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Mental Health: Social Issues and Support Strategies

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Dr. Divya R. Panjwani

Dr. E. Ahmad

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CHAPTER 18

Reflection of Education on Students' Mental Health and their Well-Being

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ABSTRACT

Education has a big impact on students' mental health and general well-being in addition to imparting academic knowledge. Both positive and negative effects are possible. While extracurricular activities encourage creativity and emotional balance, supportive learning environments cultivate social connections, resilience, self-confidence, and problem-solving abilities. However, anxiety, burnout, and a decline in wellbeing are frequently caused by academic stress, performance pressure, bullying, unhealthy competition, and a lack of mental health assistance.

The dual function of education as a risk factor and a protective factor for mental health is examined in this chapter. It examines the implications of various educational systems, digital learning, and global methods and emphasizes the significance of stakeholders—teachers, parents, institutions, and peers—in fostering beneficial outcomes. To improve student well-being, tactics such as incorporating life skills, mindfulness, therapy, and inclusive policies are recommended. In the end, education must change to foster the heart as well as the mind, guaranteeing that every student develops holistically.

Key Words- Mental health, Well-being, Bullying, Stakeholders

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