

THE IMPACT OF MENTAL HEALTH ISSUES TO THE STUDENT'S ACADEMIC PERFORMANCE

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Due to a sharp increase in suicide rates, teenage mental health has received significant attention in recent years. In the U.S., according to National Institute of Mental Health 2018, suicide statistics in the U.S, more than 20% of teenagers suffer from a mental health illness, and 1 in 5 of them have a mental health issue, which is thought to have the highest disease burden of any class of medical problems. The mental health industry has always concentrated on psychological disorders like anxiety or depression symptoms. O'Connor et al (2019) added that the obsessive-compulsive disorder, attention deficit hyperactivity disorder, bi-polar disorder, impulsive disorders, and oppositional defiant disorder are among the most prevalent mental health problems among teenagers. Teenagers frequently face mental health issues, with less than half of them meaning that over one third of them require therapy. Adolescents from racial and ethnic minority groups, who are more prone to have mental health issues, are particularly affected. Furthermore, data shows that, compared to adolescents living in non-racial and ethnic groups, adolescents from such communities are less likely to access mental health services

As a result, teenagers who have mental health issues frequently struggle with attendance, have trouble finishing schoolwork, and have more disputes with peers and adults. Additionally, adolescents with mental health issues have negative effects on their academic performance and interpersonal relationships. As a result of these issues, one million adolescents, which is considered to be a very high number, drop out of school each year in the U.S., for instance. Adolescents with mental health issues may face several challenges, both in their everyday activities and academic performance. Academic results

and risks to mental health interact in complicated and long-term ways. Adolescents' mental health problems not only hurt and disturb them, but they also have a detrimental impact on their academic achievement potential. Every year, more and more teenagers, for instance in the U.S., struggle with mental health issues, and their actions contribute to feelings of worry or sadness. The impacts of mental health issues predominantly have a detrimental impact on academic performance, and as a result, more than one million teenagers in the U.S. drop out of school each year. Some issues with mental health affect teens encounter a deterioration in academic performance, which leads to absences from class, subpar grades, and even having to retake a grade. Teenagers who report having a high level of mental health issues are more likely to believe they are less capable in the classroom and to do poorly in class. Adolescents' academic performance is probably going to improve when schools recognize problem behaviors and implement intervention programs. Adolescents can do better academically in school if mental health programs are well-designed and executed.

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