

Impact Of Home On The Mental Health Of Adolescents Students

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Abstract- Home has played a crucial role in mental health of adolescent's life because mental health of a child mainly depends on the kind of home that they live in and the community in which they belong. The home is such a place where the early education of the child begins through various informal contacts with the family members. The quality of home affects the mental health of children and academic achievement of the child. Adolescence develops a good mental health if they treat properly in home. Here we can study about the causes affecting the mental health of adolescents and how it prevents mental illness among the adolescents. Parents should provide suitable home environment to their child. Parents should understand the problems and talk to their child if they found something wrong in attitude of students. There are many causes responsible for creating mental illness in adolescents. Parents should encouraged the child to participate actively in various co-curricular activities organized by school. Therefore parents should spend most of their times with child and provide valuable guidance to their child in any aspects of life.

Index Terms- Home, Adolescence mental health, Academic achievement, Psychological needs

I. INTRODUCTION

The term "ADOLESCENCE" is derived from the word "Adolescere" which means "to grow". It is a transition period of human life. Adolescence is a period where rapid physical, emotional, social intellectual and sexual development takes place. According to Stanley Hall, "Adolescence is a period of great stress and strife." Therefore, during this period, family has played an important role in development of mental health of adolescent. Because family is the only institution which provides security and support to the children. Mental health of a child mainly depends on the kind of home that they live in and also the member of the family in which they belong. The family environment influences adolescents psychological and social adjustment and problem solving strategies as well as develop self confidence to face any challenges in life. The mental health of adolescents is influenced by many factors. Personal factors (e.g., biological, psychological characteristics factors) and environmental factors (e.g., family, school and peer group) are

considered to be the main factors which affect adolescent mental health (Carr, 2015). Indeed, the family factor (e.g., parenting style) has been shown to be one of the most important factors affecting adolescent mental health (Newman et al. 2008). Therefore, home is the place which not only directly affects on the mental health of adolescents but also has been shown to have a lasting impact on adolescent's personality and adjusting capacity. The home is the most important informal place which provides opportunity to interact face to face. The home is the place which satisfies most of the psychological needs of the child and provides various opportunities to develop or form the personality of the child. The home is the greater place where the child's social and emotional development takes place. The psycho-social life is developed in the family environment. If the condition of home is rich and proper, then the child's personality grow in a very fruitful manner. But if the condition of home is poor, the child's personality grow in a very inappropriate way. The home is the only institution where various essential quality of personality such as attitude, self-confidence, perception, value of life like cooperation, competitive attitude etc develops. In families, where there is a lot of quarrel or misunderstanding between mother and father or other member of the family children have poor mental health or maladjusted personality.

II. CAUSES OF MENTAL ILL-HEALTH:

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

1. Unfavorable home environment
2. High expectation
3. Over protectiveness
4. Parental rejection
5. Favoritisms by parents
6. Broken family
7. Parental attitude
8. Working mother
9. Lack of guidance
10. Unable to fulfill basic needs

1. Unfavourable home environment:

It is one of the important causes which affects directly on mental health of adolescence. When the parents are unable to provide suitable and favorable environment to the children, then it adversely affects on mental health of children. Due to unfavorable home environment, they have adjustment problem and also losing self-confidence among themselves and unable to develop positivity in the mind of them. It also affects on academic achievement of adolescents.

2. High expectation:

It is one of the another causes which affects directly on mental health of adolescence. Sometimes, due to having high expectation from students by parents faces a lot of problems in adolescent's life. Parents have to understand about the abilities, capacities and limitation of their children. They do not compare their children with others. Sometimes high expectation decreases the academic performance of students. Otherwise, they feel frustrated, tensed and anxiety issues if they don't fulfill the expectation of their parents. They are unable to take decision in life which is necessary for successful adjustment in life. It also affects on academic performance of students.

3. Over protectiveness :

It is one of the another causes which affects directly on mental health of adolescence. Children grow up with such parents are unable to interact or communicate with other freely. They are isolated from family and society and they are introvert in nature. It consist of excessive care and control over their children. Sometimes it feels suffocations for children.

4. Parental rejection:

It is one of the another cause which affects directly on mental health of adolescence. If the child feels that he is an unwanted, unimportant member of the family, he feels rejected, insecure and frustrated. It affects on development of personality. They loose self-confidence and feeling low. It leads to negative impact on them. They become more insecure, emotionally unstable, suicidal attempts by children etc .In this way, it directly affects on academic performance of students.

5. Favoritism by parents:

It is one of the another causes which affects directly on mental health of adolescence. Although parents saying that they love all their children equally, but sometimes, they show their favoritism towards one child over the other child. It also adversely affects on mental health on their mental health and also suffer emotional insecurity.

6. Broken family:

It is one of the another causes which affects directly on mental health of adolescence. Family relationship plays an important role in the child development. Apart from the fulfillment of the biological needs of , the family satisfied the psychological needs also. Sometimes the children from broken family feel neglected in society, especially in case of divorce of mother and father or in case of legal separation when child feels that the parent will never return, they get emotionally disturbed.

7. Parental attitude:

It is one of the important cause which affects directly on mental health of adolescence. Sometimes parents are unable to understand their children as they wanted too and their needs also. Parents attitude have a great role to play I n the growth and development of children. It may be positive or negative. Sometimes due to attitudes of parents, children feels nervous or worried to share their problems with them and they feel that if they share their problems then they cannot understand and it also impacts on academic achievement of students.

8. Working mother:

It is one of the another causes which affects directly on mental health of adolescence. Women are seen to be engaged in work outside the home now a days. Being a working mother is very difficult. As the working mother cannot give enough time towards their children. They may develop emotional insecurity as they have to stay lonely at home for a long time.

9. Lack of guidance:

It is one of the another causes which affects directly on mental health of adolescence. Now a days , both parents are busy in work. Due to their busy schedule, they are unable to spend times with their children. That's why , parents are not able to give proper guidance toward their studies or any other aspects of life.

10. Unable to fulfill the psychological needs :

It is one of the another causes which affects directly on mental health of adolescence. When parents are unable to provide proper care, love and affection or not fulfill the basic psychological needs of the child, then they feel neglected, unimportant, unwanted member of the family. Sometimes, Due to lack of proper love and care,

Children loose their self-confidence and involve in various crimes and develop negative attitudes towards their family and unable to adjust with other member of the society.

Role of home :

Home plays a crucial role in mental health of adolescence. Home is the place where we can get love and affectionate from other member of the family. Home is the only institution that has greater influence on moulding and shaping the personality of the child. It helps in developing all the aspects of life. As we know that the psycho-social and thinking capacity is built up in the home environment also provides training to cope up with any challenges of life. The following measures should be adopted for maintenance of proper mental health of adolescence in home.

A. Home or the parents should provide suitable and favorable environment to their children. Home should provide opportunities to showcase their innate talents and creative capacities in a fruitful way.

B. As we know that home plays an important influence on mental health of adolescents students. Parents should never expect too much from children regarding any context. Parents have to understand about the abilities, capacities and limitation of their children. They should never compare their children with other in any field. They should co-operate with their children whenever required. It gives pleasure in the mind of the students.

C. Parents should have protective for child. But sometimes, too much of protectiveness harms the child in a very inappropriate way. Parents should provide free atmosphere to grow the child in a normal manner. In this way, they are able to communicate with others or able to adjust with surrounding or other member of the society.

D. Parents should provide proper love, affection, sympathy to their children. Parents should always feel their child that he is an important member of the family and everybody wants he feels secured in the environment. In this way, he has emotional security from their parents. Parents should accept their child as they are and in this way, they develop self –confidence in them and never get frustrated and depressed. It leads to positive impact on them.

E. Parents should never show their consistent favoritism towards one child over another child. They should never feel their child in this way. Parents should provide equal love and care to all their child. As a parent, they should be neutral and treat all the child equally. Otherwise, they feel jealous toward a particular sibling.

F. Family plays an important role in the development of the child. Apart from the fulfillment of the biological needs, the family should satisfied the psychological needs of the child. Though parents are separated, they should never feel their child that they are alone. They should provide proper care and pay attention to their child as much as possible.

G. Parental attitude have a great role to play in the growth and development of children. Parents should have positive attitude towards their children. They should know how and when to appreciate their children and when not to appreciate them. They should have the capacity to understand their child and also fulfill the basic psychological needs also.

H. Being a working mother is quiet difficult to manage the children along with work. But they have to give enough time to look after the children and also take active part in various activities which encourages the child to study hard and develop self confidence among them and also teaches values of life such as co-operation, cordial with other.

I. Parental guidance plays an important role in child's life. They should guide their students properly whenever necessary. They are able to give enough time to their children.

J. When parents are able to give proper love, affection towards their child or fulfill the psychological needs of the child, then they feel emotional security and matured.

Conclusion: From the above discussion, we can understand that home plays an important role in adolescents life. Parents should try to fulfill the psychological needs of the learner. Otherwise, they have suffered various mental health problems such as depression, anxiety, suicide attempt etc. If the psychological needs aren't fulfilled by parents, they have negative attitude towards their parents. If they aren't treated well then their future will not be bright. Parents should take special care for the satisfaction of psychological and other needs of the adolescents and parents shouldn't allow their children to get frustration in their life. Home should contribute fully to develop the individual as a whole.

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