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Mental Health: Social Issues and Support Strategies

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Dr. Divya R. Panjwani

Dr. E. Ahmad

Prof. (Dr.) Adnan Khan Lodi

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Faculty of Education

Integral University

Lucknow, India



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Foreword



Prof. (Dr.) Lokanath Mishra

*Professor and Dean, School of Education Mizoram
University, Aizawl, India*

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*

Foreword



Prof. (Dr.) Sapna Verma,
*Former Principal, Nari Shiksha Niketan PG College,
Lucknow*

Every human being longs for love, acceptance, dignity, and inner peace. Yet many silently carry burdens of loneliness, fear, discrimination, grief, uncertainty, and emotional pain. Mental suffering often remains invisible, hidden behind smiles and daily responsibilities. To recognize that unseen struggle with compassion is itself an act of spirituality.

Mental Health: Social Issues and Support Strategies reminds us that mental health is not an individual concern alone; it is a reflection of the collective consciousness of society. The way we treat women, children, marginalized communities, students, families, and those facing adversity ultimately shapes the emotional health of our civilization.

The chapters presented in this volume explore a wide range of contemporary social realities—from bullying and cyber influences to educational environments, workplace challenges, gender concerns, neurodevelopmental conditions, resilience, and community support. They remind us that healing begins not with judgment but with understanding; not with isolation but with connection; not with stigma but with acceptance.

Spiritual traditions across the world have consistently emphasized compassion, forgiveness, self-awareness, service, and unconditional respect for human dignity. These timeless values remain as relevant today as ever. Scientific knowledge may explain the workings of the mind, but compassion transforms the human heart.

A society becomes truly healthy when it creates spaces where every individual feels seen, heard, valued, and supported. Healing is rarely achieved alone; it flourishes through relationships built on trust, empathy, and kindness.

I commend the editors for envisioning a work that not only discusses mental health challenges but also emphasizes hope, resilience, inclusion, and practical pathways toward healing. Their efforts contribute meaningfully to reducing stigma and encouraging a culture of understanding and emotional well-being.

May every reader of this volume discover not only knowledge but also greater empathy. May this book inspire communities where compassion becomes stronger than prejudice, understanding deeper than judgment, and hope brighter than despair.

May peace reside in every heart, wisdom guide every mind, and kindness shape every action.

With Divine Blessings,

Prof. (Dr.) Sapna Verma,
Former Principal,
Nari Shiksha Niketan PG College,
Lucknow

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

essential for creating conditions in which individuals can seek help without fear or stigma. The chapters collectively highlight that promoting mental health is a shared responsibility rather than the responsibility of the individual alone.

The book is intended to serve as a useful academic resource for students, teachers, researchers, counsellors, psychologists, social workers, healthcare professionals, educational administrators, and all those interested in understanding contemporary mental health concerns. It also seeks to encourage further discussion and research on socially responsive approaches to mental health promotion.

We express our sincere gratitude to all the contributors for sharing their scholarly insights and to the distinguished foreword writers for their valuable encouragement. We also acknowledge the support of the Faculty of Education, Integral University, Lucknow, and everyone who contributed directly or indirectly to bringing this volume to fruition.

It is our hope that *Mental Health: Social Issues and Support Strategies* will contribute to greater awareness, informed dialogue, empathy, and evidence-informed support for individuals and communities. May it encourage readers to view mental health not merely as an absence of psychological difficulties, but as a shared foundation for dignity, inclusion, resilience, and meaningful human development.

Dr. Divya R. Panjwani

Dr. E. Ahmad

Prof. (Dr.) Adnan Khan Lodi

Editors

Faculty of Education

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CHAPTER 11

Mental Health and Well-being in Online Classes: Challenges, Impacts, and Strategies

Dr. Shaista Ateeque

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Abstract

The rapid expansion of online education, particularly in the aftermath of the COVID-19 pandemic, has transformed the landscape of teaching and learning across the globe. While digital platforms have enhanced accessibility and flexibility, they have also introduced a range of psychological challenges affecting both students and educators. This chapter examines the multifaceted relationship between online learning environments and mental health, focusing on key issues such as digital fatigue, social isolation, academic stress, and digital inequality. Drawing on established theoretical frameworks, including Self-Determination Theory, Cognitive Load Theory, and Social Presence Theory, the chapter examines how these challenges affect emotional well-being, motivation, and learning outcomes. It further explores the psychological impacts, including anxiety, stress, loneliness, and reduced engagement. In response, the chapter proposes comprehensive strategies for promoting mental health, emphasizing the roles of students, teachers, institutions, and technology in creating supportive and inclusive learning environments. The discussion also highlights the importance of resilience and the need to integrate mental health considerations into future educational models. The chapter concludes by advocating for a holistic approach to online education that prioritizes psychological well-being alongside academic achievement.

Keywords

Online learning, mental health, well-being, digital fatigue, social isolation, academic stress, cognitive load, self-determination, student engagement

Introduction

The digitization of education represents one of the most significant transformations in contemporary pedagogy. Over the past decade, and particularly in the wake of the COVID-19 pandemic, online learning has evolved from a supplementary instructional mode to a central pillar of educational delivery across the globe (Dhawan, 2020; Hodges et al., 2020). While this transition has expanded access and flexibility, it has also exposed learners and educators to a complex set of psychological demands that were previously less pronounced in traditional classroom settings (Bao, 2020).

At the heart of this transformation lies an often underexamined dimension: mental health and well-being. Learning is not merely a cognitive process; it is deeply embedded in emotional, social, and psychological contexts (Ryan & Deci, 2000). When these contexts are disrupted, as is often the case in virtual environments, the consequences can be profound. The shift to online education has blurred spatial and temporal boundaries, altered patterns of interaction, and redefined the roles and expectations of both students and teachers (Means et al., 2020). These changes have introduced new stressors while amplifying existing vulnerabilities (Cao et al., 2020).

From a scholarly perspective, the examination of mental health in online learning environments requires an interdisciplinary lens, drawing from educational psychology, sociology, digital pedagogy, and mental health studies (World Health Organization, 2022). This chapter seeks to critically analyze the challenges posed by online education, explore their psychological implications, and propose evidence-informed strategies for fostering well-being. In doing so,