



A COMPRESSIVE STUDY OF MENTAL HEALTH AND ITS AWARENESS

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ABSTRACT

Students research and use references from various authors and mental health professionals to know what mental health is, how it affects a person can be a child, an adult, a student or anyone else, research suggests and how we can spread awareness about it.

OBJECTIVE

The cause behind this study was to gather a complete view regarding mental health by collecting data from a psychiatrist and achieved by attending a workshop to obtain quality information.

INTRODUCTION

Mental health is as vital as physical health but information about mental health is less than what is needed. Among the mass, especially in India it is considered a topic that people do not want to talk about. Learning is said to be low all over the world especially in developing countries. Factors that contribute to society especially in Indian culture. Many of us simply ignore moral reform and view it as a moral imperative, especially among the young. Ongoing epidemics affect not only people physically but also mentally. Mental health problems and social problems due to social factors are becoming more prominent.

Knowing people about mental health through digital platforms has been an effective way to reach out to people who are passing through in the same way and who can't share it with anyone or the environment around them makes them feel like their emotions are not working.

ABOUT

Physical activity is the ability to perform the basic functions and functions of daily life, and the ability of older people to live in society depends largely on their level of physical activity. Physical injuries can be cured over time and can be seen and treated

appropriately but mental health is difficult to detect. Let's see how it affects a different class of people.

Children

It may seem strange to think but children are also affected emotionally because of parental actions and small actions. Sometimes because of love or ignorance it can leave trauma for life and make it difficult to manage. Rarely but events such as divorce or the death of a parent can also affect children in particular. If not treated properly over time it is often overlooked and considered inappropriate behavior.

When I describe my experience, my little brother who received love from childhood is now acting arrogantly and stubbornly and we think hitting them will solve the problem.

Adolescent

Adolescence is an age in which children undergo many changes, in fact, puberty causes hormonal changes not only in the body but also in the mind, they are also affected but as usual in our society, we ignore and take it for granted. Drugs, cigarettes, illegal substances, in this case are very effective and the tendency to ignore them is very common especially in Indian society. The consequences of ignoring the mental health conditions of adolescents extend to adulthood, which impairs physical and mental health and reduces the likelihood of a healthy adult life. This includes adopting healthy sleep patterns; regular exercise; develop problem-solving, problem-solving, and interpersonal skills; and learning to deal with



emotions. Support areas for the family, school and the wider community are also important. It is estimated that 10-20% of young people worldwide suffer from mental health conditions, but these remain undetectable and underestimated conditions, yet these remain underdiagnosed and undertreated.

Adulthood

It is a stage where one has to make the most difficult decisions in one's life whether it is related to work, marriage, and stability. A sense of independence, a new sense that we can make decisions for ourselves has made us free sometimes and often make the wrong decisions. Some make it through such difficult stages as a job crisis, losing a business, but sometimes the pressure is too great for one to lose oneself and can lead to catastrophic consequences such as suicide.

Old Age

It is a childhood-like stage and a time when we had to take care of our parents and older family members. Depression and tension may also occur in this area. A recent incident in which Kanta Prasad popularly known as Baba, working for Baba ka Dhaba tried to commit suicide after ongoing pressure from the community. It is unknown at this time what he will do after leaving the post.

LOCKDOWN AND EPIDEMICS

Since last year the corona epidemic has affected people all over the world and in all sectors. Not only do many people lose their lives but so do people. Employment rates are down and almost half of the people lose their livelihood. In the field of education, students are also affected emotionally. According to my experience, online classes make my fears rise and make basic tasks an impossible task for me. From the victim's point of view Only a sick person knows what that person is going through

LITERATURE SURVEY

Mental Health is a global concern but advances in the field have been severely curtailed. Drs. Brock Chisholm, first director of the World Health Organization (WHO) in 1954, had declared that "without mental health there is no real physical health. Progress in mental health services is low especially in developing countries like India. People tend to prioritize physical health over mental health which

results in more than 14% of the world's population suffering from neurological disorders and the rate seems to be increasing.

Therefore, now is the time to explore the issue of mental health awareness as a way to combat stigma, increase prevention, ensure early recognition, and promote simple and effective interventions within society. Today there are opportunities for positive growth

MENTAL HEALTH AWARENESS

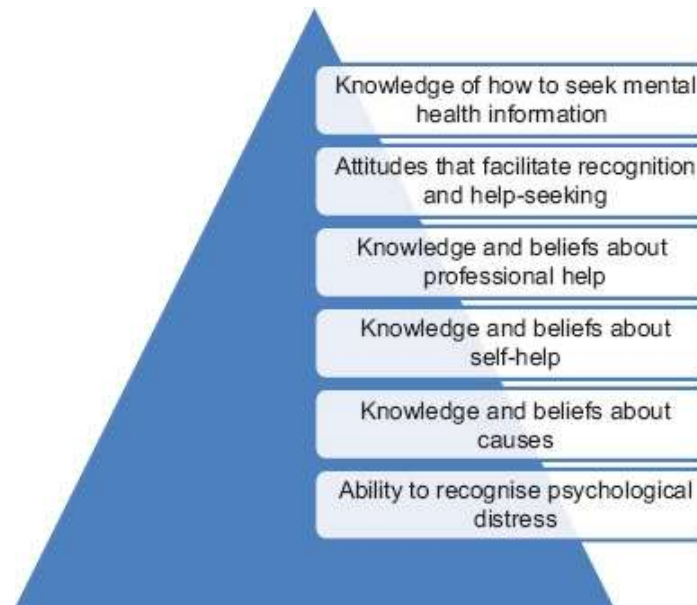
Mental health awareness campaigns have yielded positive results. Other strategies designed to identify awareness and address stigma associated with mental illness include the participation of family members, promoting treatment and community involvement. Lack of knowledge about mental illness poses a challenge to the mental health care delivery system. The study highlighted the role of community-based programs in low-income countries and also yielded positive results in creating awareness, thus contributing to participation.

Health awareness and education are two sides of the same coin. Prejudice and discrimination are the consequences of ignorance and misinformation. There are a few studies that have measured mental health studies in the Indian context. One study found that mental health education among adolescents was significantly lower, i.e., depression was found in 29.04% and schizophrenia / psychosis was accepted by only 1.31%. The victim was found to be in need of help.

These findings reinforce the need to increase awareness of mental health. Mental health education is a coherent concept that is increasingly seen as an important measure of awareness and knowledge of mental disorders. Health education has been described as "the ability to access, understand, and use information to promote and maintain good health. Mental health education includes recognition, causes, self-help, facilitating professional intervention, and navigating the highway of knowledge. An attitude that hinders recognition and seeking help that should not be disputed by information that is already readily available on a public domain. There are many examples of awareness that have a positive impact on mental health outcomes such as the Norwegian campaign to reduce the duration of untreated mental illness.



Components of Mental Health Literacy



The impact of discrimination has led to the establishment of various programs around the world to challenge extremist ideologies and prejudices that create disability in society. Mental health awareness programs have had a positive impact and can produce positive changes in people's perceptions of mental illness. However, rigorous testing is needed to assess the long-term impact of ways to increase mental health literacy education globally.

INDIAN SCENARIO

The WHO has defined the principles of sustainable development and expanded the impact of mental illness and suicide on them. India's 2015 suicide rate at 15.7 / 100,000 is higher than the regional average of 12.9 and the global average is 10.6. Suicide is the leading cause of death among those aged 15–29 in India. There is always a great need that can be talked about among people.

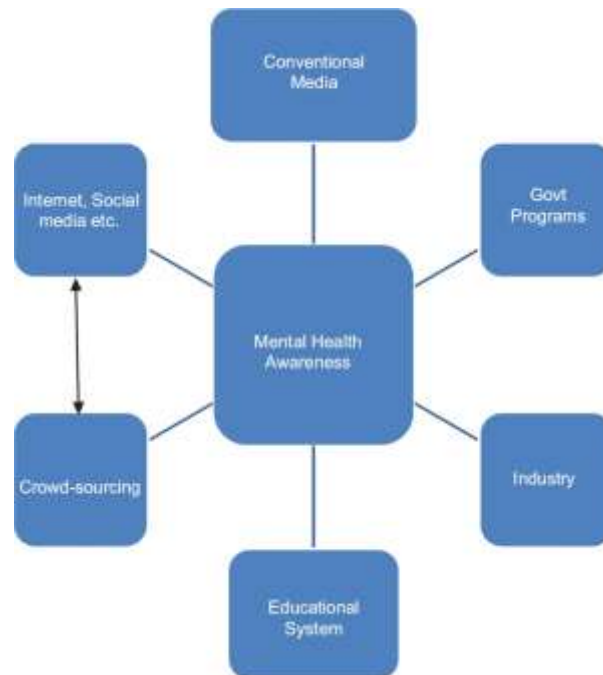
The treatment gap, as measured by the absolute difference between the prevalence of mental illness and the number treated, was found to be 76% -85% in less developed countries. One of the major causes of such a wide medical gap is the shortage of resources. In India, incompetence is found in infrastructure and labor. Despite the development of various health indicators, India contributes immeasurably to the burden of

disease worldwide. Our health indicators compare poorly with other middle-income countries and neighbors in the Indian subcontinent. The vast majority of people end up poor because of the very high cost of health care and suffer from the negative effects of low quality care. Job shifts in the absence of the recommended public health workers are recommended as an effective strategy to bring effective treatment to areas with limited resources. Given the severe shortage of numbers of psychiatrists, psychologists, psychologists, and social workers; piggy support for primary care systems and the use of powerful repetitions are future studies.

Road to Mental Health Awareness

In order for the large Indian community to participate in their mental health, the only way forward is to improve awareness of mental health that will create the desired results. With growing knowledge, it can be expected that early detection and availability of drugs will follow, as will preventive measures. It can also be expected that with increasing awareness in a democratic society, representation, the exercise of political power, funding and co-operation will follow. It is envisaged that the bulk of the awareness donations will come from the following six platforms

Model for Mental Health



The Mainstream Media

The media has been the cornerstone of past action in the field of mental health awareness. Celebrity credentials, such as the recent one by actress Deepika Padukone who shared her experience of depression, as well as a short line of ads and rich content and content; it has been a pillar of media driving until now.

Making evidence-based information readily available to journalists and other content providers such as online sources from reputable and reliable sources such as the Indian Psychiatry Society, research organizations, medical colleges, etc., through their websites is an easy step. The availability of illustrated content translated into a variety of regional languages in written and spoken formats will be very helpful. Experts in the field of mental health should also take the lead in engaging with the media. Encouraging patients who have been found to make their success stories accessible to all will help to reduce the true narrative.

Government Programs

Although there is a certain amount about quantum, the government remains the largest player in the field of mental health. While many interventions remain isolated and maintained in urban areas, only the public health system has larger programs that can reach rural people. In addition to national and regional mental

health programs, the National Rural Health Mission is well on its way to becoming a vehicle for mental health as part of integrated primary care in the public health system. Seeing that it works with private and non-private care providers in a non-hazardous way, will help such a large-scale intervention come together and be successful.

The Education System

Many chronic and debilitating illnesses start before the age of 24 when most are part of the education system. From incorporating mental health accounts into targeted studies, reducing discrimination, eliminating discrimination and early detection, empowering participants early detection and simple interventions; the education system presents many opportunities to improve mental health awareness.

Industry

The organized sector loses a lot of staff who work well due to mental illness. Not only as part of social responsibilities but also in maintaining productivity, it is important that you participate in awareness of mental health in a cohesive manner.



Internet, social media and mobile

Handheld devices and social media can be game changers in spreading effective mental health interventions by increasing focus, not just by increasing data. With greater use of big data, understanding of hidden and distributed patterns in large numbers will aid in decision-making.

a multitude that transcends local barriers, historical inequality, and standard economies. It is a real and tangible social involvement, bound to make a difference. Therefore, strong human ideas can be combined with the success stories of non-governmental organizations to grow them across geographies and time. Crowd support is an effective model in the testing of dynamic ideas that fall beyond the norm.

Finding a crowd

The perfect integration of knowledge and technology into a free society leads to the emergence of

ANALYSIS

To gather the opinion of people regarding mental health and its awareness, created a survey <https://quizzory.in/id/60eb01ad1da2132dc70b0687> and here is the response sheet

ID	Gender	Name	Age	Result	1. How many people are affected by mental health issues?	2. How many people are affected by mental health issues?	3. How many people are affected by mental health issues?	4. How many people are affected by mental health issues?	5. How many people are affected by mental health issues?	6. How many people are affected by mental health issues?	7. How many people are affected by mental health issues?	8. How many people are affected by mental health issues?	9. How many people are affected by mental health issues?	10. How many people are affected by mental health issues?	11. How many people are affected by mental health issues?	12. How many people are affected by mental health issues?	13. How many people are affected by mental health issues?	14. How many people are affected by mental health issues?	15. How many people are affected by mental health issues?	16. How many people are affected by mental health issues?	17. How many people are affected by mental health issues?	18. How many people are affected by mental health issues?
1	Male		20	80.0%	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much
2	Female		20	80.0%	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much
3	Female		20	80.0%	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much
4	Female		20	80.0%	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much
5	Female		20	80.0%	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much
6	Female		20	80.0%	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much	Very much



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Sl. No.	Subject No.	Name	Year/Level	Result	1. Theoretical knowledge of the subject	2. Practical skills	3. Analytical skills	4. Communication skills	5. Problem solving skills	6. Team work	7. Innovation	8. Leadership	9. Self-learning	10. Adaptability	11. Time management	12. Stress management	13. Interpersonal skills	14. Professionalism	15. Ethics	16. Social responsibility	17. Environmental awareness	18. Health and safety	19. Information technology	20. Career development
1	1625019727004	English	B	80.00	Very good	Good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good
2	1625019727004	English	B	75.00	Very good	Good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good
3	1625019727004	English	B	85.00	Very good	Good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good
4	1625019727004	English	B	70.00	Very good	Good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good
5	1625019727004	English	B	80.00	Very good	Good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good

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4	1625019727004	English	B	70.00	Very good	Good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good
5	1625019727004	English	B	80.00	Very good	Good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good	Very good



CONCLUSION

The importance of health education in physical health is widely accepted around the world. However, learning about MHCs has been neglected in both developed and developing countries. A common myth in developing and developed countries is that MHCs are incurable, caused by personal weaknesses, and that people with MHCs are often violent or unstable. Mental health conditions make up 16% of the global burden of disease and injury in people aged 10-19. Half of all mental health conditions start at age 14 but most cases are undiagnosed and untreated. Globally, depression is one of the leading causes of illness and disability among young people. Suicide is the fourth leading cause of death among people aged 15-19. The need for psychological awareness is needed so that one does not feel alone in the face of adversity and institutions and organizations should provide time off for those affected.

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