

AN ANALYSIS TO EXAMINE THE MENTAL ILLNESS, AND ORDINARY ANXIETY AND DEPRESSION ON TEENAGERS

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ABSTRACT

Mental state is influenced by a variety of things. Teenagers with mental illnesses are more susceptible to social isolation, prejudice, humiliation which influences their willingness to seek assistance, educational challenges, risk-taking activities, physical illness, and abuses of human rights. Teenage depression and anxiety have been related to stressful conditions, a worse standard of living, including, in extreme situations, suicide. The undertaken research paper is a study conducted upon evaluating the Mental Illness, and Ordinary Anxiety and Depression on Teenagers. The objective of the paper is to emphasis on individual mental impairment primarily approached. The paper also evaluate the restricted conceptual framework given to those suffering from mental illness in order to identify the problem within the individual. Further the paper discuss the issue with the rising pathologizing and medicalization of humans in contrast to mental health issues. Through a descriptive research approach the paper has been presented. By gathering secondary sources and employing a qualitative research approach, the study closely analysed the research aims and objectives. And the interpretive and descriptive techniques are utilised to generate results which states that treating serious mental health issues with a combination of psychotherapy and medication is far more beneficial than both therapeutic approaches individually. Psychiatrists should not be the only providers of mental care who are educated to treat mental disorders.

Keywords : Mental illness, Anxiety, depression, health, doctors, teenage, phycology,

1. Introduction

Teenage is a special and crucial period of life. Teenagers might become sensitive to psychological stress as a result of bodily, mental, and social aspects, such as deprivation, mistreatment, or violence. Teenage health and well-being largely depend on safeguarding them from stress, supporting socio-emotional development and mental well-being, or rather guaranteeing accessibility to healthcare treatment. Teenagers with mental illnesses are more susceptible to social isolation, prejudice, humiliation which influences their willingness to seek assistance, educational challenges, risk-taking activities, physical illness, and abuses of human rights. The research article under consideration is a study done to explore Mental Illness, Common Anxiety, and Depression in Teenagers. The primary goal is to determine why more teenagers are suffering from anxiety and despair these days (Khesht-Masjedi, et al., 2017). In addition, the article will address the contrast between normal anxiety and mental illness.

1.1 Background

Teenage is a critical time for acquiring emotional and social patterns that are essential for mental health. Developing sleep routines, getting regular exercise, building calmness,

problem-solving, including communication skills, while learning to control emotions are all examples. Protecting and supporting environments are essential in the home, at university, as well as in the larger society. More the health issues teenagers are subjected to, the worse their psychological state may suffer (Horowitz, & Graf, 2019). Sensitivity to hardship, social pressure to live up, and personality discovery are all things that contribute to anxiety throughout puberty. The difference between a teenager's experienced realities with actual beliefs or hopes and aspirations can be exacerbated by media impact and gender conventions. The stability of their family life as well as their interactions with peers are also crucial influences. Assault, particularly sexual assault or otherwise bullying, as well as tough parenting with serious acute economical challenges, are all known hazards to one's mental health (Denizet-Lewis, 2017).

1.2 Literature Reviews

Stress and depressed mood in teenagers just aren't clinically distinct mental health problems from stress and anxiety in adults. Furthermore, the signs of these illnesses may manifest significantly in adolescents than those in adults. Detached anxiety disorder, specific

phobias, generalised anxiety attack, obsessive-compulsive disorder (OCD), panic disturbance, and fears are the most frequent symptoms of anxiety among teenagers. Anxiety and depression abnormalities are frequently co-occurring with certain other anxiousness or psychotic swings (Cheng, & Furnham, 2019). This might be because of the various psychosocial and behavioural obstacles that teens confront, such as hormone changes, maturing bodies and minds, plus peer influence. Teenage depression and anxiety have been related to stressful conditions, a worse standard of living, including, in extreme situations, suicide. Approximately 3.2 million persons, as per the National Institute of Mental Health suffer from mental illness every year. In 2017, Study From the national trusted sources aged 12–17 years in the United States experienced at least one serious deep depression. This equates to 13.3 percent of all teens in the United States. As per the Anxiety and Depression Association of America, 80% of children with a medically diagnosed anxiety condition do not undergo care, despite the fact that depression and anxiety are extremely curable (Centres for Disease Control and Prevention, 2018)! The sooner it is detected, like with other disorders, the simpler it is to cure.

According to the National Institutes of Health, depression and anxiety occur in nearly one-third of all youths aged 13 to 18. These estimates have indeed been steadily rising; mental health problems among children and adolescents expanded by 20% between 2007 and 2012. Anxiety is a typical response to a wide range of activities and circumstances in human life. Anxiety is among the innate alert system, alerting individuals to risk or other dangers while preparing human brains to battle or flee a harmful circumstance. This is referred to as the 'fear, flight, or stop' reaction by scientists. Anxiety, in moderation, might be beneficial occasionally (Berman, 2018). It really can, for example, encourage people to study for a midterm exam or achieve an objective at work. Although positive occurrences, such as relocating to a different house or achieving a significant milestone, can cause anxiety—all it's part of the human experience. Anxiety is now an issue once it

becomes overpowering or uncontrolled and appears suddenly. Anxiety disorders are serious mental diseases that seem to have a significant influence on daily life. In effort to reduce worry, individuals may forgo carrying through their normal life. They might just have a variety of unpleasant bodily feelings and health issues. Most folks claim they are aware that their worry is unfounded, yet nevertheless feel 'imprisoned' by their thoughts and sensations (Blakemore, 2019).

Anxiety is ordinary if..

- Is concerned with a specific scenario or problem
- Only serves the same purpose as the scenario or problem does.
- Is appropriate for the context or problem
- Is a reasonable answer to a reasonable circumstance or scenario

When a person suffers from an anxiety problem...

- Anxiety can appear abruptly and for apparently no cause.
- They may have a considerably higher anxiety response to a circumstance or problem than they would expect.
- Individuals may encounter a number of false worries, like fear of a circumstance that will almost certainly never occur (Galvan, 2017).
- Anxiety might remain for a long period, even after the event or issue has been handled.
- Stress may appear to be hard to manage or control.
- People may prevent things or items that they fear would cause anxious symptoms.

1.2 Research Gap

The study focuses on describing the fundamental parts of the issue that previous research has overlooked. The gap will be bridged as the article exposes the significant challenges of mental impairment among the growing generation of teenagers. The research vacuum has been filled by concentrating on concerns connected to anxiousness and depression, which are perhaps the most common mental health issues among youth today. The report also bridges the gap by highlighting difficulties related to the increasing pathologizing and medicalization of

people as opposed to mental health issues (Luz, et al., 2018).

1.4 Research Question

1. How is the emphasis on individual mental impairment primarily approached?
2. What is the restricted conceptual framework given to those suffering from mental illness in order to identify the problem within the individual?
3. What is the issue with the rising pathologizing and medicalization of humans in contrast to mental health issues?

1.5 Importance of the Study

The study is essential since it objectively addresses the primary goal connected to Mental Illness, Common Anxiety, and Depression in Teenagers. The study has simply done service to the study purposes by identifying the primary cause of teenage anxiety and sadness. Furthermore, the paper has been shown to be important since it distinguishes between normal anxiety and mental illness. Furthermore, the study tackles concerns such as social conditioning, educational expectations, and shifting physicality in a concise manner (Lamblin, Met al., 2017).

1.6 Research Objectives

1. To emphasis on individual mental impairment primarily approached
2. To evaluate the restricted conceptual framework given to those suffering from mental illness in order to identify the problem within the individual
3. To discuss the issue with the rising pathologizing and medicalization of humans in contrast to mental health issues

1.7 Scope and Limitation

Despite the fact that the paper rigorously analysed all of the factors required for presenting the organised aim and research question, the study had a few limitations. The scope of the publication is confined to the study of mental disorders in teens. There has been no research on any other age group. Furthermore, the article is confined to anxiety and depression, despite the fact that there are several other types of mental disease that impair adolescent psychological states (Hart, et al., 2020).

2. Research Methodology

The data collection strategies used in research activities are dictated by the research methodology. The study provides a detailed understanding of what elements are required for the research strategy. To analyse the goals of the study, the study adopts a research methodology as a foundation for including particular procedures and methods of evidence collection. The next part explores the techniques and tactics employed to create the study feasible, and then employs a different model to assess the study questions and goals (Snyder, 2019). This section assesses a variety of studies, methodologies, and data gathering methods utilised for the planned research topic to ensure that the technique is grasped and also that the work is valid.

2.1 Research Method & Design

The study method is an all-inclusive set of research procedures. Throughout the thorough investigation, the information will be analysed towards certain requirements to ensure authenticity, consistency, and relevance to the subject of study that this research is attempting to address. Google Scholar and ResearchGate were utilised to discover sources for this research during the research investigation. The descriptive research approach was employed to support this research since it might aid in the establishment of relationships here between variable quantities and their effect on accomplishing goals, such as management and creation (Dźwigoł, 2018). By gathering secondary sources and employing a qualitative research approach, the study closely analysed the research aims and objectives.

2.2 Research Approach

In data analysis, the interpretive and descriptive techniques are utilised to generate results. All data received is extensively analysed and sorted to verify that just pertinent information is available for the results' findings. The qualitative research method is used to assess mental disorders, as well as common anxiety and sadness. The researchers conducted this study using an inductive strategy, which assists in the creation of the study based on the research objectives. It also would concentrate on building and presenting

new designs and ideas based on the data acquired. The monitoring of this technique also contributes to the outcome of the assessment.

3. Analysis of Study

1. How is the emphasis on individual mental impairment primarily approached?

The investigation of a mental problem appears to be typically direct at first: Patients appear with presentations or visible indicators of sickness; health professionals do an analysis based on all these adverse reactions and indications; because they provide treatment, counselling, or perhaps both, as necessary. Nonetheless, despite a dramatic expansion of information regarding mental illnesses over the last 50 years, understanding of their elements and cycles remains basic (Loton, & Waters, 2017). Two significant analytic manuals-the International Classification of Diseases and the Diagnostic and Statistical Manual of Mental Disorders-give grouping frameworks pertinent to general wellbeing, clinical analysis, administration arrangement, and explicit exploration applications, the previous universally and the last principally for the United States. Conversely, the National Institute of Mental Health's Research Domain Criteria gives a system that underlines joining of fundamental conduct and neuroscience exploration to extend the comprehension of mental issues.

The major advancements produced in genetics and brain imaging in perhaps the most accomplished task of many years has made biological psychology better anchored than in any moment and contributed to the relativism of psychological disorders as mental disorders (Nesi, 2020). The exclusively biotechnological schemes for recognising psychological problems have managed to gain jurisdiction, influencing feelings of well-being professionals and also endeavours aimed at working on open personalities forward towards the outrageous. As a result, the statement "psychological illness mirrors a few other ailments" has nearly become clichéd, and therefore by definition, it demonstrates a known reality that does not require evidence.

In an indescribable fashion, via a variety of interactions and characteristics of varying

importance that alter the individual's thinking, discerning, and understanding about themselves, everyone else, and the surroundings. This is evident to a greater extent with more serious mental difficulties, such as psychiatric disorders and bipolar mania, but to a smaller but significant extent with anxiety, mood, overeating, as well as other psychological concerns (Himelstein, 2019). Feelings, discernment, cognition, and activity constitute the essence of human character and the concept of "self," and they are the ideal areas for dealing with mental disorders.

Introducing dysfunctional behaviour as some other clinical ailment frequently suggests a clinical treatment medicine much of the time as the predominant treatment methodology. Patients' dismissal of the treating clinician's clinical disease model is by and large portrayed as absence of understanding and starts the pattern of nonadherence to prescription, which then, at that point, makes an interpretation into nonadherence to treatment. In all actuality, in the event that patients and families are permitted to express their attributional models, given credit for their "experiential information" and urged to go into a discourse with the treating clinician, it is more probable there will be some agreement on acknowledgment of suggested treatment (Gong, & Xie, 2020).

Basically looking for an aphorism of "psychological instability resembles some other clinical ailment" is, best case scenario, working on a mind boggling human issue and even from a pessimistic standpoint giving a significant raw deal to patients, their families and the emotional wellness field.

Exceptional advances have been made in the treatment of psychological sickness. Subsequently, numerous psychological wellness problems would now be able to be dealt with so effectively as actual issues.

The majority of mental healthcare strategies may be classified as either

- Somatic
- Psychotherapeutic

Medications, psychiatric treatment, and other brain-stimulating procedures such as repetitive transcranial magnetic as well as vagus nerve activation are examples of somatic therapies (Scrofano, 2019). Personal, corporative, community, and marital therapy, behaviour

therapy approaches like mindfulness meditation or systematic desensitisation, and hypnosis are examples of psychotherapeutic therapies.

2. What is the restricted conceptual framework given to those suffering from mental illness in order to identify the problem within the individual?

Because everybody is distinct, it may take a little practice to discover the proper drug or dosage and treatment for the teenager's mental illness. Patience is required because some treatments take a few months or longer to fully take impact as well as for adverse effects to subside as the body responds. Encourage the youngster to persevere. Natural characteristics influence how pharmaceuticals impact different types of people. In rare circumstances, if accessible, the findings of genetic screening (conducted by blood sample or cheek sample) may provide insight into how the individual may react to a specific antidepressant. Nevertheless, factors other than heredity can influence medicine response (Ivey, 2020).

Keep a close eye on the teen's pharmaceutical use is very important. Antidepressants must be taken regularly at the specified dose for them to be effective. Because overdose is a problem for depressed adolescents, the doctor might recommend just limited quantities of medications at a moment, or advise families to divide out medicine because then the teen doesn't even have a big number of tablets accessible in one go (Moreno, & Radovic, 2018).

If the teen has troublesome withdrawal symptoms, he or she must not discontinue receiving antidepressants without consulting with a doctor. Some antidepressants might create symptoms of withdrawal except if the dose is gradually weaned off – abrupt discontinuation may result in a dramatic exacerbation of depression. Psychoanalysis, often known as psychological treatment or interpersonal psychotherapy, is a generic term for depression treatment by discussion with a health professional concerning depressive episodes and related concerns. Various types of treatment, like cognitive behaviour therapy or talk psychotherapy, can be useful for depression (Scarborough, 2018).

In certain youngsters, melancholy is so extreme that a clinic stay is required, particularly assuming your high schooler is at risk for self-mischief or harming another person. Seeking mental treatment at a medical clinic can assist with guarding your high schooler quiet and until manifestations are better made due. Day treatment programs likewise may help. These projects offer the help and directing required while your high schooler returns gloom side effects to normal.

A significant thought for essential consideration suppliers and guardians is the means by which to recognize fears that are important for commonplace advancement from an uneasiness problem. Ordinarily during advancement, youngsters might fear specific items or circumstances. Be that as it may, these regulating fears are regularly transient and don't bring about practical disability, interestingly, with nervousness issues which continue and meddle with a young adult's working at home, school, or with peers (ERIC TAYLOR, 2019).

There are a few other mental and ecological danger factors that might separate ordinary feelings of dread from uneasiness issues in youth. Conduct restraint is an unstable trademark alluding to the attribute of some small kids to display expanded dread because of new circumstances. Social hindrance can be evaluated through parent-report or review self-report or estimated in the research facility by presenting small kids to novel circumstances and noticing their conduct. Social restraint is related with tension problems in later youth and puberty. uneasiness problems in teenagers are an undertreated significant wellbeing concern. They present in basically the same manner to grown-up nervousness issues for certain extra elements, including physical side effects, conduct concerns, and comorbidity (Goldstein, et al., 2010). Uneasiness problems can be dealt with utilising psychotherapy, most prominently intellectual conduct treatment and pharmacological intercessions, and a mix of both of these modalities is the best type of treatment. Juvenile uneasiness regularly follows a constant course with and furthermore prompts different problems, for example, misery and substance use in adulthood.

3. What is the issue with the rising pathologizing and medicalization of humans in contrast to mental health issues?

It is critical to realise that drugs do not fix mental health problems. They can reduce or eliminate the signs of mental illness, however if people quit consuming them, the problems may return. If there's something that the psychological health medicine concerns, it is critical that individuals discuss it with the doctor or therapist before discontinuing any prescription, as discontinuing drugs abruptly might result in undesirable side effects. The proportion of poor and medium income nations lack sufficient treatment for persons with mental problems (Ogden, Hagen, 2013). In these nations, the primary treatment strategy for people with serious mental problems is a pharmaceutical approach. Patients confront several problems when it comes to addressing their drug needs. In this situation, a large proportion of people with serious mental illnesses go untreated. Some of the crucial features necessary for the implementation of adequate treatment programs include frequent and enough supply of suitable, safe, and inexpensive drugs. Antidepressants are an essential component of the overall therapy that offers alternative approaches for those dealing with mental diseases.

Addiction is a typical issue for individuals in psychiatric hospitals. Psychological health programs are accessible at no cost. Relapse issues with patients and consumers visiting district health care facilities, on the other hand, are highly prevalent (Child and Adolescent Mental Health. 2017). Non-adherence to treatment, adverse reactions, and a lack of understanding about symptom control between patients and relatives are the most key factors contributing to recurrence.

The hospital's management system, followed by procurement by the mental health profession, was reported to be the cause of insufficient medicine supply. It was surpassed by the sufferers' urgent need for medication. As a result, the psychological department of health might order the drugs, but owing to the lengthy procurement system, the requested medications may not have been accessible, as stated by

several of the health practitioners (Brinkerhoff, 2014).

Patients' access to and price of psychiatric drugs are major issues. This has been ascribed in addition to inadequate funding to support healthcare facilities' budgets, as well as technological issues supplied by both public hospitals and other participants. It is critical to provide an appropriate availability of psychotropic drugs in health care institutions in order to enhance mental health treatment. The availability of psychotropic drugs is important in managing the public health problem of neglected mental diseases. These results suggested that the government and policy makers should improve financing for critical psychotropic drugs (Changing Adolescence: Social Trends and Mental Health. 2012).

4. Results

As per the literature review and the data analysis of the research question the results withdrawn from the analysis of the above mentioned research paper states that anxiety and depression in teenagers can result in major psychological health issues. It can impair one's capacity to focus and study, resulting in educational troubles that can last a lifetime. It could also cause bodily issues including such hypertension, persistent discomfort, digestive issues, and, in the long run, cardiovascular disease. Anxiety disorders affect all populations, including urban, metropolitan, and people in rural areas. They have an impact on both college-bound and non-college-bound students. Most research suggests that treating serious mental health issues with a combination of psychotherapy and medication is far more beneficial than both therapeutic approaches individually. Psychiatrists should not be the only providers of mental care who are educated to treat mental disorders. Psychologists and psychiatrists, clinical nurse specialists, including mental health workers are among the categories. Conversely, in certain states, doctors and mental health registered nurses have been the only treatment and rehabilitation providers who are licensed to prescribe medicines. Psychotherapy is the primary focus of other treatment and rehabilitation providers. Many primary care physicians and certain other

types of physicians give medications to address mental health concerns.

5. Conclusion

According to the findings of the above-mentioned research paper, teen depression influences a new generation of students. Depression is a leading cause of teenage suicide, so it must be taken more seriously. It is critical to identify depression in adolescents as soon as possible. If the adolescent exhibits depressive symptoms, take him or her to a psychotherapist. Care is probably a combination of psychotherapy and medication which can be incredibly efficient. As a result, creating a robust relationship with an adult can serve to protect teens from anxiety or depression. This correlation would have been with a responsible adult, and it could also be with someone else. Anxiety and depression are often accompanied by feelings of self-blame and shame. Adolescents who hold these views may distance themselves from their parents. If this is the case, families can assist their kid in developing a relationship with a person of authority, including a coach, guidance counsellor, or the responsible adult of a companion.

5.1 Future Scope

Although the paper has critically evaluated every aspect of the topic, the future research is recommended to evaluate other criterias for a more brief study material. The future research should be focused on other age groups such as children and orderly people. The research should also evaluate various innovative treatment procedures that are being followed by health institution to deal with tough patients suffering from anxiety and depression as they usually are not prepared for treatment.

5.2 Suggestions

- Teenagers who want to stop being depressed should think about the remedy introduced because it will assist them get better.
- Teens could perhaps understand that anxiety is a psychological disorder that can endanger their lives for good. As a result, they must put the proposed fix into action in knowing the possible effects of depression.
- Adolescents should receive therapy as it will undoubtedly aid in their healing.
- acknowledgement must be raised on all levels of the society in order to educate youths who are depressed.
- Depression is a serious issue that must be addressed right away.

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