

Mental Health and Identity Development of Adolescence

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ABSTRACT

The aim of this study was to investigate the relationship between mental health and adolescent identity development. In the revision of the Diagnostic and Statistical Manual (DSM-5), "Identity" is an essential diagnostic criterion for personality disorders (self-related personality functioning) in the alternative approach to the diagnosis of personality disorders in Section III of DSM-5. Integrating a broad range of established identity concepts, AIDA (Assessment of Identity Development in Adolescence) is a new questionnaire to assess pathology-related identity development in healthy and disturbed adolescents aged 13 to 18 years. **Purpose of the Study:** Aim of the present study is to investigate differences in identity development between adolescents with different mental health problems (Anxiety, Phobia, Stress, Sleeping Disease etc). In adolescence and emerging adulthood, a lot of factors affect aggression like gender, social life, social situation, identity formation, low self-control and self-esteem, physical development, ununderstanding for self, etc. **Method:** Participants were 200 adolescent students. The test set includes the questionnaire AIDA. There were questions related to mental health in the questionnaire. In which the students were made aware of the effect of their understanding of their own personality, their vision of others, their perception of society and the world, etc. effects on their mental health and which can effect on identity development. Participants consisted of 40 adolescents. Their age was between 13-19 years old. I prepared a Questionnaire. I used Survey method to collect data. **Conclusion:** The AIDA questionnaire may help to improve assessment and treatment of adolescents with severe psychiatric problems. This study can boost the morale of adolescent students.

Keywords: *Mental health, Adolescence, Identity development*

What is Identity Development? "Identity development is the complex process by which people come to develop a sense and understanding of themselves within the context of cultural demands and social norms."

Identity development has been seen historically as a primary development task of adolescence- the transition from dependency in childhood to increasing responsibility for one's own needs, interests, drives, aspirations, and desires in adulthood.

- **Psychology Research and reference**

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Mental Health and Identity Development of Adolescence

What is Adolescence?

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from adolescence to legal adulthood. Adolescence is usually associated with teenage (13 to 19 years), but its physical, psychological or cultural expressions may begin earlier and end later.

The period following the onset of adolescence during which a young person develops from a child into an adult.

-Oxford Dictionary

Adolescent psychology seeks to understand teens and help them make the transition from child to adult. ... To support this development, adolescent psychology focuses on mental health issues for **people between the ages of 13 and 19.**

The development of a coherent and organized sense of identity is a key task in adolescence (Erikson 1950), and there is a big role in mental health in this process. If they are normal from a mental situation, Individuals may evaluate various alternatives before making firm identity commitments. This process has a positive and a negative side: on the one hand it is exhilarating because it corresponds to the human need to search for and to find a personal identity, but on the other hand it is often painful since choosing requires the adolescent to give-up other possibilities that also might be attractive (Palmonari et al. 1992). Thus, adolescents might oscillate between the wish to become committed to relevant life domains, and the fear to make wrong choices. Furthermore, this uncertainty may be enhanced when the adolescent also suffers from psychosocial problem behaviors, such as anxiety, stress, phobia, and sleeping disorder symptoms, that can compound uncertainty.

- Elisabetta Crocetti University of Bologna

So first we need to know,

What is mental health?: “Mental health means the person’s physical, mental, social, and spiritual vision is a state of complete goodness”

- WHO

“Mental health is the development of a healthy personality and systematic scientific effort to prevent mental health illness attack”

- J.C.COLEMAN

Mental health isn't a treatment for the ailment however a step to save you the sickness from getting into. First, the individual determines Which of the bodily, mental, and social factors affect a person’s adjustment, and then he/she attempts to manipulate that state of affairs. Then we will name them mentally wholesome.

There are many types of signs of Mental health:

- Mentally stable
- Self-respect
- Observing mind
- Active mind
- Able to understand the situation
- Emotional control
- Analytical mind
- Optimistic
- Intelligence steps

Mental Health and Identity Development of Adolescence

- Intelligence steps
- Positive attitude

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

If somebody has a problem with mental health it can negatively affect a person's physical, emotional, cognitive, and behavioral responses. Which we can call mental imbalance. Because of that, a person can suffer from mental disease. That can be called a Psychological disease or disorder.

Symptoms:

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

There are two major types of Psychological disorders. (1) Neurosis and (2) Psychosis.

Neurosis:

- Anxiety
- Phobia
- Stress
- Sleeping Disease / Depression

Mental Health and Identity Development of Adolescence

There is no other suffering like mental illness because the human mind has enormous capabilities. If these capabilities work properly, life becomes fantastic. Mental health problems can affect Identity development. In the present situation, wanting to do work very quickly is becoming difficult for everyone running with the moving of the connection. It can be said that every person has a mental Apparel problem socially. So it is important to try to figure out the mental well-being of adolescent students. According to the Studies, it found that a mental health inventory is an overview of the measure of the Mental Health of students and teachers. As many college students face mental health, difficulties interfere with their identity development. In the American College Health Association 2015 survey, college students identified the following mental health issues as negatively affecting their academic performance within the last 12 months:

- Stress (30% of students)
- Anxiety (22%)
- Sleep difficulties (20%)
- Depression (14%)

Efforts are more likely to succeed if there is broad participation and a shared commitment to meet common goals. To improve the level of work there must be, a requirement for mental health balance.

Here we discuss the factors/causes that affect mental well-being. Because of all the causes or factors people can behave abnormally. So, there are so many causes responsible for making a person upset or mentally ill. So we have to know what mental illness is responsible for preventing adolescent identity development.

Many factors/causes affect the mental health of adolescents as well as the development of identity that occurs in adolescence.

Many factors/ causes including

- Physiological
- Biological
- Family Related
- Social/Cultural
- Psychosocial

Now we are going to know How mental health affects the identity development of Adolescents?:

If an adolescent person is mentally healthy, he/she will be able to understand the need for his identity development. What are the needs for Identity Development of Adolescents?

- **Physical needs**
- **Mental needs**
- **Affection needs**
- **Self-respect needs**

So when is Identity development possible? When the person can know his/her needs, and when you can know your needs when you are mentally healthy. So, in adolescence, it is very important to stay mentally healthy to develop their identity.

Mental Health and Identity Development of Adolescence

Now we are going to know the main Principles or concepts of identity development. But if the person is not mentally healthy, he will not give importance to these principles.

- Real Self-concept
- Ideal self
- Concept of Incongruity
- Concept of Self-Maintenance

When a person's identity is fully developed then Carl Rogers calls him (**Fully Functioning Person**).

- Trust in Oneself
- Existential Living
- Learning from Experience
- Creativity

So, the adolescence stage of life is very important for every person. You can't ignore it. As mentioned above, mental health and development in adolescence are interrelated. In that sense, the situation is similar to the two sides of the coin. If mental health is good then the development of adolescence can be good and if the development of adolescence is good then mental health can be good.

STATEMENT OF A PROBLEM

The title of the present study is Mental health and Identity development of Adolescence. In the present study, the questionnaire for adolescent students was prepared according to specific steps for the assessment for their mental health.

Variables

A. Independent Variables

Gender

a. boys b. girls

Area

a. Urban

B. Dependent variable

Mental health inventory

Importance of the Study

The present study has been supported by training of Mental Health Clinicians in the Mental Health Inventory. It provides an overview of the measure, its history, and its use in clinical practice. The study presented continues to be useful for teachers to understand their student's behavior. From this study, students can also understand which of their behaviors is not appropriately correctable.

Objectives of the present study are

1. To construct the Mental Health Inventory to determine the reliability of higher secondary students.
2. To determine the Positivity and accuracy of students on the Mental Health Inventory
3. To study the Mental Health Inventory score with respect to categories, Gender, Areas, and Students.

Research Design

The research design outlines the entire research plan whereby the research method, population, sample and sampling technique, tools, and statistical techniques are described to

Mental Health and Identity Development of Adolescence

test the formulated hypotheses. It describes just what must be done, how it will be done, what data will be needed, what data-gathering devices will be employed, how sources of data will be selected, and how the data will be analyzed and conclusions drawn.

Population

The population in any educational research is the description of the elements that are to focus the study. The elements can be persons, organizations, objects, etc. that focus the study. The findings of the research are generalized to this population.

In present study population of the study are Students of the Higher Secondary school of Anand District.

Sample

Sample selection is a smart way toward saving time, energy and money. With the sample a deep and profound study can be done. The research work can be done fast and planning can be done in a prosperous manner.

In the present study 200 students of higher secondary school of Anand District selected by Stratified Random Cluster Sampling Technique.

Tools : Self Constructed tools with questionnaire (AIDA).

Method: Researcher prepared a test set including a self constructed tool as questionnaire AIDA (Assessment of Identity Development of Adolescent) with 15 questions with 4 rating scales. Participants were 200 adolescent students of higher secondary school. There were questions related to mental health in the questionnaire. In which the students were made aware of the effect of their understanding of their own personality, their vision of others, their perception of society and the world, etc. effects on their mental health and which can effect on identity development.. Participants consisted of 200 adolescents. Their age was between 13-19 years old. I used Survey method to collect data.

In the present research, looking at the economy of time, money, energy and keeping distance in the situation of Corona the survey method shall be used with Google form with 15 questions.

DATA COLLECTION

Data Collection is a must in survey research. Hereby the data is collected by pre-decided tools.

In the present study, the researcher shall meet the principals of the high schools of Anand, take permission to meet students and collect data, then meet the high school students of Anand, provide them with necessary instruction and thus collect the data through google form.

Table-1

Sr.No.	Name Schools	Total No. of Responses
1	D.N. Hightschool	50
2	Kasturba Kanya Vidyalaya	40

Mental Health and Identity Development of Adolescence

Sr.No.	Name Schools	Total No. of Responses
3	Charotar English Medium School	45
4	Anand Highschool	25
5	Sharda Highschool	20
6	Sardar Vallabhbhai Patel Highschool	20
	Total No. of Students	200

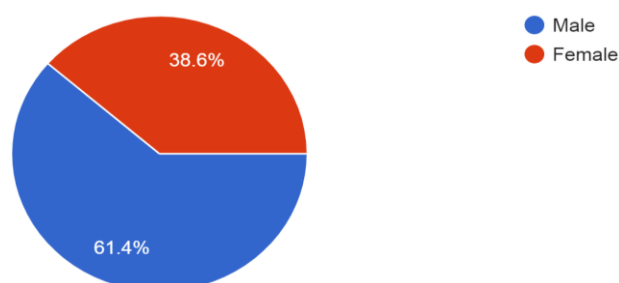
Data Analysis and Interpretation

In the present study the analysis was conducted by Google Form Graph with 4 rating scales. After analysis, the interpretation of the data was carried out based on 4 rating scales; keeping in mind the objectives of the research. From The Interpretation, the overall inferences of research were brought forth and based on that generalization was done. On the basis of interpretation suggestions and scope for further research will be given.

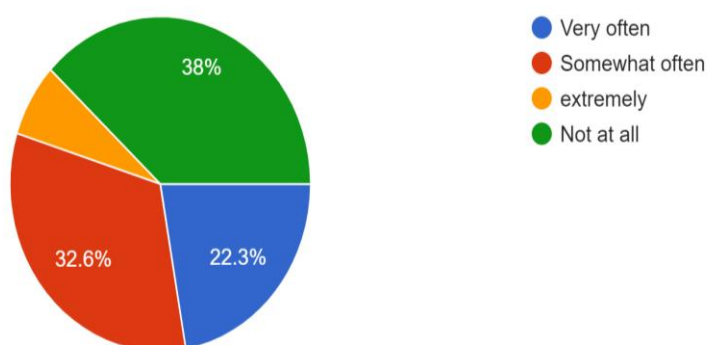
Total -200 Students

Male- 120

Female- 80



1. Problems with work or daily life due to emotional problems, such as feeling depressed and sad.



Mental Health and Identity Development of Adolescence

Table-1

Sr.No	Problem Faced	Percentage
1	Not at all	38%
2	Somewhat often	32.6%
3	very often	22.3%
4	Extremely	7.1%
	Total	100%

Interpretation

38% of students never faced problems with work or daily life due to emotional problems, such as feeling depressed and sad.

32.6% of students somewhat often faced problems with work or daily life due to emotional problems, such as feeling depressed and sad.

22.3% of students very often faced problems with work or daily life due to emotional problems, such as feeling depressed and sad. 7.1% of students extremely faced problems with work or daily life due to emotional problems, such as feeling depressed and sad.

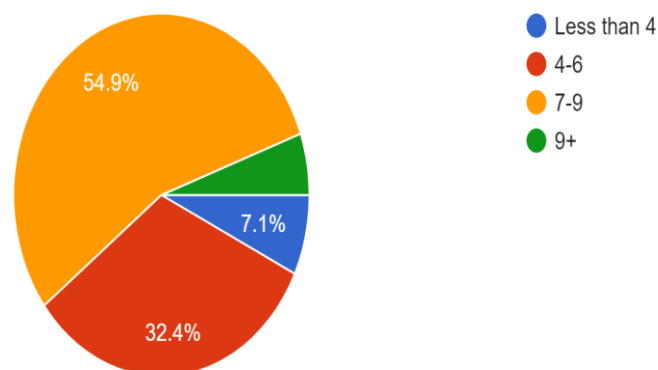
Findings

According to the data collection it was found that up to 50% of students are facing minor mental illness. This minor mental disease can be called **Anxiety**. This illness can affect their study, social behavior, social relations, and mental growth.

Suggestion

They can improve themselves through Meditation. Parents can help them out with good guidance and a positive approach with them. They should get positive thinking. They can improve their positive approach with music or singing. They should meet friends every day for mental relaxation.

2. Need for hours of sleep per day.



Mental Health and Identity Development of Adolescence

Table-2

Sr.No	Sleeping Hours	Percentage
1	7-9	54.9%
2	4-6	32.4%
3	Less than 4	7.1%
4	9+	5.6%
	Total	100%

Interpretation

54.9% of Students can get 7-9 hours of sleep.

32.4% of students can get 4-6 hours of sleep.

7.1% of students can get Less than 4 hours of sleep.

5.6% of students can get 9+ hours of sleep.

Findings

Nearly 40% of students sleep for limited hours. This can be called a mental disease which is known as a Sleeping disease. This is also a minor mental illness that can affect adolescent mental and behavioral growth.

Suggestion

If an adolescent has sleeping problems he/she has to do meditation every day in the morning and at night regularly. If they walk at night before 1 hour of sleeping time they can get proper sleep. They can read books, listening to music. Cartoons are very useful to be mentally fresh so they can watch cartoons also.

3. Appetite or overeating.

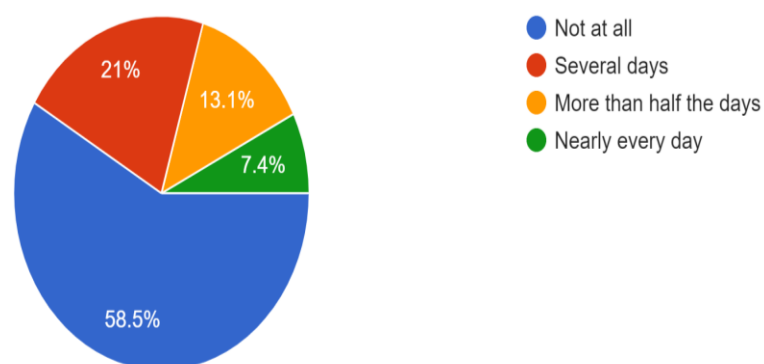


Table-3

Sr.No	Appetite or overeating	Percentage
1	Not at all	58.5%
2	Several days	21%

Mental Health and Identity Development of Adolescence

Sr.No	Appetite or overeating	Percentage
3	More than half the days	13.1%
4	Nearly every day	7.4%
	Total	100%

Interpretation

58.5% of students never faced this problem.

21% of students faced this problem for several days.

13.1% of students are facing this problem for more than half day.

7.4% of students are facing this problem nearly every day.

So, nearly 40% of students are facing Appetite or overeating problem.

Findings

This is called **Stress** which is a minor mental disease or illness. It can affect adolescent physical growth or physical attitude.

Suggestion

Meditation is the best way to remove this mental problem. Music also helps them for mental freshness. Their parents also can give them suggestions for improvement. Pampering of parents is such a magic, so they can give a special time to their child.

4. Parties and social events are scary.

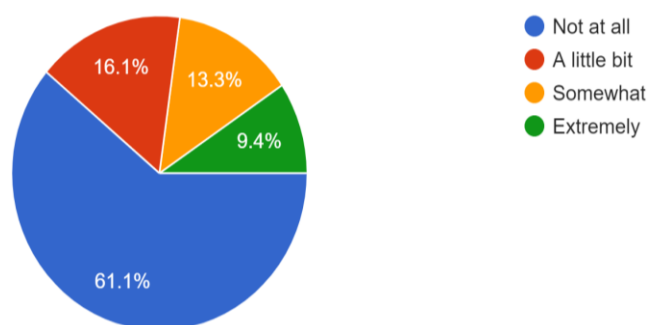


Table-4

Sr.No	Level of Scare	Percentage
1	Not at all	61.1%
2	A little bit	16.1%
3	Somewhat	13.3%
4	Extremely	9.4%
	Total	100%

Mental Health and Identity Development of Adolescence

Interpretation

61.1% of students never feel scared about parties and social events.

16.1% of students feel scared about parties and social events for a little bit.

13.3% of students felt somewhat scared about parties and social events.

9.4% of students felt extremely scared at parties and social events.

Findings

According to the data collection it was found that nearly 40% of students felt scared about parties and social events. This is called Phobia which is a minor mental illness or mental disease. It can affect adolescent social behavior and social mental growth, and because of this they can never enjoy themselves.

Suggestion

If he/she feels scared about parties or social events it means they are confidence less people. So they have to improve their confidence level. They can improve their confidence level with different ways like meditation, music etc. They have to try to go outside with friends many more times. They are suggested to participate in get-togethers , meetings, and conferences more and more to get confidence in front of the people.

5. Fear about height, depth, dark, deep water.

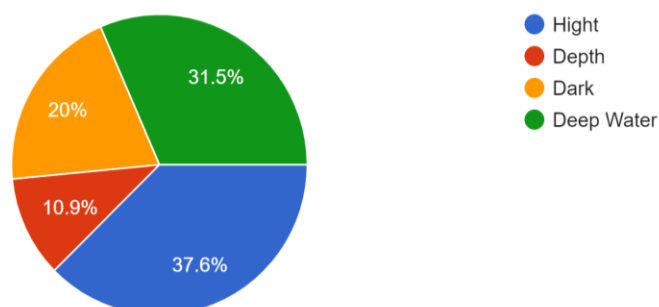


Table-5

Sr.No	Fear about	Percentage
1	Height	37.6%
2	Deep water	31.5%
3	Dark	20%
4	Depth	10.9%
	Total	100%

Interpretation

37.6% of students have fear about Height.

31.5% of students have fear about Deep water.

20% of students are afraid about Dark.

10.9% of students have fear about Depth.

Mental Health and Identity Development of Adolescence

Findings

According to the data collection it was found that the fear is called **phobia** which is a minor mental disease or illness. It can have effects on adolescent mental growth like confidence and positivity.

SUGGESTION

If adolescents have fear about depth, dark, height or deep water that means they have low self confidence level. So they are suggested to do meditation properly 2 times a day in the morning and at night. Adolescent parents are suggested to give inspiration to their childrens. Parents are the best motivational person for their child, so parents can give positive thoughts to them.

CONCLUSION

The present collected data and its result shows that in adolescence many students are facing some behavioral and social problems that can be called mental disease or mental illness. These problems are very simple to understand and to solve. But these problems are the reason for the identity development of adolescents. These problems are very minor to treat or solve and if we ignore it, it can be major for students for their whole life and that is very sure this mental illness affects the identity development of adolescents. So, here the role of parents and teachers are very important. They can help the children to give suggestions and motivation for removing stress and depression which make them mental healthy.

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Mental Health and Identity Development of Adolescence

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Conflict of Interest

The author(s) declared no conflict of interest.

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