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A Conceptual Study of Psychological Issue among Youth: With Special Reference to Dehradun and Nainital Districts of Uttarakhand

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Abstract:

(a) Introduction:- In the era of Digitalization, every one wants to keep updated, upgraded and technological, heavy work load emphasis too much pressure and burden on youth which leads to mental disorder, So this study is all about the kinds of mental issue faced by youth and how to overcome from this problem.

(b) Research Methodology:- Researcher has conducted survey of 400 respondents in the Dehradun and nainital district of Uttarakhand State. Random Sampling Method is used as a technique of data collection

(c) Results and Discussions:- Researcher has mentioned two tables in her study, table 1 shows data of respondents regarding kinds of mental disorder with they are dealing. And on the other hand table 2 reflects causes of mental disorder.

(d) Conclusions & Recommendation:- At end, researcher has find out some programme like:- Buran and District Mental Health Programme run by govt. to mitigate psychological problem and furnish some recommendations like:-organisation of mental health awareness program in each and every schools and Colleges, Appointment of Permanent therapist in school and colleges and establishment of psychiatric cell 24*7 for youth.

Keywords:- Neuropsychiatry, Sometoform Disorder, Eradicate, Investigation, Collaboration.

1- Introduction:

Starting with a beautiful quotation:- “Mental Health ... is not a destination, but a process. It’s about how you drive not where you’re going.” - (Noam Shpancer, Ph.D)

In this Competitive Era, all youths are so busy in their hectic schedule so that they couldn’t give time to their family, friends and near and dear ones. So much ambition of getting good job, luxury life and social recognition puts them into stressful situations which directly or indirectly affects their mental health. We much are enough aware that when these stress exceeds it take the form of depression which sometimes influences youth to suicide. Main reasons behind these

suicides are failure in examination, non - fulfilment of their goals and relationship (Break up and divorces).

We are going to discuss three main categories which affects psychological issue among youth:-

(I) Mental Health:-Mental health generally comprises all the human behaviour, thinking and feelings. Good mental health means zero presence of interruptions in youth's life which could hamper their mind.

According to World Health Organization (WHO), "Mental health is a state of well- being in which an individual realities his or her own abilities can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community".

WHO also beliefs that sound mental health is the removal of all disabilities, physical, personal, psychological, Societal and Biological factors affecting directly or indirectly youth's life.

(II)Mental Hygiene:- It is a practical implementation of all measures taken by govt. psychiatrists and education with respect of managing our mental condition hygiene.

It means all practices adopted by a youth to make his mind free, healthy and sound.

(III)Mental Illness:-Mental disorder or Illness is a combination of all circumstances which positively or negatively impacts youth's income status, topography, Demography, Nationality etc.

2-Review of Literature:

(I) Gaur & Ram (2016), Researchers in their paper titled:- " Mental Health Problems Among Youth in India and its correlates", depicts some socio-economic determinant responsible for mental disorders among youth generations. Researcher has used general health questionnaire G12, as a research instrument in her investigation as well as mono way analysis of variance has been implicated in research study Research paper tries to explain the relationship between some factors (like:- household, parental and individual) by using poisson regression analysis., to improve prevailing situation among youth, conducting a awareness programme on various controversy is very beneficial. The paper has highlighted two negatives i.e., taking entire state as a subject of study could give true and fair outcomes rather than taking some state for study, secondly , cross sectional study is unable to establish a cause and effect relationship, In this paper, the survey was divided into two clusters/ areas:- Rural and Urban- Rural areas are selected on the basis of some demographic, geographic, socio- economic and educational parameters like(size, location, caste system-upper, middle and deprived and educational level, on the other hand, if we talk about classification of urban area its divided on the basis of (blocks etc.), jobs of peoples were bifurcate into:- (a) blue collar job,(b)White collar job. There is one term " Gauna" that's used in this paper which means a tradition where young girls after gets married remains in her maternal house, until she attains the age of

maturity, when she becomes mature her in-laws comes to take her with them including dowry, this practices is still prevalent in the some areas of Rajasthan, Haryana etc. At last , researcher throws some light on a fact that, govt. formulate several policies and program, but its proper execution and implementation is necessary, that would be worthless if it remains only on paper.

(II) OECD (2017), Research article entitled:- “Children and Young People’s Mental Health in the Digital Age :- Shaping the Future”, reveals that excessive usage of social media and internet has a worst impact on mental health of peoples. Researcher also beliefs that digital platform is responsible for including all type of peoples whether they are normal or suffered from anxiety, depression and stress into a common society. This article focuses on evidence based 5 steps which is required to maintain good mental health i.e., connect, reactive, sharing, be mindful. Researcher has introduce his personal recommendation after analysis of article:-(a)Encourage industry to develop appropriate and accessible content.(b) Ensure children and youth people who of mental illness get help easily.

(III)Sieverding, Mania.et.al (2017), Research paper entitled:- “ The Mental Health of Youth and Young adults during the transition to adulthood in egypt”, explore the educational issue, employment issue as well as marital issues affects the life of a individual. Researchers has designed well structured questionnaire for the approx.15,000 people of age agroup between 10-29. Findings of this paper are:- (a)Women have recorded a very poor mental health as compared to men.(b)There is a positive correlation between poor academic records and psychological disorder.

(IV) Chadda, Rakesh.(2018), Researcher beliefs that with the introduction of IT industry in the nation has eradicate the physical activity, gathering among youth. There are so many cyber related offence occurs every day in youth’s life like:- Cyber bullying, Cyber Crime, etc. which enhances the level of mental disorders(anxiety, depression and stress). The most depressing game which has spoils the life of so many youths is Blue Whale, where they give so many depressing tasks from wrist cutting to suicide to youth, so after increment in the so many suicidal cases, Govt. has decided to ban this game. Apart of this paper entitled:- “Youth and Mental Health: Challenges Ahead”, examine the reducing risk factors, enhancing strengthening factor, that is needed for sound mental health of any youth. Findings of this study are as follows:- (a) HIV infection in India has recorded a decline of 46%,(b)Mortality rate from AIDS has reduced by approx.. 22%, (c) Youth Awareness Mental Health Programme should be conducted frequently in order to eradicate the suicidal attempts by their youth.

3-Objectives:

(A) To examine the mental health of youth in the State of Uttarakhand.

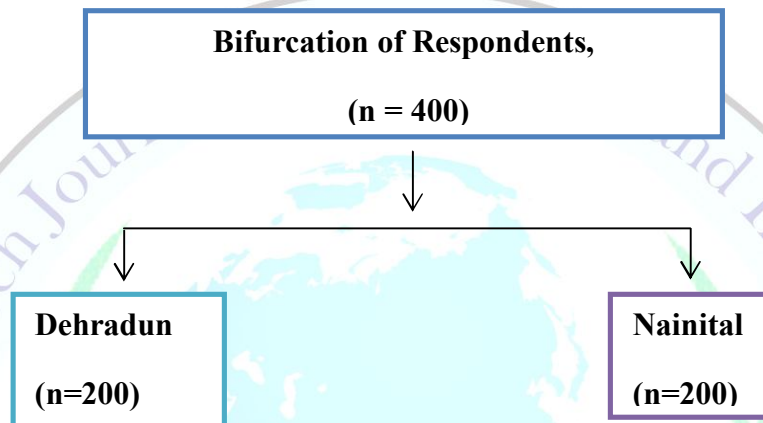
(B) Furnishing useful recommendations to the future researchers, Psychologist, Teachers and Govt. officials in order to eradicate the mental issue among youth.

4- Research Methodology:

This research study is descriptive in nature and depends upon both sources of data:- Primary sources includes interview method, on other hand second source of data encompasses:- Research articles, Research Paper and newspaper.

4.1. Sampling Method:- Random Sampling Method

4.2. Sample Size:- 400 Respondents(Youths)



5- Results and Discussions

5.1.- Data Analysis from Primary Source.

Table 1:- Data of Respondents Regarding kinds of mental issues they are facing

Particulars	No. of Respondents	Percentage of Respondents
(I)Anxiety Disorder	55	13.75%
(II)Mental Disorder	69	17.25%
(III)Clinical Disorder	93	23.25%
(IV)Personality Disorder	65	16.25%
(V)Psychotic Disorder	45	11.25%
(VI)Post Traumatic	53	13.25%
(VII)Eating Disorder	20	5%
Total	n=400	100%

Source:-Survey by Researcher

Data Interpretation:- Data in the above table reveals that approx.. 55(13.75%) respondents are suffering from Anxiety disorder , around 69(17.25%) respondents are having Mental disorder, 93(23.25%) respondents faces clinical disorder, 65(16.25%) respondents are suffering Personality

Disorder, 45(11.25%) respondents are having Psychotic disorder, 53(13.25%) respondents are suffering from Post traumatic and at last 20(5%) respondents are having Eating disorder.

Table 2:- Causes of Mental issues among youth

Particulars	No. of Respondents	Percentage of Respondents
(I)Failure in Examination.	108	27%
(II)Family Problems:- Domestic Violence, Financial Problems, Ignorance	100	25%
(III)Social Isolation	115	28.75%
(IV)Unemployment	77	19.25%
Total	n=400	100%

Source:- Survey by Researcher

Data Interpretation:- Data in the above table reveals that approx.. respondents gets depressed due to failure in examination, around respondents gets stressed due to their family issue like:- Domestic violence, Financial Problems, Ignorance etc. respondents depressed due to social isolation or boycotted from society. Respondents gets anxiety and psychological trauma or disorder due because of unemployment.

5.2. Data Analysis from Secondary Sources.

5.2. (a) Personal Experience Shared by Respondents who are facing mental issues

There is a brief description of some personal experiences shared by respondents and their advice in order to overcome from these painful circumstances:-

(A)Abhishekh, M.Com, D.A.V. P.G. College, Dehradun

He is pursuing his P.G. Course from one of the prestigious degree college, D.A.V. P.G. College, Dehradun. Due to so much pressure of study as well as responsibility towards his family puts him into big stress and a little depression. He further states that, he likes music, so he also believes that music is a great therapy to eradicate stress, anxiety and depression issue from an individual.

(B) Aradhna, B.Ed, Pestle Weed College, Dehradun.

She is pursuing her UG Programme from Teacher's Training Institute located at the roots

of Mussorie, she is facing a lot of problems, first one is family, second one is v being a married woman, to balance college and coaching is still a tough task, she is also preparing for banking examination, so busy in monotonous and rigorous routine, she explains that she is undergoing anxiety issue, depression issue and psychological trauma, so get rid, she took help from her family as well as friends and along with this she also enhances her hobby skills.

(C) AshutoshKukretti, working as clerk at SBI Bank, Srinagar Garhwal

He is currently working as clerk at SBI, Garhwal, he further explains that, he has a stage fear as well as some personality disorder, hence he consulting one psychiatrist since 2 years, so he is continuously do mental exercise and therapy to overcome from his problems.

(D) Tanya Aggarwal, Research Scholar, SGRR University, Dehradun.

She is pursuing her Ph. D from SGRR University, along with her research she is also preparing for Civil Services(UPSC-CSE), So, due to difficulty in balancing her research and civil services, she sometimes get so stressed because of her relationship issue. To deal with break-up the most important thing is engaging ourself in some useful and interactive practices like:- Dancing, Singing, Painting, Reading etc.

(E) Kalpana, B.A. (Pol. Science) (Pass out), M.K.P. P.G. College, Dehradun.

She has pass out from college in the year 2016 after that she continuously faces a failure in all entrance examination given by her. These heart wrenching circumstances leads her into severe depression, so to come out of this situation she starts seeking help from teachers, parents and friends, who have provided her bestest advice regarding her mental health. She goes into a depression because she couldn't bear the pain of failure in examination, she also attempted suicide that time, but fortunately saved by doctors, she acclaims that not others as lucky as she was.

(F) Monika, B.S.C. IGNOU, Haldwani.

She is pursuing her graduation in science stream, along with academic course she also takes coaching of Combined Defence Services (CDS) from Prakash Institute. Due to heavy workload she is overstressed and many times gets frustration because of examination pressure, Family issue like financial crisis, expectations and comparision as well as social isolation (far away from society or community). Later on, she tells us that dealing with mental illness is a normal thing we shouldn't be ashamed of.

(G) Aakash, M.B.B.S, SusheelaTiwari Medical College, Haldwani.

Aakash took admission a M.B.B.S Collegein the year 2018, he had a stress to qualify NEET

Examination conducted by C.B,S.E., and after qualifying examination, he starts studying M.B.B.S, which gives him unlimited stress, anxiety, disorders etc. So, all medical faculties as well as under training doctors/ students states that “M.B.B.S. takes blood from you”, which means this study is so tough, apart of theoretical you have to become expert in practical also, that makes you ready to face real life situation which every medical students will observe in hospitals. So, he starts developing some hobby like:- Painting that relaxes him so much, he also advises to all youth relate to dealing with mental issue.

(H) Prinjal, work as manager at JalSansthanHaldwani.

He is currently working as a manager at jalsansthan and being a married guy, to manage each and every thing is very difficult for him. He deals with so many problems like:- family, job,etc. So, he felt some stress and anxiety, in order to mitigate such types of issues, he took the help of therapist, who gave him some intellectual game like interpretation of cards.

(I) Arpita, M.B.A, Surajmal, Kiccha, Haldwani.

She is pursuing M.B.A. and facing financial crisis because, her husband lost his job in this pandemic , she also faces domestic violence on daily basis, which leads her in to severe depression, managing her studies and family becomes so much tough task for her. Sometimes, she gets so tensed that she had thought of ending her life. She has undergone through the procedure of psychiatrist treatment.

(J) Parul, M.Ed, Mahilla Degree College, Haldwani.

Parul is a M.Ed student and a UPSC aspirant, she was facing hugedepression., to get rid from this heart wrenching circumstances,she decided to do some community work which gives her so much peace. She also stated that charity work is a great therapy which enhances your skills and mental peace or hygiene.

5.2. (b) Organisations for Mental Retarded Persons in the state of Uttarakhand

(I) SG Foundations/ Dry DeAddiction Centre in Dehradun.

(II) Bella health Care Charitable Trust/ Krishna Clinic.

(III) CHGN.

(IV) Venro Care Centre, Neuropsychiatry and Psychology.

(V) Shraddha Rehabilitation Foundation.

(VI) Hans Foundations.

(VII) State Mental Health Institute.

5.3. Mental Health Programmes run by govt. for Youth

5.3. (a) Brief Description about the Project Buran

Project Buran is an initiative taken by Emmanuel Hospital Association in collaboration with Uttarakhand Community Global Health network, its main motto is to provide a better assistance as well as remedies to all the youths .It furnishes all the services and resources to their community which would be helpful in framing a sense of social well-being.

This project was started in 2014, with a one project officer and 3-4 other members in a Communityteam, whose work is to building a efficiency of youth with their experiences. Some of the experts in this project are non-specialist who has acquired special training of this program.

All the Variances and Circumstances occur in the life of community is the prime responsibility of this organisation. To keep update and upgrade the officers of this projects frequently contact with their senior assistants and experts for panel discussion, conducting workshops Existence ,Efficiency and Effectiveness of any project team depends upon their level of standard, resolutions and optimum resources.

5.3. (b) District Mental Health Programme, Champawat, Uttarakhand.

To recognise, diagnosis and analysis of a psychiatric circumstances in people is the toughest task for all primary care doctor, in order to eradicate these type of issues, Champawat District of Uttarakhand has launched a programme entitled:- “Primary Care Psychiatry Program(PCPP) on March 2018. Uttarakhand Govt. is conducting this program in all over districts of the state. This program is basically of 4 modules, except basic the remaining three modules are conducting electronically. 4 Modules of this programme is bifurcated as follows:-

- (a) Basic Consite, 10 days, residential.
- (b) Advanced (Tele on Consultation Training OCT).
- (c) Video Conference based continuing skill development (V-CSD).
- (d) Collaborative video consultation (IVC Module).

(a) Basic Consite, 10 days, residential:- This module is all bput the training provided by NIMHAN to 10 PCDs in order to diagnosing, indentifying the psychiatric problems among youths. The Schedule of basic module are as follows:-

Table 1 (a) - Content of Classroom Based Training (CRT) Curriculum of the Basic Module of PCPP.

Content of the Session	Hour of Training	Method used
(1)Tobacco Addiction & Alcohol Disorder.	2.5 Hours	Live Demo and Interactive Session
(2)Psychotic Disorder.	2 Hours	Interactive Session
(3)Depressive Disorder.	2.5 Hours	Interactive Session and Role Playing.
(4)Anxiety Disorder.	2.5 Hours	Interactive Session and Role Playing
(5)Somatoform Disorder.	1.5 Hours	Interactive Session and Role Playing.
(6)Child Psychiatry.	2 Hours	Interactive Session
(7)Perinatal Psychiatry.	1.5 Hours	Interactive Session
(8)Medico Legal & Disaster Psychiatric.	2.5 Hours	Interactive Session
(9)Emergency Psychiatry.	3 Hours.	Live Demo
(10)Electro Convulsive Therapy Session.	1.5 Hours	Live Demo

Source:-nimhans.co.in

Table 1(b)- Overall Clinical Teaching/ Training in the Basic Module

Type of Session	Hours of Training
(1)Interactive Session	18 Hours 30 Minutes
(2)Live Demonstration like:-ECT.Suicidal assessment.	17 Hours
(3)I-OCT Sessions.	3 Hours
(4)Tele- OCT Training	2 Hours 30 Minutes
(5)Field Visit.	3 Hours
Total	44 Hours.

Source:-nimhans.co.in

(b) CVC Module.

In this module, a well trained telepsychiatrist consults pcds in order to do case study of their patients and furnishing good treatment .

(c) V-CSD Module.

Here, every pcds with psychiatrist prepare a presentation on psychiatric disorder and get critically examined by consultation before execution.

(d) Tele OCT Module.

This module is all about digital consultation with their patients and providing e- prescription to them.

6-Conclusion:

From the above study researcher come to a conclusion that this is the era of digitalisation as well as competition where every youth wants to come first in this race and wants to update and cope with this innovative technologies, so these technologies has a good impact and a bad impact also, it not only hamper the mental health of youth but also affects the environment ,excessive usage of internet and social media has eliminated the physical activity, gatherings ,social work among youth. Engaging in hectic life schedule our youth has face such type of mental health issue like:-stress, anxiety and depression which leads to suicide, paper has examine several parameters of measuring mental health of youth, as well as researcher has discussed about the project buran and district mental health problem program. At last, not least researcher found that despite of having so much work load on youth it is require to maintain their mental health good and sound researcher has provided some recommendations which are as follows:-

- (I)** A proper mental health awareness programme should be conducted in every school and Colleges on a frequent basis.
- (II)** Appointment of well qualified and experienced faculty for the post of therapist in every school and colleges.
- (III)** A proper mental health and hygiene cell should be established with 24*7 services in each and every school and college where any youth who face such type of issue could consult their therapist any time whether face to face, telephonic and virtually.

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(c) Magazines:

(I) Lost Connection.

(II) Progress in Neurology and Psychiatry.

(III) Promoting mental Health.

(IV) Treating Patients with Mental Disorder.

(d) Newspaper:

(I) Amar Ujala.

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