

21ST CENTURY LEARNERS MENTAL HEALTH ISSUES

by:

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According to the World Health Organization (WHO) mental health is a state of well-being in which every individual realizes his or her own potential, can manage the normal stresses of life, can work productively and fruitfully, and is able to give a contribution to her or his community.

Worldwide mental health conditions and problems are increasing rapidly. Mental health conditions of college students say their mental health has worsened by 20%. Throughout the world, an estimated 10 to 20% of children and adolescents are affected by mental health problems with more than half occurring before the age of 14. Emotional, physical, and social changes, including exposure to poverty, violence, or abuse, can make adolescents vulnerable to mental health problems. Mental health problems among students is associated with impaired academic achievement, worse occupational preparedness, and lower future occupational performance.

Untreated or inadequately treated mental illness can lead to high rates of school dropout, unemployment, substance use, arrest, incarceration, and suicidal attempt. Schools can play an important role in helping learners and young adults get help early. Schools can greatly help improve mental and emotional health by promoting positive body image and self-esteem. Teaching stress management skills. And encourage outdoor classes and activities. Promote emotional literacy education and always foster a sense of belonging and community connection at school. Lastly, provide students with mental health support in the form of a school counselor, social worker, or psychologist.

A whole-school approach is needed to minimize the problems of the mental health of learners. All the school personnel, staff, and stakeholders need commitment and partnership that promotes a healthy environment. This will result in flourishing learners' education journey, build resilience against any adversity and provide skills and confidence to self-seek help for early intervention.

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