

Saarth

E-Journal of Research

ISSN NO: 2395-339X

Mental Health of College student and their state of mind

Reenaben J. Tandel*

Abstract:

The main purpose of this research paper is to focus on student's mental health and their state of mind. Most probably as a teacher what should be our role in their life to restrain their mental disorder or mental illness by our proper guidance. As a teacher we all are at the some point being aware with this present scenario of our Indian Education system and its effect on student life so there is need of us to play a role as a counselor in their life. I try to throw some light on this various approach through this. Firstly, I gave some general characteristics of Mental Health and their impact. Secondly, the various leading factors or approaches of Mental illness in student life like Exam phobia, Anxiety, Depression, Eating disorder, Students with Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD) and other. Thirdly, the preventing techniques and strategies which can help student come out of it. And lastly, what should be our role as a teacher and as a social worker in their life. Are we doing the same or not and if not, then what should be needed to prevent mental illness of the students and its further implications through some examples.

Key words: Mental Illness, Depression, Anxiety, OCD, PTSD

Introduction:

Being a student is not at all an easy task. It is a stressful enough to survive as a student in a world of competition. As a student one has to try to do homework along with other responsibilities like maintaining college life and educational work with social-economical duties. They went through many challenges and still try to perform well. And at the end all this affects student's mental state of mind. This mental state of mind leads to mental illness in students.

The main objective of my research paper is to draw attention on the leading factors of mental illness of students. Most probably it deals with college students. As a teacher of the college what I have observe in students I try to indulge over here. What kind of role of our as a teacher counselor in their life. Being familiar with present scenario we must have to try to understand this increasing problem.

In my working life I come across certain examples of students which made me to select this topic because what I personally feel that just to teach them is not only our role but more than that.

Because at some point awareness of life is comes from teacher more than family. Students spend more time with teacher or at college rather than family. And that ime duration is a molding period of time in life of a student. Though one can learn things gradually but what one had learned at the starting point of life remains longer than present.

*Reenaben J. Tandel , Ad-hoc Lecturer , Shah N H Commerce College, Valsad

Saarth

E-Journal of Research

ISSN NO: 2395-339X

Mental Health and its impact on students:

According to the U.K. surgeon general (1999), "Mental health is the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and providing the ability to adapt to change and cope with adversity". And the term mental illness represents the mental disorders- health conditions characterized by alterations in thinking, mood, or behavior associated with distress or impaired functioning.

A person suffer from mental health may be due to experience of stress, anxiety, loneliness, castration, alienation, relationship, suicidal thoughts, grief, addiction, various mood disorder, learning disability and many more. All this approaches of mental health leads to mental illness. Psychological literature said that our actions are the mirror of our thoughts. What we think we react accordingly. One made judgment about a person through his behavior and it stand for once state of mind.

Evidence from the World Health Organization suggests that nearly half of the world's population is affected by mental illness with impact of their self-esteem, relationship and ability to function in everyday life. And an individual's emotional health can also impact physical health and mental health and give an invitation to mental illness.

Impact of mental illness in student life very as all human being doesn't have same thought and action. What my own observation said that different background and factors of students affect differently. And this different approach gives a way to mental illness. Now I am turning to my second point that is leading factors of mental health or illness of student in general. The following are some common factors one find in student life.

Stress and Anxiety:

When student entered in college the very first difficulties they face is to adjust with environment of college if they failed to do so then they suffer with anxiety and stress. And as far as they settled the exam came in short duration of time and they suffered with exam-phobia. And ultimately state of mind affect their academic performance of students. 30% students reported problems with school work due to mental health issues.

For example, the experience of mine as a English teacher and working in B.Sc., B.Com, and Engineering college most of the students have same problem to adjust with the environment and exam pattern and how to give exams in students because it is different than their earlier stages.

Loneliness, castration and alienation:

If one look at on the present scenario most of the students mental illness is due to alienation, castration and loneliness. It is not just about their feeling of being alone in crowd but at all places like at home, college or friend's group or classroom. Suppose one is

Saarth

E-Journal of Research

ISSN NO: 2395-339X

suffering with the lack of parenting love then that one feel alone at college also, not even that but he or she may be not easily befriend with other students. If student doesn't find any friend at college they feel alone. For the newly enrolled students it's very obvious to feel alone in the crowd of pupils. Nowadays this problem easily identify in students.

Relationship:

All human being are social animal first one can live without one time meal but not without talking with other. As a social animal we all in relationship and lack of bond and understanding in it also leads mental illness. 35% students rated their mental health as average or poor. Majority of modern college student are dealing with the mental stress of girlfriend-boyfriend problems. With lack of proper guidance they find themselves in traumatic situation. Along with that their relation with parents and sibling and more also affects but family relation mark is more visual.

Depression:

Depression is extremely debilitating and it can also prevent people from engaging in many day to day activities, including completing college work. Students who suffer from depression may display a number of symptoms, like poor concentration, changes in sleep and eating habits, low energy mood and panic attacks. 1 in 3 students reported prolonged period of depression. As a result it becomes a more difficult task for a teacher to get back that student involvement in class, study and activities. It can seriously affect to students grades. A study conducted at Western University found that depressed students' overall grade point average dropped half a letter grade after developing the condition. Similarly, researcher at the University of Michigan's school of Public Health discovered that students suffering from depression were twice like to drop out of college than their non-depressed students.

ADHD (Attention Deficit Hyperactivity Disorder):

Attention Deficit Hyperactivity Disorder (ADHD) is a neuro-biological condition that causes impulsively, hyperactivity and inattention. This disorder can result in a number of behaviors that can hurt academic performance, including daydreaming in class, refusing to listen to others, constant talking and getting bored easily. 1 in 7 students reported in engaging in abnormally reckless behavior. ADHD is frequently associated with other mental health issues, which can lead further challenges. It also leads anxiety and depression. As very often we find student with this sign in our classes.

Eating Disorder:

Eating Disorders are not just a food issue. Students with anorexia and bulimia experience a number of physical side effects- such as headache, nausea and fatigue. That can make it more difficult to succeed in the classroom. In addition, this disorder can impair

Saarth

E-Journal of Research

ISSN NO: 2395-339X

cognitive function and development in teenagers, which also can have long-lasting consequences. It can also lead to depression and anxiety.

OCD (Obsessive Compulsive Disorder):

Student with Obsessive Compulsive Disorder may have obsessive thoughts and fears, and feel compelled to perform compulsive rituals throughout the day. This ordered thinking can make it difficult to focus. Ultimately, this can lead to poor performance on tests, difficulty in understanding course material and an inability to complete homework. Performance decreed by this and altimetry affect student grade.

PTSD (Post-Traumatic Stress Disorder):

Post- Traumatic Disorder can occur when someone experiences a traumatic stress in their life. Such serious accident, domestic abuse, assaults or non-violent crime can affect their behavior. It can be a result of witnessing of a traumatic event. It can seriously damaged brain and its memory and make difficult for them to perform at college. Student may also experience panic attacks and a lack of motivation or concentration, as well as disordered sleeping and eating patterns. All these symptoms make it difficult for students to pay attention in class and keep up their assignments, potentially leading poor grades.

All these factors altimetry affects student performance as well as their social life. For all these kind of mental illness there is a need to develop some strategies and techniques which can decreased the number of student suffer from it. There are some common techniques can be used by teacher in their classroom are as follows:

Preventing Techniques:

Canine therapy: Being around animals can help to reduce anxiety and stress. One should motivate them to spend some time with animal that can be play as therapy. And also tries to allow pet dogs surround our college areas.

Counseling Centers: One should try to develop Counseling Center in college so that who so ever suffer with mental illness can get help from that. It can make students to speak to a therapist about their problems with stress and anxiety. Student found it as a motivational center also.

Psychology Department: Students may also find support from the psychology department and if the college doesn't have any then they should arrange some committee members for it. It can really helpful for the student who doesn't have proper guidance of their behavior and mental illness.

Stress and anxiety peer groups: College should organize a group of students who share their problems with each other and listen. The main problem which leads a mental health is that one doesn't have anyone to listen. If people start to listen each other than half of the mental problem will solve out. Not only that we as a teacher also try to listen students

Saarth

E-Journal of Research

ISSN NO: 2395-339X

problem which also make our image high in their eyes. Teacher should not be so strict that students feel hesitate to share but it's like a friendly talk.

ADHA peer group: College should organize an ADHA support groups that are meant to help the student and make sure about each other academic work so that they also learn how to work in groups. Teacher should organize an additional test, examination, class note-takers or tutoring services.

There are many other preventing techniques but here I would like to mention one thing that our Shah. N. H. Commerce College is going to take its path in this direction. Under the guidance of the dynamic newly appointed Principal.

- We adopted certain techniques like our college had made a group of one senior and junior professor for each class to identify and console students from their mental illness. As a teacher one should understand student mental health.
- The result of it is very surprising that now students feel more comfortable to talk their problems with professor and that friendly move make learning easy and influential.
- Under the class room activity we adopted for five minutes presentation from the students whom we find that they are less attentive. It makes them more aware and those who feel alienation in the classroom find themselves like a famous student.
- By selecting less attentive students we try to make them focused and attentive.
- We not only concern with academic stuff but also provide wings to their extracurricular activities like Sports, Cultural, NSS, NCC and many which can give them a chance to understand their inner ability and strength along with study. And made them busy in their loved work.
- By getting motivation and support from teachers now students feel free to talk which can make the less chances to suffer from mental illness.

Conclusion:

To conclude this paper I would love to give suggestion that as a teacher one should try to understand our student before judging and giving punishments. If one learns to understand nature of students then it's become an easy and healthy teaching with healthy student. Though teachers are also not exception from this mental illness but state and role of our as a social worker and world changer can make this mental illness less and build a true base of nation by leading and preventing mental illness of the youth of our nation-student. The main motif of teacher is to mold a student in a correct way if one failed in do so then what I personally believe that one is failed as a teacher. Mental health can lead mental illness but healthy and light environment can prevent it easily so teacher should tries to be that healthy environment in the life of a student.

Saarth

E-Journal of Research

ISSN NO: 2395-339X

References

- http://en.m.wikipedia.org/wiki/Mental_health
- <https://www.accreditedschoolonline.org/resources/student-mental-health-resources/>
- www.Accreditedschoolonline.org
- www.psychologytoday.com