

MENTAL HEALTH AND WELL-BEING OF EVERY STUDENT

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As a student, have you ever experienced disappointments, difficulties, or even problems in school, peers, and family? For many students, college may be a stressful time. Some students struggle with the difficult duties of individuating from their family of origin and dealing with academic pressure in addition to this, while others may have a lot of work and family obligations. Students are exposed to risk factors for poor mental health such as debt, transitional times, substance abuse, parental pressure, culture shock, and loss of previous support. Those with a history of issues are probably going to struggle more. Poor mental health has a huge impact on a student's academic performance and well-being. Anxiety, depression, and physical symptoms including difficulty sleeping, exhaustion, and headaches are all examples of mental discomfort, a serious public health issue. According to numerous reports, university students experience more mental anguish than the overall population. Also, it is revealed that academic stress decreases well-being and increases the risk of acquiring anxiety or depression. Students who experience academic stress also frequently perform poorly in school.

In accordance with Malolos et al. (2021), children are among the most vulnerable demographic groups in society, according to the Philippine Development Plan for 2017–2023, which includes them in risk reduction and adaptive capacity strengthening measures. In the year before the 2015 Global School-based Student Health survey, 16.8% of Filipino teenagers aged 13 to 17 reported trying to commit suicide at least once, according to the World Health Organization (WHO). Mental health problems impact 10% to 15% of Filipino children between the ages of 5 and 15. Meanwhile, according to the most recent State of the World's Children report, released by UNICEF, at least 13% of

individuals between the ages of 10 and 19 worldwide live with a diagnosed mental health issue.

The severity of the repercussions ranges from mild to severe, with suicide being the most serious. Mental health issues can significantly affect a student's capacity to connect with their studies, establish friends, and get the most out of their university experience, whether they are dealing with loneliness, anxiety, or even despair. However, mental health illness among students can be prevented. Respecting and accepting people helps them overcome a major obstacle to successfully managing their disease. When people see you as an individual rather than as having a condition, it can significantly improve a person's mental health. Finally, by campaigning within our spheres of influence, we can help those affected in our families and communities by better understanding mental health and ensuring that they have the same rights and opportunities as other students at our school.

Students with greater mental health are better able to learn and are more likely to reach their full potential. The mental health of students in the classroom must be taken seriously by the educational system. In the end, students who are in good mental health are more likely to build relationships, make decisions, and work together. These positive outcomes help students as they transition into adulthood and benefit their larger community.

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