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Mental Health: Social Issues and Support Strategies

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CHAPTER 7

The Significance of Mental Health Among College Students in Present Scenario

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Abstract

An individual is considered healthy when he or she shows signs of mental sharpness, physical capability, and a sense of social balance. Changes in any aspects of the physical, emotional or social sides of one's health could be a source of unease or illness. The term disease may also be used to refer to the health problems that arise from the imbalance of the three elements or dimensions of health. Mental health refers to the social and emotional well, being not only of individuals but also of groups of people. It is about looking forward to enjoy life, being able to cope with stress and difficulties, understanding one's strengths, setting and working towards personal goals, and feeling connected to other people and the community. Students need to focus on their mental health, something that has recently risen to the fore. The research highlights the need to protect students' mental health and gives a detailed analysis of the contribution of society, schools and families in this matter.

Keywords: Mental health, education, students, psychology, positive.

Introduction

Mental health refers to a person's psychological, emotional and social well-being. It affects how one thinks, feels and acts in everyday life, how one can handle stress and get along with others (Allen et al., 2014). Good mental health is important at every stage of life, from infancy to old age. Over the course of a lifetime, people