Role of resilience and wellbeing and the factors affecting mental health among adolescents

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Abstract—Adolescence is a period of major changes, both physiological as well as psychological. This phase is also considered as an important educational transition point when the adolescent seeks to establish an identity for himself through achievement of academic and career goals. In the search for a unique social identity for themselves, adolescents are frequently confused about what is “right” and what is “wrong”. G. Stanley Hall (1904) denoted this period as “storms and stresses”. Mental Health is the full and harmonious functioning of the whole body. A sound mind can exist in sound body. Mental health is the balanced and integrated development of the personality. During adolescents period the mental health of the children is affected by different factors. The present study focuses on resilience, wellbeing and the factors affecting mental health of the adolescents. Thus, the present study explores the relationship between resilience and wellbeing in context to the mental health of adolescents.

Keywords—Mental Health, Resilience, Wellbeing, Adolescents.

Introduction

The word adolescence is derived from the Latin word ‘adolescere’ which means to grow into maturity. Adolescence is a complex stage of life and a critical period of biological and physiological changes, characterized by accelerated growth and development. It is the stage of rapid change of an individual’s physical, mental, social, moral and spiritual outlook. The adolescent experiences change both internally and externally. These rapid changes in development may cause adaptation problems and affect adolescent’s mental health. Thus, this period is the very important period of life as it lays the foundation for the future of an individual.

The family is an important factor of adolescent’s psychology. Family environment and family have a substantial impact on the developing minds of teenagers and these developments may reach a climax during adolescence. The foundation of
future mental health of the child is prepared in the home environment. According to the opinion of Coleman, the pleasant family life opens the door for stable social relations. The feeling of love and affection of the parents greatly influences the mental health of the child. It removes the feeling of isolation. Various needs of individual are satisfied in family life. If most of such needs are satisfied, the individual can maintain mental health. Attitude towards siblings: There should be no revenge between siblings. Good adjusted relations, mutual co-operation, affection and intimacy etc. are the factors that help development of good mental health.

In general sense, health refers to the state of being free from sickness, injury or disease indicating good bodily condition. Broadly, Health is used to refer to a state of physical, mental, social and spiritual wellbeing of the individual. Thus, mental health is one of the components of the broad concept of health. It is concerned with an optimum level of emotional and behavioural adjustment of the individual. It is a state of maintaining harmony or balance between the needs, desires, aspirations and attitudes of the prevailing conditions in the external environment. In general terms a person who likes himself may be regarded as mentally healthy. Conversely strong dislikes of one's self is a typical symptom of maladjustment. A mentally healthy individual feels that he is an accepted member of a social group and they in turn liked by him. A person who possesses the criteria of balance, consistency, uniformity, adaptability and efficiency shall be said to possess a balanced and integrated personality. So, the mentally healthy may be correctly defined as that individual whose all potentialities whether innate or acquired, are fully developed and harmonized with one another by being directed to a common end, aim or purpose. Mental health is, thus, a dynamic functioning of the whole organism. It brings a harmony of movement in the organism to achieve an end which is completeness.

Objectives of the study

The present study is undertaken with the following objectives:

- To examine the relationship between resilience and mental health of adolescents.
- To examine the relationship between wellbeing and mental health of adolescents.
- To discuss the factors affecting mental health of the adolescents.

Methodology of the study

The present study is an attempt to understand the relationship between resilience and wellbeing in context to the mental health of adolescents and the factors affecting mental health of the adolescents. The study is based on secondary data and the same have been collected from different secondary sources such as books, journals, research articles, magazines etc. The nature of the study is descriptive and analytical in nature.
Resilience and Wellbeing

Etymologically, the term 'Resilience' has been derived from the Latin word 'resilire' that means to leap back or rebound. General dictionary definitions note that the noun 'resilience' is a derivative of the adjective 'resilient, which has two uses: (1) able to recoil or spring back into shape after bending, stretching, or being compressed; 2. (of a person) able to withstand or recover quickly from difficult conditions. Resilience can be defined as the personal quality of a person exposed to high risk factors that often lead to delinquent behaviour, but they do not do so. Resilience is the process of effectively negotiating, adapting to, or managing significant sources of stress or trauma. The concept of resilience can be summarized in following ways:

1) Resilience is like a bouncing ball. A resilient person bounces back and keeps going.
2) Resilience is the ability to overcome difficulties and move on.
3) Enhancing resilience may need good health, resources and certain amount of risk taking.
4) Motivation is a part of resilience. It is important to be open to new ideas and experience.
5) Health problems are a challenge to resilience.

Well-being is the experience of health, happiness, and prosperity. Well-being emerges from our thoughts, actions, and experiences. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. It is a good or satisfactory condition of existence and welfare to influence the well-being of the nation and its people. More generally, well-being is just feeling well. The concept of wellbeing is very broad and is applied to many situations for a variety of purposes. Applications of the concept range from specific domains of wellbeing, such as economic, material, social, and psychological, to all the domains impacting upon people. Well-being is a positive outcome that is meaningful for people and for many sectors of society because it shows that people perceive that their lives are going well. Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important however, many indicators that measure living conditions fail to measure what people think and feel about their lives such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life. Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy. The concept of wellbeing can be summarized in following ways:

1) Feelings of happiness, contentment, enjoyment, curiosity and engagement with their community, are characteristic of someone who has a positive experience of their life.
2) Equally important to well-being, is our capacity to psychologically function well in the world. Maintaining positive relationships, having some control over one’s life and having a sense of purpose, self-esteem and self-confidence.
3) Wellbeing does not mean that you never experience feelings or situations that you find difficult, but it does mean that you feel you can cope with tough times.

**Factors affecting mental health of adolescents**

**Home and Mental Health**

Housing is more than shelter or the physical structure. A more descriptive term is the residential environment, which is defined by the WHO expert committee on the public health aspects of housing as: "The physical structure that man uses for shelter and the environment of that structure including all necessary services, facilities equipment and devices needed or desired for the physical and mental health and social well-being of the family and the individual". There are two sides to mental health and they are: Preventive Mental Disorders and Restoring Mental Health. Home plays a vital role in promoting and maintaining a good mental health. Home is the foundation of future mental health of the child. The mental satisfaction of child mostly depends on good and caring relationship of the parents in home. If the child fails to get this sort of relationship, a feeling of unhappiness creates in his mind. The emotional insecurity might be developed in the minds of the children. So, it is important for children and youth to have strong relationships with family. In order to develop the relationship, the parents should spend enough time with the child and talk with the child friendly. The parent should properly guide the children as to go in right direction as well as show the right way for solving the problem as laced by him.

**School and Mental Health**

Children's mental health is related to positive school outcomes. Research shows that when students' mental health needs are properly addressed, the likelihood of school success increases. High quality, effective school mental health promotion has been linked to increases in academic achievement and competence, decreases in incidence of problem behaviours; improvements in the relationships that surround each child; and substantive, positive changes in school and classroom climates. Schools are an ideal place to provide mental health services to children and youth. Unfortunately, too many children and youth with mental health problems are not getting the help they need and, when left unmet, mental health problems are linked to costly negative outcomes such as academic and behaviour problems, dropping out, and delinquency. Schools, however, are ideal settings to provide mental health services. School-based professionals like school psychologists know the students, parents, and other staff. The learning environment of the school should be free from caste, creed or religious feelings. It should provide feelings of security in each and every student irrespective of their religion or socio-economic conditions.

**Teacher and Mental Health**

Teachers have the great role in promoting the mental health of the students. Teachers also should be mentally healthy because the students always follow the behaviour of the teachers. They should be the role model for the students. Teachers should try identifying mental health symptoms of the students and also
keep a track on the academic progress of every student. If any student is showing even the slightest sign and or any abnormal change in the behaviour, teachers can talk to the child in person. Teachers should build a relationship of trust with the students so that they can open up and share what’s bothering them.

**Society and Mental Health**

Individual lives in society and he establishes inter personal relations through interaction with other persons in society. Social environment shapes individual's knowledge, interest, habits and values. The individual’s behaviour is affected by society. Every organized society has certain rules regulations, laws, and discipline and every individual has to abide by these stipulated rules regulations. The main organs of the society are family, school, community etc. The basic thing in mental health is family e.g. Mother's motivation affection security and acceptance help the child in making progress. But if the mother is pessimist, having mental stress, unable to impart love to a child, the child's mental development affects adversely and as a result mental health does not develop properly. Such broken homes and unstable homes create many problems of adjustment and warm relations between parents and child creates an atmosphere of pleasure.

**Conclusion**

Adolescents go through many changes and challenges in a short period of time. This period is a very important period of life as it lays the foundation for the future of an individual. Resilience is understood to play an important role in helping an individual navigate through the major transitional point in life. The study reveals that, resilience, wellbeing and mental health are positively correlated with each other. Furthermore, this study also identifies that resilience and wellbeing emerged as the best predictor of mental health in adolescents and it was also found that there are different factors like home, school, teacher, society etc. which affects the mental health of the adolescents.

**References**