

# EFFECTS OF SOCIAL ISSUES ON MENTAL HEALTH AND EDUCATION: A CRITICAL REVIEW

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**Abstract**—People in Jammu and Kashmir have long been victims and witnesses of violence, which can have a significant effect on their mental health. Studies confirm that psychological problems are on the rise in the state. Studies affirm that mental issues are on the ascent in the state. Education and Mental health combination will be propelled when the objective of mental health incorporates successful tutoring and the objective of powerful schools incorporates the sound working of understudies. To construct a strong establishment for this corresponding plan, an adjustment in the principal structure inside which school mental health is conceptualized is required. This change includes recognizing another arrangement of needs, which include: the utilization of naturalistic assets inside schools to execute and continue compelling backings for understudies' learning and enthusiastic/conduct wellbeing; incorporation of coordinated models to upgrade learning and advance wellbeing; regard for enhancing results for all understudies, incorporating those with genuine passionate/social needs; and reinforcing the dynamic inclusion of guardians. The present paper tosses light on the impact of mental health on education with exceptional reference to j&k. The idea of mental health is investigated and a reference to the impact on education in j&k has been made. It clarifies wellbeing, psychological wellness, the markers of emotional well-being and how there is more spotlight on dysfunctional behavior instead of psychological wellness. The paper also provides some valuable suggestions to overcome these ill effects of mental health and student lead towards better education.

**Keywords:** Education, Effects on education mental health & j&k students.

## 1. INTRODUCTION

Adolescence represents a period of intensive growth and change in nearly all aspects of child's physical, mental, social and enthusiastic life. It is vital time of one's life. The development accomplished, the encounters picked up, obligations felt and the connections created at this stage predetermine the total eventual fate of a person. Pre-adult's battle diverse life stresses running from horrendous life occasions, consistent strain and regular inconveniences. Scholastic issues are the most imperative wellsprings of diligent worry for youngsters at worldwide dimension.

Emotional well-being issues, for example, discouragement, anxiety and self-destructive ideation are likewise fundamentally connected with scholastic issues. As indicated by World Health Organization (2014) emotional well-being is seen as "a condition of prosperity in which people understand their very own potential, can adapt to the ordinary worries of life, can work Gainfully and productively, and ready to make a commitment to network. Fundamental subjective and social aptitudes; capacity to perceive, express and balance one's own feelings, just as identify with others; adaptability and capacity to adapt to antagonistic life occasions and capacity in social jobs; and amicable connection among body and brain speak to critical segments of emotional well-being which contribute, to changing degrees, to the condition of inner harmony". Being in a transitional stage among youth and adulthood, young people need to stand up to with differed sorts of stressors. The state of children is compounding in conditions of outfitted clash and Kashmir is no special case. The effect of contention in Kashmir is with the end goal that the presentation to genuine equipped clash is restricted in any case, the inconvenient impacts are as far as constraint, loss of security, pay and administration gets to, disturbed tutoring, removal, military provocation and different structures are noticeable in the lives of children and their families (Wessells 1998). Since the commencement of outfitted clash in Kashmir, it has experienced numerous changes at the small scale and large scale levels, with real ramifications for ladies and children. The effect has significant outcomes on the survival, improvement, psychological well-being and by and large prosperity of children and teenagers (Khan and Ghilzai 2002).

## 2. RATIONAL OF STUDY

The study titled "community based study of mental health illnesses in Kashmir", has brought to fore the huge burden of mental health disorders in Kashmir where 11.3 percent people were found to be "currently experiencing mental health issues". (greater Kashmir)

All parts of the world are associated with this challenge. Particularly in the field of training, this challenge quickly expanded among the understudies. Educational programs and co-curricular contributions have tremendously extended, holding the understudies in the adjustment issues. Feeling the insecurity, clashes inside themselves, awful organization and low accomplishment makes enthusiastic pressures and anxiety among the understudies. They can't confront the changing patterns in the general public, the understudies are taking to illicit drug use and even the self-destructive note is expanding. To get by in this focused and muddled world, Good Mental Health is required to all to adapt up to all such adjustment issues and restless climate however school students have been found to have high pervasiveness of emotional wellness issues. Issues identified with emotional well-being are frequently purposeful publicity in broad communications not just in a nation and even the world over. Emotional well-being is a state of mind, feeling and conduct in an individual's everyday lives. A Person with a sound psychological wellness can perceive himself on the capacity, willing to acknowledge disappointment, ready to control his/her feelings and welcome him/her. Psychological well-being may weaken and its negative impacts will influence the day by day lives without treatment. Poor psychological well-being prompts pressure, anxiety and poor performance in the academic aptitudes.

### 3. MENTAL HEALTH OF J&K CHILDREN

#### 3.1 Social issues of children

A portion of the natural dangers to children ordinarily connected with struggle incorporate removal from country, family dispersal, detachment and strife, dejection, loss of administration access and social association, and the nearness of military work force. Generally various military camps are observed to be situated close schools in Kashmir which make a compromising climate for understudies and educators alike, especially for females who dread inappropriate behavior and so on. This causes mental distraction among children and leads effect on their education.

#### 3.2 life of children in j&k

Halfway houses trying to suit children who have lost the consideration of their families because of contention have turned out to be typical in Kashmir. Dwelling in halfway houses, children are presented to new dangers; frequencies of vagrant children being manhandled and beaten for frivolous reasons in Kashmir are regularly announced. UK-based child rights organization, Save the Children, has revealed that the estimated population of orphans in Jammu and Kashmir is 2,14,000 and 37 % of them were orphaned due to the armed conflict (Kumar 2012). Due to loss of parents children become fear less and disturbed and they loss their mental balance which effect their mental health and also their education.

#### 3.3 Schooling of Children

Schooling is crucial for children's social and subjective improvement. In the contention circumstance of Kashmir, standard school participation and formal training involves significant dangers for understudies. 'Hadtal' can go for quite a long time together, in this way having solid negative repercussions on the youthful ages of Kashmir. In past couple of years, Kashmir experienced long haul 'Hadtal' which could go for 5-6 a half year on various clash related issues like Amaranth cavern, Nelofar, and Asiya case and some different killings. Madhosh (1999) in his study revealed that strife in the violence torn valley liquidated the educational system, tore the age old socio-cultural fabric, and stress had a telling effect on the biophysical, psychological, and social health of children. These restrictions, hadtals and curfews on daily bases create a mental illness among children and obviously effects on their studies.

#### 3.4 Feeling of Insecurity

This is common fact that children of Kashmir feel insecurity. When a child comes late from school, the worried reaction of parents clearly indicates the deep rooted insecurity which is a result of conflict. Children do not feel free to move as parents keep on telling them about harmful consequences. It restricts the normal movements of children and they are usually accompanied by elders. Which leads them towards mental illness and on depression and this also causes effect on their education.

#### 3.5 General Anxiety and Depression

Kashmiri children are found to have general anxiety side effects all the more separated from different issues. The constant risk and eccentrics because of contention has offered ascend to such issues. Children are constantly uncertain and shaky about themselves and their family and this could be the center explanation for the anxiety issues they are harrowed with. Numerous children are accounted for as being phobic of armed force staff. Discouragement is another issue which has been seen ascending in the previous two decades in the valley.

#### 3.6 Dissociative Disorders

Dissociative disorders which were quite common in the Freudian times can now be seen in abundance among Kashmiri children. The well known fact is that these disorders have some stressor as a cause and thus stands true for Kashmiri children as well. The impact of equipped clash as constraint of wants, dangers, concealment, mortification, and insecurity is a piece of culture now and could undoubtedly prompt such results. Now and again it is related to child rearing which excessively is by one way or another influenced by the current circumstance. The greater part of the teachers is currently powerless to deal with such rising issue among youthful understudies. And mostly due to this students education effect.

#### 4. METHODOLOGY

Keeping in view the availability of the resources and feasibility of the present research paper, the author conducted his research studies on the basis of secondary sources of data. Secondary data has been collected from the various journals, research articles, books thesis, different psychological, sociological theories and dissertation etc. The methodology of the study also includes the thoughts and writings of various authors in the stream of academic and research field's. Thus the author utilized all resources available and carried out exhaustive studies for the present research paper.

#### 5. CONCLUSION

Conflict in Kashmir prompts unfortunate results. The primary point of the present research was to perceive how psychological well-being of youth has been influenced by the drawn out low-power strife in Kashmir. With the progression of time this low force strife transformed into a savage one and heightened when youth depended on vicious intends to accomplish their goal of sway. Struggle in Kashmiri has negative effect on all occupants of the valley yet most genuine impacts are seen on children. It has fascinated as long as they can remember and hampers their general improvement, be it physical or mental. It has prompted loss of their qualities and has been influenced by basic changes in the general public. Children have lost the sentiment of security even while being with their family and see themselves as powerless. Struggle has filled their delicate hearts with annoyance and dissatisfaction and they have lost their true serenity. Wellbeing, which is for the most part important for a kid is injured by outfitted clash and children experience the ill effects of mental issues of PTSD, anxiety, gloom and for the most part their instruction endures. It has detracted from them the glad time of adolescence and left them worried with various grown-up obligations. Some are left in halfway houses as they have lost their overseers when they need them most. Outfitted clash is leaving its long haul impact by trading off training of children which is most vital for the future advancement of society.

#### 6. RECOMMENDATION / SUGGESTIONS

- Education should focus on overall development of personality and imbibing values of society.
- Parents should be provided psycho-social education.
- Curriculum should be framed on the needs, interests and abilities of students.
- Guidance counseling and clinical psychologists should be appointed in every school.
- Negative impact of media should be minimized
- Army and security personals campus should be established far away from schools and local community.

- Information should be shared across national and international authorities to promote effective response to all problems of children affected by armed conflict.
- Scholarships should be given to orphan children to boost their level of confidence in education.
- Gandhiji's non- violence concept should be adopted by the security persons.
- Central govt. as well as state govt. of j&k should form the policies, preventives, rehabilitative measures in dealing with violence in j&k.
- Peace full dialogue should be started between Pakistan and India to eradicate the root cause of violence in j&k.

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