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 12| December 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

MENTAL HEALTH ISSUES IN INDIA

Niya Sairesh[1], Arya Vijayakumar[2]
[1]*Student, Department of Computer Science, Don Bosco College, Sulthan Bathery*
[2]*Assistant Professor, Don Bosco College, Sulthan Bathery, Wayanad*

ABSTRACT
Mental health is an important, often overlook part of overall well-being. It needs awareness, timely support, and effective intervention. In India, rising academic pressure, social expectations, lifestyle changes, and limited access to mental health resources have led to higher levels of stress, anxiety, and depression, particularly among young people and working adults. The main goal of mental health education and services is to build emotional resilience, coping skills, and psychological awareness. These help individuals manage real-life challenges. A key aim in promoting mental health is to spot issues early and provide the right support systems to prevent long-term consequences. Mental health challenges in India are made worse by stigma, a shortage of trained professionals, and inadequate mental health infrastructure. This study plans to look at the common mental health issues people face in India, examine the factors that contribute to these challenges, and see how mental health difficulties affect daily life and overall quality of life.

KEY WORDS: *Mental Health, Stress, Anxiety, Psychological Well-Being.*

INTRODUCTION

Mental health issues in India are becoming a significant public health concern, affecting people of all ages, backgrounds, and communities. Rapid urbanization, lifestyle changes, academic pressure, unemployment, financial stress, and shifting family structures contribute to rising rates of anxiety, depression, stress disorders, and substance abuse. There is also a high rate of suicide, particularly among young people, which emphasizes the need to address mental well-being.

A major barrier to progress is the stigma surrounding mental illness. Many people avoid seeking help due to fear of judgment, misunderstanding, or being labeled. This results in delayed diagnoses and untreated conditions, which reduce productivity, strain relationships, and lower overall quality of life. Rural areas face even greater challenges because of the shortage of trained mental health professionals and limited access to counseling services.

While the government has initiated programs like the National Mental Health Programme, Tele-Manas helplines, and school awareness efforts, there are still gaps in awareness, access, and affordability. Strengthening mental health education, community support systems, and early interventions can help ease the burden on individuals and families.

Overall, mental health issues in India need collective attention, better services, and a concerted effort to eliminate stigma while fostering a culture of openness and support.

PROBLEM STATEMENT

- What are the main mental health issues faced by people in India?
- What factors lead to the increasing mental health challenges among different age groups and communities?
- How do mental health issues affect people's daily lives, academic performance, productivity, and overall quality of life?
- What strategies can be used to raise mental health awareness, reduce stigma, and improve access to mental health support in India?

METHODOLOGY

The study uses a descriptive and mixed methods approach, combining both qualitative and quantitative data collection techniques to understand mental health issues in India. This method captures statistical trends and personal experiences, offering a complete view of the causes, challenges, and effects of mental health problems across different groups.

PARTICIPANTS

The participants include individuals from various age groups, such as students, working adults, and homemakers, from selected regions of India. Convenience sampling helped ensure easy access to participants, while also including diverse groups to explore differences in awareness, stress levels, stigma, and help-seeking behavior. This variety shows how mental health issues affect people differently based on age, occupation, and socio-economic background.

DATA COLLECTION

To gain a broad understanding, the study used the following data collection methods:

- Questionnaires: Structured questionnaires were given out to gather quantitative data on stress, anxiety, depression symptoms, lifestyle factors, and awareness of mental health services.
- Interviews: Semi-structured interviews were conducted with selected participants and health professionals to collect qualitative insights about personal challenges, stigma, and barriers to getting mental health care.

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 12| December 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

- Secondary Sources: Research articles, government reports such as the National Mental Health Survey, WHO data, and NGO publications were analyzed to understand national trends and support the primary findings.

DATA ANALYSIS

The collected data were analyzed using these approaches:

- Quantitative Analysis: Statistical tools and percentage analysis helped to identify major patterns, prevalence levels, and relationships between lifestyle, awareness, and mental health symptoms.
- Qualitative Analysis: Thematic analysis was used to review interview responses, allowing the identification of common themes such as stigma, lack of access, academic pressure, and emotional stress.

RESULTS AND DISCUSSION

Major Issues Identified

The study revealed several common mental health challenges faced by people in India across various age groups. These difficulties significantly impact emotional well-being, daily functioning, work or academic performance, and overall quality of life. The main mental health issues identified include the following:

Stress and Anxiety Disorders

A key issue is the growing level of stress and anxiety among students, working professionals, and homemakers. Academic pressure, job instability, financial problems,and family duties greatly contribute to rising anxiety levels. Many people experience physical symptoms such as headaches, fatigue, sleep disturbances, and trouble concentrating. Due to limited awareness, these early signs often go unnoticed, leading to more serious conditions like generalized anxiety disorder or panic attacks. This increasing stress burden negatively affects productivity and overall mental stability.

Depression and Emotional Distress

Depression is another major concern affecting a wide range of the population. Feelings of sadness, hopelessness, loss of interest in daily activities, and social withdrawal were commonly reported. Factors such as loneliness, relationship issues, unemployment, academic failure, and trauma contribute to emotional distress. Many people hesitate to seek professional help because of stigma or fear of being judged, which prolongs their suffering. Untreated depression impacts decision-making, motivation, and physical health, making it a significant public health issue in India.

Social Stigma and Lack of Awareness

The study found that social stigma around mental health remains one of the biggest barriers to early diagnosis and treatment. Many individuals fear being labeled as “weak” or “unstable,” which prevents them from discussing their struggles openly. Additionally, misconceptions and a lack of basic mental health knowledge lead to misunderstanding symptoms as “overthinking” or “attention-seeking.” This hinders timely support, making people more vulnerable to serious mental disorders. Stigma also discourages families from encouraging members to seek help, limiting access to proper care.

Limited Access to Professional Support

Access to mental health services in India is uneven, especially in rural and low-income areas. There is a shortage of trained psychologists, psychiatrists, and counselors, and mental health facilities are often located in urban centers. Long waiting times, high consultation fees, and lack of awareness about available services make it hard for individuals to get timely help. Consequently, many rely on informal advice or avoid seeking treatment altogether, worsening their condition over time.

Impact on Daily Life and Well-Being

The challenges identified in this study have a significant effect on individuals’ daily lives, impacting their emotional stability, work or academic performance, relationships, and overall happiness.

Stress and Anxiety Impact

High levels of stress and anxiety reduce a person’s ability to focus, communicate well, and make decisions. Students may perform poorly academically, while employees might experience decreased productivity and burnout. Ongoing anxiety can lead to avoidance behavior, social withdrawal, and reduced confidence, which limits personal and professional growth.

Depression and Functional Decline

Depression greatly affects motivation, concentration, and energy levels. Individuals may find it hard to complete daily tasks, maintain relationships, or meet academic or work expectations. Prolonged emotional distress increases the risk of self-harm, further emphasizing the urgent need for accessible mental health care and support systems.

Stigma and Delay in Treatment

Stigma discourages individuals from seeking early help, leading to the worsening of mental health conditions over time. This delay causes increased emotional suffering, strained relationships, and greater difficulty managing symptoms. The lack of open discussion further isolates individuals, reducing their chances of recovery.

Access Barriers and Inequality

The shortage of mental health professionals and facilities, particularly in rural areas, creates a divide between those who need help and those who receive it. People from disadvantaged backgrounds face additional challenges, resulting in untreated conditions and lower quality of life. Improving infrastructure, affordability, and awareness is essential to close this gap.

RECOMMENDATIONS

To tackle the growing mental health issues in India, especially among adolescents and young adults, the following strategies are suggested:

Strengthening Mental Health Awareness

A lack of awareness and ongoing stigma prevent many from seeking help. Public health campaigns should aim to:

- Normalize discussions about mental health.
- Encourage early detection of symptoms.

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 12| December 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

- Include mental health education programs in schools and workplaces.
- Community outreach using local languages and relevant content can also help dispel myths and promote seeking help.

Expanding Access to Mental Healthcare Services

India has a significant shortage of mental health professionals. To fill this gap:

- Primary healthcare centers need trained mental health workers.
- Tele-mental health services should be expanded to reach people in rural areas.
- Government programs like Tele-MANAS should be strengthened to provide affordable psychological support.
- Making mental healthcare affordable and accessible is vital for inclusivity.

School and College-Based Interventions

Educational institutions are key to early prevention. Mental health programs should include:

- Counseling centers with professionally trained counselors.
- Life skills education focusing on resilience, stress management, and emotional health.
- Peer support programs that allow students to notice early signs of distress.
- Creating a safe campus environment can help reduce academic pressure and encourage overall development.

Workplace Mental Health Policies

Work-related stress is increasing among India's workforce. Organizations should:

- Hold regular workshops on stress, burnout, and work-life balance.
- Offer confidential employee assistance programs (EAPs).
- Promote empathetic leadership and a supportive workplace culture.
- Focusing on employee mental health boosts productivity and lowers burnout.

Strengthening Government Policies

The National Mental Health Programme (NMHP) and the Mental Healthcare Act, 2017 provide a solid legal basis. Implementation can be enhanced by:

- Increasing funding for mental health.
- Incorporating mental healthcare into all public health programs.
- Ensuring care respects individuals' rights, dignity, and autonomy.
- Cooperation between the government, NGOs, and private health sectors is crucial to build a strong mental health system.

CONCLUSION

Mental health challenges in India are a major public health issue, fueled by social stigma, limited access to care, and increasing psychological stress among young people and adults. The findings show that gaps in awareness, insufficient professional resources, and emotional barriers seriously affect help-seeking and overall mental well-being.

To address these issues, India needs to prioritize mental health education, expand affordable services, and foster supportive environments in schools, workplaces, and communities. Improving policies, investing in training for professionals, and promoting early intervention will further benefit the nation's mental health outcomes. Addressing mental health issues will not only enhance people's quality of life but also boost national productivity, strengthen community resilience, and support long-term social development.

REFERENCES

1. *World Health Organization. Mental Health Atlas 2020. WHO Press, 2020.*
2. *Ministry of Health & Family Welfare, India. National Mental Health Survey of India 2015-16. Government of India, 2016.*
3. *Patel, V. et al., "Addressing the burden of mental disorders in India," Lancet Psychiatry, vol. 3, no.9, pp. 832-840, 2016.*
4. *Government of India. Mental Healthcare Act 2017. Ministry of Law and Justice, 2017.*