

Impact of Schools On the Mental Health of Adolescents Students

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Abstract- School has played a significant role in mental health of adolescent's life because school is the only institution where they spend most of their time daily in school. School is the place where we can get various knowledge of different subject and helps to develop skills and attitude needed to cope with different challenges in life. School is the greater place where child's emotional and cognitive and intellectual take place. The quality of school education manifests in adolescents achievement. Here, we can study about the causes affecting the mental health of adolescents and how it prevents mental illness among the adolescents. Adolescents develop a good mental health in school if they treat properly by teachers or friends or other member of the school. School also provide individual counseling if they found something wrong in attitude of students. There are many causes responsible for creating mental ill health in adolescents. School should encourage the child to participate actively in different co- curricular activities. The teacher should have a knowledge of child psychology and also knowledge of child psychology. By using the knowledge of child psychology, they will be able to understanding the learning problem of the student and solve them efficiently. This knowledge will help the teacher to understand each and every child properly. Teacher should use various methods of teaching to keep students active in students. School helps in all round development of individual.

Index Terms- School, Adolescence mental health, Academic achievement, Cognitive ability

I. INTRODUCTION

Adolescence is a transition period of human life. The transition to adolescence from childhood is a very sensitive and critical stage in individual's life. School especially secondary school which provides education to the youth/adolescents should be considered as a matter of prime national concern because in this transition from primary to secondary level of education, the student is fraught with difficulties. In this context, the commission on "Life Adjustment Education" (1947) states that secondary school-education is very important as it enables the students to understand the basic rules of learning; it develops the spirit of appreciation of beauty; it enables the students in understanding the significance and method of science and education in this stage provides the base for moral development and development of mental health. The quality of school education manifests in adolescents achievement. Therefore, the goal of education in school is related to the holistic development of adolescents including Future Career Opportunities and other aspects of life. In this regard the studies conducted by (Sebanc et al., 2016 on Friendship Quality), (Lessard & Juvonen, 2018 on Friends Gain & Loss and Peer Personality); (Golsteyn et al., 2021 on Factors In Peer Group) reveals that the Interpersonal Relationship established by teenagers in the school field plays an essential role in their behavior development, cognitive ability and academic performance specially adolescence academic engagement or learning performance. The state of mental health of the adolescents plays a very crucial role in their overall development. The poor mental health is one of the leading disabilities in youth, accounting for a large proportion of the global disease burden faced by adolescents, with long term impacts. Moreover, poor mental health in adolescence is one factor that influencing risk –tasking behavior (e.g. self-harm, use of tobacco, alcohol and drugs). The ongoing effects of such behaviors can be persistent and have serious implications throughout life (WHO, 2020). Adolescence is widely known to be a sensitive period of exposure to a range of mental disorders whose incidence has been increasing in recent decades (Patton et al., 2015). Indeed, approximately 20% of due to violence. School students are now affected by diagnosable mental

illness, with half of all mental issues developing by 14 years(Ford et al.,2003;Gore et al.,2011). Adolescents mental health is adversely affected by school because they spend most of the times in school. Adolescents develop a good mental health in school if they treat properly by teachers or friends or other member of the school. School also provide individual counselling if they found something wrong in attitude of students. There are many causes responsible for creating mental ill health in adolescents.

Causes of Mental Ill- Health:

The mental health of adolescence is influenced by many factors such as personal factors, family factors, social factors and school factors to be considered as main factors affecting the mental health of adolescence. Some of the school factors are highlighted below:

1. School bullying
2. Schools and Drug use
3. Schools and obesity
4. School violence
5. School and strict discipline
6. School and popularity
7. School and favoritism
8. School and poor academic achievement
9. Emotional imbalance
10. .Lack of sex education

1.School bullying:

It is one of the important causes which affect directly on mental health of adolescence. It may be verbal or physical ,threats and criticizing and neglecting and facial expression. Sometimes, it is difficult to stop it in school because it used by students. It also affects on academic achievement of adolescents. Bullying means when a student or group of students used to control the mind and activities of other student by showing power. Verbal bullying includes verbal abuse, threats and false rumors etc and physical bullying includes hitting, slapping and forced to do something which don't like. It adversely affect on the academic ability of students. Sometimes it harms the students in such a way so that they are unable to attend the school regularly and compelled to leave or dropout from the school .

2. School and drug use:

It is one of the another causes which affects on mental health of adolescents. Now a days, adolescents students addicted by drugs or tobacco or any other intoxicants through peer influence in school. It can directly impact on academic performance such as decreasing percentage of students. Due to using drugs, student's absences percentage from various co-curricular activities and drop out percentage are increasing day by day in school. In this regard, school management committee should organize counseling program for those students and tries to discourage the students to use drugs and take some initiative to prevent drug sales.

3. School and obesity:

Lack of physical activity or exercise, too many calories or protein are the main causes of obesity. But in some cases genetic or hormonal factors or lack of proper nutrition leads to obesity. In this way, students unable to give attention in school. In this way, students academic performance are decreased. It negatively impact on mental health of students. There are various disease growing up due to obesity like diabetes, hypertension etc. Therefore, school should provide physical education to students and also create awareness on physical health and disease due to over-weight.

4. School and violence:

It is one of the important causes which affect directly on mental health of students. Violence may be physical and mental. Students suffers both physically and mentally. It directly impacts on students low attendance in school which leads to poor academic performance. Physical violence such as any kind of physical aggression, hitting may harms physically and psychological violence involves verbal abuse such as insulting, ignoring, targeting particularly etc. Both type of violence may harm the students very badly. Due to violence, students are unable to focus on studies and sometimes they involve in illegal activities and using drugs, alcohol by the students.

5. School and strict discipline:

Strict discipline leads to negative impact on mental health of students. Discipline is necessary in school to keep student focused on their academic goal but sometimes due to strict discipline, students are unable to adjust in school in proper way. Due to strict discipline, students also provide physical punishment, which adversely impact on mental health of students. It directly impacts on lower percentage of attendance of students in school which leads to poor academic performance. Sometimes, due to strict discipline, destructive and aggressive and irritating behavior increased day by day and school dropout rates increasing day by day.

6. School and popularity:

It also affects on mental health of adolescents. Popular student who have a high followers in school feel pressure or stress to maintain his / her popularity. In this regard, sometimes they don't able to recognize what is right or wrong in order to maintain popularity. Popularity creates higher emotional or psychological pressure on students. It directly impact on academic performance of students and sometimes it shows on behaviour.

7.School and favoritism:

It also affects on mental health of adolescents. Sometimes teacher's favouritism negatively impact on mental health of students. Due to favouritism, students loose confidence and they feel demotivated towards studies and their behaviour towards a particular teacher may change. They feel hesitated to ask something while discuss any topic in the classroom. Due to favouritism, they donot give any attention towards studies. In this way, their academic performance are poor day by day. They feel rejected.

8.School and poor academic achievement :

It is one of the important cause which directly affect on mental health of adolescents. Sometimes, though students give full attention in studies ,but they are unable to carry good marks in exam. Due to poor academic performance, they have suffered a various mental and psychological problems such as depression,anxiety issues etc.In this regard, parents should motivated and guide the student in a proper way.Parents should never put pressure on students to achieve more. They always accepted the students who they are and should know their capabilities.

9.Emotional imbalance:

It directly affects on mental health of adolescents. Due to emotional imbalance, students are unable to adjust with his friends or surroundings in the school. Sometimes, they loose self- confidence and unable to represent their thought infront of others. Due to emotional imbalance, students have suffered various mental health problems. It can also affect our thinking process .In this way, their academic performance are low and they feel demotivated for learning. They are unable to respond or participate actively in various academic activities organized by school.

10. Sex education:

Adolescence has been described as a stage among human beings where a lot of physiological as well internal changes take place resulting in reproductive maturity in the adolescence. During this period, students tries to experiment and explore their physical needs. Due to lack of sex education, sometimes, they are unable to open up their issues and they feel shy or hesitated to ask something regarding this topic. It negatively affect on mental health of students. Due to lack of proper sex education, high rates of teenage pregnancy, high rates of abortion and various health diseases are growing up rapidly. As a result of this, their academic performance such as decreasing percentage and poor attendance and rates of drop outs are increased day by day.

Role of school: School plays a crucial role in mental health of adolescence. School is the only institution that has the greatest influence in preserving and shaping or moulding the mental health of adolescence. As we know that school is the place or institution where we can learn or acquired various knowledge of variety of subjects and also develop skills and right attitude or behaviour and essential competencies needed to cope with the problems of life. The following measures should be adopted for maintenance of proper mental health of adolescence in school.

A. School should provide the healthy atmosphere which feels the learners safety and exercise their leadership quality. School should provide maximum opportunities so that the learners try to show case their innate or inherent talent and their creative capacities in a fruitful way.

B.As we know that school has an important influence upon mental health of adolescence students. Discipline is necessary in school to keep the students focused on studies and maintain their behaviour in positive way. But too much

of discipline will also lead to mental ill-health of students. School should develop the feeling of responsibility among them while going to maintain discipline.

C. Bullying exist in school since long time. School bullying should be stopped from school and school authorities should take some initiative to prevent bullying. School should try to develop positive feeling among the students and feel motivated towards studies .In this way. Their academic performances are increased and rates of absentees are decreased.

D. School should guide the students in such a way that they should learn to control over their emotions whatever the situation and tries to express them in socially desirable way and also develop positive attitude in them to adjust in any situation.

E. School should provide sex education to the students at the secondary stage. School must be created awareness on sex issues among students and tries to understand their bad consequence and how it affects on mental health and sometimes sexual adjustment is one of the key factors affecting mental health of adolescents.

F. Mental health of the students is very much affected by the attitudes and behaviors of the teachers. So, teachers should be very careful while interacting with students. Their behaviour should be polite and no students should feel that teacher give too much importance or interested on a particular students and they should never feel rejected or unimportant in the school. Teacher should always have the capacity to united the students and help each other whatever needed.

G. School should make arrangement for organizing different physical activities and different programmes to main the mental and physical health of the students.

H. School should provide meditation and yoga classes for maintain peace of mind and calmness

I. School should tried to organize parent-teacher meet at least once in a month. During interaction, teacher must discuss the problems of the students with their parents and with the help of parents, teacher should try to understand the causes of the problems and after that, teachers is able to find out the solution of the problem.

J. As we know that two children are not same or equal. Every child has his own potentialities in terms of creativities, intelligence, aptitude etc. Therefore, teacher should respect the individuality of the child. Curriculum should be made according to ability and maturity of the students. Teacher should develop a healthy relationship with the students so that they considered him as a friend, philosopher and guide.

Conclusion: From the above discussion, we can understand that school plays an important role in adolescents life. School should try to fulfill the normal psychological needs of the learners. Otherwise, they have suffered various mental problems such as depression, anxiety, panic attack, suicide attempt etc. During adolescence period, if they are not treated well, then their future will not be bright. School should take special care for the satisfaction of intellectual need of the adolescents. We have to accept themselves who they are and encouraged their creative abilities.School helps in development of individual as a whole.

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