

Research Paper

Well-Being Psychological and Developmental Challenges in School-Going Adolescents

Dr. Monica Sharma¹, Sunita Kanwar^{2*}

ABSTRACT

Adolescence refers to the period of life in which a child develops into an adult. Teenagers are placing more pressure on one another to perform academically or else get involved in serious relations. Well-being of an adolescent refers to mental, emotional, social and physical health, which is balanced. Further, it helps students to cope with daily demands and future activities. The present paper will try to define well-being in adolescents, identify the factors that affect adolescents, and signify the importance of an enabling environment during this sensitive period of life. According to research results, academic stress, family expectations, social relationships, and actual and virtual exposure shape mental health of adolescents. Good well-being correlates with self-esteem, regulating emotions, resiliency, and relations with others. Schools and families and communities share the responsibility to promote adolescents' wellbeing by fostering a safe, inclusive, and supportive atmosphere. Schools and work institutions can include life skills education, counseling services, stress management programs in their curriculum. In conclusion, focusing on well-being and trying to make adolescents happier will not just help in their studies but also their overall development. Encouraging awareness, early intervention, and ethical support systems will keep adolescents on path to become confident, mentally safe, and responsible adults.

Keywords: *Adolescent Well-Being, Mental Health, Academic Stress, Emotional Development, Life Skills, Secondary Education*

Adolescence is an essential stage of development in human life. Adolescence is the transition period through which an individual goes from childhood to adulthood. During this period there are major biological, emotional, social and psychological changes. In general, adolescent represents the people of 10-19 years of age group. At this stage, the adolescent begins to develop an identity. Similarly, he also begins to separate emotionally and take more responsibility for his studies, job, and friends. Today's adolescents face many pressures and expectations from their family, school, friends, society, and more. Difficulties in studies, comparison with peers, excessive screen time, conflicts of emotions, and uncertainty about the future may adversely affect their mental health. Psychological well-being does not mean just being free from mental illness. Indeed, positive functioning, emotional stability, self-confidence, resilience and being satisfied with life are a

¹Associate Professor & Head, Department of Clinical Psychology, IIS (Deemed to be University), Jaipur

²Research Scholar, Department of Psychology, IIS (Deemed to be University), Jaipur

*Corresponding Author

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few aspects of this term. The excessive worry about the well-being of youngsters has become a prominent issue in society today. Emotional and psychological disturbances during adolescent age are believed to affect one's future personality, academic performance, and social adjustments. Thus, identifying psychological well-being and the factors affecting it is essential to promote holistic development and enhance quality of life for adolescents.

Adolescents and Psychological Well-Being

During adolescence, a person develops at a rapid pace in terms of thinking, feeling, and social interaction. At this stage, they become aware of image, acceptance, achievement and goals and aspirations. These alterations usually lead to confusion, emotional instability, and stress. Psychological well-being refers to a positive state of mind in which people manage day-to-day challenges, build good relationships and continue developing themselves. Factors such as self-acceptance, emotional balance, purpose in life, a sense of autonomy, quality social relationships, and stress management. The psychological well-being of individuals influences the personality along with the success rate. A psychologically healthy adolescent is more likely to be confident, emotionally stable, socially active, and able to make decisions responsibly. More capable of handling academic stress, maintaining relationships, and adapting to changing circumstances. On the contrary, poor psychological well-being may lead to anxiety, depression, low self-esteem, emotional imbalance, loneliness and behavior problems. For healthy emotional and social development, it is necessary for adolescents to keep their mind in a good state or condition.

Factors Affecting Psychological Well-Being Among Adolescents

Several factors affect adolescents' psychological well-being. These factors may greatly affect their emotional and mental health positively or negatively. Academic pressure has a lot of effects on the psychological health of adolescents. The current scenario of increasing competition, exam stress, high parental expectation and fear of failure is creating anxiety among adolescents. Over-dependence on academics can reduce self-esteem and increase anxiety.

- **Family Environment:** The family modifies the emotional well-being of adolescents. A family is a supportive and understanding to our psychological health. On the other hand, family conflicts, lack of emotional support, parenting that is too strict, and unrealistic expectations can affect the mental health of adolescents negatively.
- **Peer Relationships:** The behavior and emotional development of adolescents is strongly influenced by peer groups. Supportive companions boost confidence and emotional well-being. Though peer pressure, bullying social rejection and unhealthy comparison create stress and insecurity which makes the mind emotionally unstable.
- **Digital Exposure and social media:** Over the past year, adolescent youth have adopted social media and digital technology. The use of digital platforms gives us many opportunities to learn and communicate. However, spending more time on digital platforms harms one's social life, reduces sleep time, reduces concentration level, and lowers self-esteem. Excessive social media comparisons can also lead to feelings of inadequacy and emotional dissatisfaction.
- **Emotional and Physical Changes:** The psychological effects of adolescence include extreme sensitivities, confusion and mood swings. Adolescents may experience difficulties forming their identity. They may not know how to regulate their feelings. In addition, they may struggle with their self-image. These adolescents have psychological problems.

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- **Socioeconomic and Environmental Factors:** Factors such as financial status, quality of education, security of the area, and social support contribute to the mental health of an adolescent. Youngsters who live in a stressful, deprived environment may face more emotional and psychological problems.

Challenges Faced by Adolescents

The lives of adolescent individuals have become quite difficult. These problems directly affect their emotional and mental balance.

- **Identity Crisis:** Often adolescents lack the understanding of who they are and what they can become. Insecurity and confusion about the self-image can cause emotional sadness.
- **Emotional Instability:** Taking three doses of 500 mg of paracetamol following an overdose of 250 mg of paracetamol, I do not need to take three doses of paracetamol. Many young people experience difficulty with expressing and controlling their emotions.
- **Academic Competition:** Adolescents tend to be influenced by peers and society. The need to fit into social circles, remain under pressure, and live up to social expectations affects self-esteem and emotion.
- **Social Pressure:** Over-usage of smart phones, online games and social media can cause a fall in real-life social behaviour and affect emotional well-being, concentration and sleep.
- **Technology Addiction:** Excessive dependence on smart phones, online gaming, and social media may reduce real-life social interaction and negatively affect emotional well-being, concentration, and sleep patterns.
- **Lack of Emotional Support:** Some adolescents do not receive adequate guidance in emotion from parents, teachers and peers. People can feel lonely and frustrated if their partner does not communicate.

Enhancing Psychological Well-Being Adolescents

Elderly people aim for completing the education of adolescents through culture and moral values.

- **Life Skills Education:** Schools need to include life skills education in the curriculum. This helps adolescents develop emotional intelligence, decision-making abilities, communication skills, stress management techniques.
- **Counseling and Mental Health Support:** Educational institutions must offer counselling services and psycho-social assistance that help adolescents in the management of stress and academic problems.
- **Positive Family Relationships:** With open communication, emotional support, and a safe and trusting environment, parents can help adolescents feel heard. Confidence and affective stability are strengthened by encouragement.
- **Healthy Lifestyle Practices:** Regular movement, adequate nutrition, restorative sleep, and relaxation techniques can enhance psychological well-being. Healthy routines help you balance your emotions and cope with stress effectively.
- **Digital Awareness and Balance:** Adolescents ought to be appropriately guided regarding technology and social media use. Limiting screen time and encouraging in-person socializing can improve emotional health.
- **Encouraging Social Support:** Friendship, teacher guidance and community participation helps adolescents develop confidence and resilience and positive emotional adjustment.

Importance of Psychological Well-Being in Today's World

In today's fast world, we see an increasing interest in psychological well-being. The social image and internet put stress on youngsters besides their studies and career. The psychosocial wellness of the youth enables them to manage stress, stay in control of their emotions, etc. Teenagers with positive mental health will do better academically and socially, as well as make a more meaningful contribution to society. Psychological well-being will give confidence, resilience, creativity and right choice. On the contrary, those with poor mental health can have an emotional disorder, behaviour problem, lack of academic competence, and social withdrawal. In today's time, having knowledge of adolescent mental health is important as the emotional problems will spill into adulthood if not paid heed. As a result, encouraging mental wellbeing is essential for a healthy and productive society.

CONCLUSION

The adolescence stage of a human being is a critical period that helps develop human personality and affects the mental health of a person. The psychological well-being of adolescents is affected from the family situation, academic burden, peer influence, emotional changes and exposure to the digital world. Teens today are facing lots of competition and need help to cope with mental issues. The psychological well-being of adolescents must be promoted – which is a joint responsibility of the family, school, community and policy makers. This campaign will help solidify knowledge on the issue of mental health and how to deal with it. Counselling services, life skills education, supportive parenting and positive peer relations can help adolescents deal with emotional difficulties and develop resilience and healthy coping skills. Enhanced psychological well-being in adolescence is vital for academic performance, relationship development, emotional stability and overall personality development. With interventions and assisting tools, a mentally fit and socially capable generation can be formed.

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Conflict of Interest

The author(s) declared no conflict of interest.

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