

A RESEARCH STUDY ON 'AWARENESS OF MENTAL HEALTH' AMONGST THE LIVING
GENERATION IN THIS ERA

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ABSTRACT

This study is specifically about the 'Awareness of mental health amongst the living generation in this era'. Once or more than once we've all gone through something traumatic that has deeply affected us and not to our surprise that's absolutely normal! Subconsciously most of the events we've encountered in our life time, from after ontogeny till we deteriorate.

This study is focusing deeply on how aware the living generation is of their mental health. We're often reminded to take care of our physical health but how often are we reminded to take a step back, sit with our thoughts, process, think and take a breather in our fast life. Therefore, the researcher of this paper hosted a Google form Questionnaire to which 61 responses have been recorded that was circulated. The Researcher has framed 3 objectives using the data interpretation through which it was possible to achieve the objectives. The Questionnaire has shown that 50.8% people are aware that they're emotionally sensitive. The findings also show that majority of people have gone through something traumatic as a child that still to this day disturbs them or is unspoken off. The study shows that the lack of Mental Help keeps a lot of issues unresolved.

Keywords: Affect, Awareness, Emotions, Feelings, Generation, Mental health, Trauma, Therapy.

INTRODUCTION

'Mental Health' also otherwise known as 'Well-Being' is somewhat a sensitive topic around orthodox households. The Psychological help that is provided by Shrink/ Therapists, is known as Mental Aid, it helps you cope with any Stress, Anxiety, Depression, Traumatic events etcetera. So the main topic is how well aware people are about their mental help and how helpful it is to talk to someone like a Trained Professional Therapist. As mentioned before some orthodox households or conservative people think

'Therapy' is for 'crazy people' but that isn't true at all! The goal of individual therapy is to inspire change and improve the quality of life through self-awareness and self-exploration. It's been said people who have kept things to themselves that disturbed them and haven't reached out for help, encounter Mental illnesses like 'Schizophrenia'.

Schizophrenia is when a person loses touch with reality and breaks connection to their family, friends, apprentices etc. If this illness is taken lightly or help hasn't been provided to the person going through it, it might bring dangerous results.

Hence, finally during Generation Z era we are finally being way more aware of our mental health and healing our inner child. Humans nowadays also have emotional support animals preferably dogs- Because dogs can sense incoming Anxiety/Panic attacks and they simply lean towards their human for a hug or keep their paw on them to let them know they are going to be okay.

This study shows that not only do we need to be aware of our own mental health but of the people around us too. The completion of the awareness of Mental health will be provided by Primary and Secondary data.

REVIEW OF LITERATURE

1. 'Mental health Awareness and why is it important?' >Published by Port ST Lucie hospital <https://www.portstluciehospitalinc.com/what-is-mental-health-awareness-and-why-does-it-matter/>. The points raised and also tips and help given by Port St Lucie Hospital is an important need in today's fast world, we get so busy with work and managing social and work life that we forget to take a breather and check on ourselves to know if we're mentally or need a break. Their article suggests that we look out for symptoms in ourselves or others is help is given when necessary and/or before it's worse.
2. The Epidemic of Mental health and why?, >Published by Marcia Angell, {Marcia Angell is a member of the faculty of Global Health and Social Medicine at Harvard Medical School and a former Editor in Chief of The New England Journal of Medicine.} <https://www.nybooks.com/articles/2011/06/23/epidemic-mental-illness-why/> Marcia Angell has brought to the whole world's attention towards her article "The Epidemic of Mental Help why?". In her entire study she mentions about how many Adults and children have been affected by this epidemic in USA, so if we compare numbers, USA alone is causing an epidemic with that

being said if all Populated countries came together to check the deaths or the bait of Depressive thoughts it wouldn't be less than a pandemic itself.

3. 'Surviving Anxiety', >Published by Scott Stossel, {Scott Stossel is the national editor of The Atlantic magazine and the author of the New York Times bestseller My Age of Anxiety}, https://www.theatlantic.com/magazine/archive/2014/01/surviving_anxiety/355741/. Scott Stossel being the nation editor of none other than 'the Atlantic' and using his article as a review of literature is an honor in itself. His famous article on Anxiety has turned out to be helpful for thousands of struggling teens that had no idea the nauseous feeling they had during something important was actually Anxiety!! In this article he has portrayed his own experiences and what he felt vs how he tried to get to know his body better to stop sudden outbursts of anxiety and breakdowns. He tried everything he could think of till he called his intolerable anxiety a gift and trying to overcome it day by day. Now that's progress in our books!

RESEARCH METHODOLOGY:

Objectives of the Research:

- To find out the majority of people who are either aware of their mental health or not.
- To perceive the importance of therapy among living generations.
- To scrutinize the healing of Traumatic events.

RESEARCH DATA SOURCES:

Primary Data:

The researcher hosted a questionnaire which was held on Google Doc Forms, it was circulated and closed on 61 respondents. The primary data has helped in outlining this research study and Data analysis and based on this questionnaire has come to primary data conclusion.

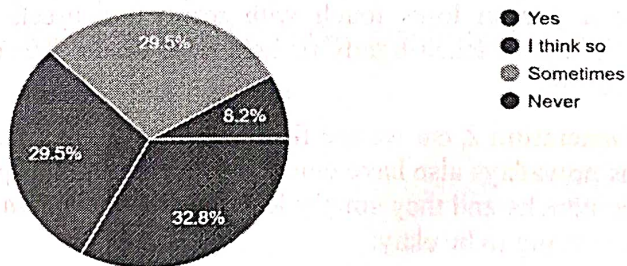
Secondary Data:

Secondary data has been collected through surfing, reading, studying a lot of websites virtually which are related to mental health awareness and emotions.

Review of literature has covered the detailed information.

DATA INTERPRETATION:

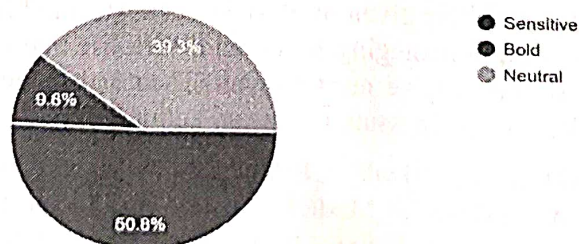
Can you handle your emotions well?
 61 responses



In the given survey 61 respondents have voted on all required questions.

Majority agreeing they handle their emotions well. 32.8%

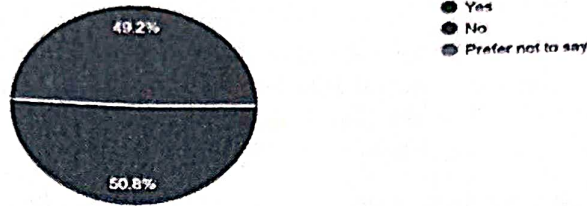
Are you a sensitive person or a bold type.
 61 responses



Majority of respondents confessed they're mentally Sensitive also known as emotional immaturity. 50.8% Majority of respondents have clicked on 'no' which means they didn't have as bad as a childhood but with a close second 37.7% of respondents have had a tough time growing up.

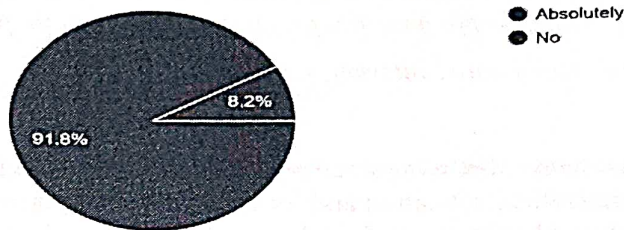
Majority of people agreed that something from their hard childhood bothers them, mostly results in unspoken trauma.

Does anything from your childhood still bother you/disturb you?
61 responses



More than half of the respondents are aware that their emotions matter but the 8.2% who disagreed seems heartbreaking because they have a hard time thinking their emotions matter, when they clearly do so.

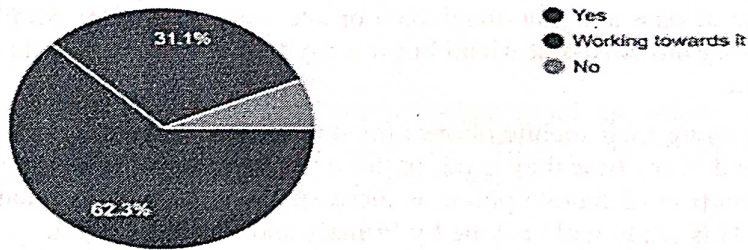
Do you think your emotions matter
61 responses



Well, knowing that a lot of people have let out their trauma to heal is a relief but those who haven't yet will surely do so in the near future because life is surprising and will make you feel and face your fears.

Lastly, few are working on it and some have achieved their better mental health.

Lastly, do you think you are better*mentally* than you have been before?
61 responses



CONCLUSION

Throughout this research study we've only gotten informative, learnt and became more aware of ourselves and others mental health.

In the coming future there's a chance that this 'mental depressive episode' ends sooner than we think and people can finally heal and be content with their lives and focus more on what and where they find happiness and comfort in.

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