

Mental Health: Social Issues and Support Strategies



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Foreword



Prof. (Dr.) Lokanath Mishra

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Mental health is not merely a clinical concern; it is deeply embedded within the social realities of individuals and communities. Every stage of life presents unique psychological challenges influenced by family structures, educational experiences, economic conditions, gender, technology, culture, and social relationships. Therefore, meaningful mental health promotion requires understanding these diverse social contexts and developing appropriate support mechanisms. *Mental Health: Social Issues and Support Strategies* successfully addresses this important need.

This edited volume presents an insightful collection of scholarly contributions that examine mental health through contemporary social perspectives. The chapters explore issues affecting women, children, adolescents, students, transgender individuals, working professionals, first-generation learners, persons with autism spectrum disorder, and individuals navigating digital environments and social media. The volume also discusses resilience, emotional learning, brain breaks, educational environments, and community-based support strategies.

The book is particularly noteworthy because it does not limit itself to identifying problems. Instead, it emphasizes practical support

systems, preventive interventions, inclusive educational practices, therapeutic approaches, workplace initiatives, and community engagement. Such an approach aligns with the global movement towards promoting mental health through prevention, early intervention, and social inclusion rather than relying exclusively on treatment-oriented models.

The editors have demonstrated remarkable academic foresight in bringing together experts from diverse disciplines whose collective scholarship enriches the understanding of mental health as a multidimensional social phenomenon. The discussions are contemporary, evidence-informed, and socially relevant, making the volume valuable for educators, psychologists, counsellors, healthcare professionals, social workers, researchers, students, and policymakers.

I congratulate the editors—Dr. Divya R. Panjwani, Dr. E. Ahmad, and Prof. (Dr.) Adnan Khan Lodi—for their dedicated efforts in compiling this comprehensive volume. Their commitment to promoting awareness, reducing stigma, and encouraging evidence-based support strategies deserves sincere appreciation.

I am confident that this book will make a meaningful contribution to academic literature and inspire educators, researchers, practitioners, and policymakers to work collectively towards creating more inclusive, compassionate, and mentally healthy societies.

I wish this publication widespread readership and lasting academic impact.

Prof. (Dr.) Lokanath Mishra
*Professor and Dean,
School of Education,
Mizoram University, Aizawl, India*

PREFACE

Mental health is an essential dimension of human well-being and an integral part of a healthy and productive society. In the contemporary world, individuals encounter a wide range of social, educational, technological, occupational, and interpersonal challenges that can influence their psychological well-being. Increasing academic pressures, changing family structures, digital dependence, social media, workplace demands, discrimination, economic difficulties, and social isolation have made mental health a significant concern across different stages of life.

The present edited volume, *Mental Health: Social Issues and Support Strategies*, has been conceived with the aim of examining mental health from a broad social, educational, psychological, and humanistic perspective. Rather than viewing mental health merely through a clinical lens, the book recognizes the important role of families, educational institutions, workplaces, communities, technology, social relationships, and inclusive social systems in promoting psychological well-being.

The twenty-three chapters included in this volume address diverse and contemporary dimensions of mental health. The contributions discuss issues related to women, children, adolescents, college students, first-generation and low-income learners, transgender individuals, working women, and persons with autism spectrum disorder. The volume also examines bullying, peer pressure, social media, online learning, digital communication, cybercrime, academic stress, school environment, social and emotional learning, resilience, and brain breaks. In addition, important perspectives related to psychoneuroimmunology, the right to mental health, and legal protection are explored.

A significant emphasis of this book is on **support strategies and preventive approaches**. Awareness, early identification, emotional support, resilience, inclusive educational practices, healthy digital behaviour, supportive institutional environments, counselling, community participation, and respect for human dignity are

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CHAPTER 15

School Environment and Mental Health and Well-being of students

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Introduction

In today's evolving world, schools serve not just as centers for academic learning but as critical environments for the holistic development of children and adolescents. Mental health and well-being are foundational to a student's ability to learn, build relationships, and engage meaningfully in school and community life. The World Health Organization (2021) defines mental health as a state of well-being that enables individuals to realize their potential, manage everyday stress, work productively, and contribute to society. For students, strong mental health supports academic success, emotional regulation, social competence, and resilience. This chapter explores the link between school environments and student mental health, emphasizing the importance of safe, inclusive, and supportive settings. It discusses how protective environments reduce stressors such as poverty and trauma, while harmful conditions like bullying or academic pressure negatively affect well-being. The chapter also examines risk and protective factors, effective interventions, and the roles of teachers, administrators, parents, and communities in promoting mental health, concluding with key challenges and strategic solutions.

Key words - School Environment, Mental health, Well being

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