



## Mental Health Education to Youth

### KEYWORDS

Mental Health, Depression, Anxiety, substance abuse.

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**ABSTRACT** *There are more than 1522 colleges and 567 universities in India with more than 07 million students enrolled across the country. Depression, anxiety, substance abuse, eating disorders, and other serious mental health problems are prevalent on campuses across the nation. A large national survey of college students identified rates of depression (44%), episodic binge drinking (45%), and suicidal thoughts (10%) that highlight the need for adequate mental health care. Suicide is currently the second-leading cause of death among college students; resulting in approximately 1100 deaths per year college-age adults are especially vulnerable to mental health problems, in part because many such problems first emerge in the late teens or early 20s. It's also notable that there is no coverage of Mental Health aspects in the Syllabus of Education Except specializations. There is a need for the inclusion of mental health component in the syllabus of each and every course and in a specific level. This paper is an attempt to develop a module on mental health education that can be offered as a compulsory paper for all the under graduation courses irrespective of discipline across the country.*

### Introduction:

The organization of mental health services demands a wide variety of interventions, ranging from public awareness, early identification, and treatment of acute illness, family education, long-term care, rehabilitation, and reintegration and ensuring of human rights of the ill persons. In addition, a mental disorder consists of a wide variety of clinical conditions, some self limiting (eg. acute stress reaction) and others lifelong (eg. mental retardation). The other aspect of importance is the unwillingness/unawareness of the ill person, in some clinical conditions/situations to seek help on his own. All of these factors have to be kept in mind in planning of mental health services at the primary, secondary and tertiary levels. The mental health in the community encompasses a wide variety of needs. These include (i) serious mental disorders in the community; (ii) persons with Acute conditions; (iii) persons with long-standing(chronic) mental disorders;(iv) mental disorders in primary health care; (v) mental health of women; (vi) children and adolescents- school going and out of school; (vii) special groups like refugees, survivors of disasters, (viii) persons attempting suicide; (ix) public mental health education; (x) persons in institutional settings;(xi) prevention of mental disorders and (xii) promotion of mental health(SrinivasaMurthy et al,1978, Chandrasekar et al,1981, Parthasarathy et al,1981,Chatterji et al,2003, Srinivasa Murthy et al 2004, Thara et al,2008, Thirthahalli et al,2009). Due to the very limited public awareness in the community the need for educating the community people regarding the mental health and mental illness is becoming a necessity in the country. Mental disorders are traditionally very much stigmatized and persons with mental disorders experience many forms of discrimination. This largely arises from lack of information about the importance and nature of the mental health and mental disorders, how individuals can maintain their mental health and the treatability of mental disorders, the reversibility and the biological basis for many of the mental disorders. Specifically, there is need to share with the general population: principles of child growth and development; emotional needs of individuals in different stages of life; response to stress and its presentation in individuals; importance of family in child devel-

opment; importance of family in crisis situations; the value of social supports in maintaining mental health; adolescent experience and manifestations of adolescent behaviour; early symptoms of mental disorders; treatment methods ; importance of work in rehabilitation of mentally ill persons; avoidance of mistreatment of persons with mental disorders; understandability of mental disorders ;what individuals, families and communities can do to promote mental health, prevent mental disorders and care for mentally ill persons.

### Reasons for giving youth (students) special considerations

The youth constitute a big sector of the population (about 1/6) and this number is quite a big number in India that can be used for both constructive and the destructive proposes. Looking at the largeness and the ability to convey the knowledge its workable idea that by educating this large group it's easy to change the stigma attached to mental health aspect. Not only in Indian context all over the world the college students are considered a vulnerable group because they are growing exposed physiologic, mental and emotional stress at home or college. During the school, college level the students are more open to the new things and they are more interested to learn and experiment the new things. Hence School years are the best opportunity for mental health education the things will be changed by the youth power and the youth group is the strongest group so that can be effectively utilized for the purpose of the construction of the society. By educating the youth in the nation we can easily reach their parents and through their children we can bring the changes in the thinking of the parents on mental health. We can also reach the community through the students more easily. It's believed that the Education is the best way to bring the changes in the mind of the people and it's also possible to bring the rapid changes among the peoples life through the education. For the success of any policy, programme, or effective implementation of any law related to mental health education is must.

### The Big Picture

There are more than 1522 colleges and 567 universities in India with more than 07 million students enrolled across the country. Depression, anxiety, substance abuse, eating disorders, and other serious mental health problems are prevalent on campuses across the nation. A large national survey of college students identified rates of depression (44%), episodic binge drinking (45%), and suicidal thoughts (10%) that highlight the need for adequate mental health care. Suicide is currently the second-leading cause of death among college students; resulting in approximately 1100 deaths per year college-age adults are especially vulnerable to mental health problems, in part because many such problems first emerge in the late teens or early 20s. It's also notable that there is no coverage of Mental Health aspects in the Syllabus of Education Except specializations.

### Objectives of the programme

- To help improve the mental health of youth by the effective translation and transfer of the best available scientific knowledge.
- To promote mental health and reduce stigma through enhancing the mental health literacy of students, educators and parents.
- To address prevention and promote appropriate and timely care through early identification and evidence-supported site-based mental health interventions.
- To enhance formal linkages between schools and appropriate health care providers (primary/specialty)
- To provide a framework in which students receiving mental health care can be seamlessly supported in their educational needs within usual school settings.
- Integration of mental Health with education through mental health programme.
- Identify and describe mental health issues facing individuals on college and university campuses
- Review the importance of information sharing
- Eradication of stigmatization of mental illness.
- Changing the attitude of the people towards the mental illness & mentally ill person.
- Prevent the suicide among the college students

### Participatory group/target group

The programme targeted to the undergraduate level students irrespective of their subject combination in all the university departments and the affiliated colleges (both Government & Private Colleges of Karnataka)

### Source of funding

- NCERT- National Council for Educational Research and Training
- UGC- University Grant Commission
- The Educational Ministry of the State and Central
- DCE- Directorate of Collegiate Education.

### What is the setting?

- The programme will take place in Colleges and the Institutions which provides the Undergraduate level Educations.
- Initially the program will be started in Karnataka and based on the success of the programme it will be started all over the India.

### Strategies

Setting up the Mental Health Awareness clubs (Ex. NSS, NCC, and Eco club) the club will be named as the Health club in order to avoid the stigmatization of the mental health concept. Along with the mental health literacy and the education the basic information on the food and nutri-

tion and the health and hygiene will be provided. There will be a per supporters group with in which the student volunteers visit the community as small groups at least once a month and spread mental health education and literacy to the parents through awareness programmes and street play, skit, role play, staging drama, etc.

### What are the works carried out by the clubs?

- Awareness building- class room teaching, guest lectures by the eminent personalities.( a syllabus will be prepared as general for all the courses and all the colleges basics of understanding the myths and miss conceptions are included in the syllabus)
- Movie screening -that spurs conversation around mental health issues. Most important, show a movie that depicts reality, not one that buys into the stereotypes. Movies to consider: Girl, Interrupted; A Beautiful Mind; Benny and Joon; Ordinary People; and Shine.
- Debates- where the students can clarify their doubts and they can also understand the myths of mental health.
- Organize a "De-Stress Fest" – in the colleges and the institutions in order to understand the concept of the mental health and to grab the attention of the youths and it also a funny activity which will provide both the learning and the stress relief for the student and the faculty .
- Organize a run/walk-Every year, organizing a "Stamp out Stigma" run so that the run itself educate the people and make the public once think about the mental health aspect and the run it self help the student to participate and integrate themselves in the future programmes and the general public may also be given awareness by this run or the walk.
- Delivering talks on mental health issues- organizing the talks by the professionals in and the around the locality on different issues of the mental health and the needs of the mental health. This can provide the enough space to the students to clarify their doubts and involve themselves in the process.
- Conducting seminars- and the competitions where opportunity is to be provided to mingle the students from deferent parts
- Training programme- for the students / youths/ and to the educators to understand the deferent burning issues of the mental health and the immediate needs and the full filament of the mentally ill people.
- Mental health promotion programmes- like street play and dramas may also provide the opportunity to participate the student in the programe directly and that will leave a greater impact on the students.
- Programmes through T.V and Radio -conducted by students of the colleges (Club)- this will provide the students to participate and also gives the experience in the organizing programme as well as it also helps the mass education of the people on the aspect of mental health as there are 80% people listen the radio programmes and it is the major communicating media.
- Faculty exchange programme- this will help for the mobilization of the resources to one place to the other place the highly professionalized and well qualified mental health leaders may not be available in every university or in every college so wherever it is necessary the personals can be hired by the other university or by the other organization it also helps to build the good relationship and the bond between the organizations which work for the betterment of the mental health ad that's very necessary also
- Field visits- to understand the condition and to give

the reality picture of the mental health to the students this will be very useful and this will be a visit to the psychiatric hospitals and to the departments of the psychiatric departments of the general hospitals to educate and sensitize the students

- Campaigning- on the stigma and the effective eradication of the stigma by the youth and what are the easy and the working strategies for the eradication of the stigma and how it helps.
- Reference- the cases detected during the activates will be referred to the Psychiatrist/Psychologist outside tie-ups will be made with the other psychiatric hospitals and the health sectors.
- Community visit by the peer supporters- among the students the peer supporters group will be framed and that group will consist at least 5 members and this group visits the open community and spreads the mental health education to the parents and the general public.
- Conducting P.T.A meetings –twice in a semester and on that occasion calling some psychologist or the psychiatrist or the person who is active in the field of psychiatry and children's issue asking them to deliver speech to the parents and after that providing them the stage for discussion of their doubts and clarification.

#### Structure of the club

**Chairperson (Director/Principal)**



**Coordinator (Social Worker)**



**President (Student Representative)**

**Office barriers (secretary /Counselor, etc.)**

#### How it works

- There will be 4 hours per week
- The attendance is compulsory like other Subject classes
- A student has the internal choice to opt ether for Health Club or for other clubs like NSS, NCC.
- It will be a graded subject for which there will be credits.
- For the successful completion of the course the satisfactory participation in health club is must.

#### Syllabus

Semester	Subject thought	Remarks
I Semester First year	<ul style="list-style-type: none"> <li>➤ Introduction to the health hygiene and the relationship between the health and mental health (4 hours).</li> <li>➤ Balanced nutrition and the dieting the importance of a sound body for the mental peace and development (4 hours).</li> <li>➤ Introduction to the nutritious food the serials and the vegetables, and their roll in maintenance of good health(4hours)</li> <li>➤ Basic psychological aspects and the development of human beings, the theories of development(8 hours)</li> <li>➤ The relationship between the body and the mind, the minds function and the importance of the well being of the mind and body.(8 hours)</li> <li>➤ Activities for the students and the evaluation( 10 hours)</li> </ul>	Should be covered with in a semester 3 months( 10 weeks minimum)
II Semester	<ul style="list-style-type: none"> <li>➤ Organizing the seminars on mental health( 8 hours)</li> <li>➤ Visit to the asylums and the psychiatric department of the hospitals (15 hours)</li> <li>➤ Debates and the discussion on the mental health ( 8 hours)</li> <li>➤ Myths and the miss conception in mental health( 10 hours)</li> </ul>	Should be covered with in a semester 3 months( 10 weeks minimum)
III Semester 2 <sup>nd</sup> year	<ul style="list-style-type: none"> <li>➤ Black magic and the mental health ( 8 hours)</li> <li>➤ Illiteracy and the mental health ( 8 hours)</li> <li>➤ Poverty and the mental health (10 hours)</li> <li>➤ Provision for the mental ill person by the state and central government( 10 hours)</li> <li>➤ Mental health profession and treatment (8 hours)</li> </ul>	Should be covered with in a semester 3 months( 10 weeks minimum)
IV Semester	<ul style="list-style-type: none"> <li>➤ Movie screening on mental health and discussion ( 8 hours)</li> <li>➤ Inter collegiate competition on mental health ( 10 hours)</li> <li>➤ The dose and dos not in the mental health treatment ( 10 hours)</li> <li>➤ Reality and the truth about the mental health ( 8 hours)</li> </ul>	Should be covered with in a semester 3 months( 10 weeks minimum)
V Semester Third year	<ul style="list-style-type: none"> <li>➤ Movie screening on mental health and discussion ( 8 hours)</li> <li>➤ Mental health promotion activities ( 10 hours)</li> <li>➤ Mental health statistics and the comparison ( 8 hours)</li> <li>➤ Rural and the urban deference of mental health problems and the intervention( 10hours)</li> </ul>	Should be covered with in a semester 3 months( 10 weeks minimum)
VI Semester	<ul style="list-style-type: none"> <li>➤ Movie screening on mental health and discussion ( 8 hours)</li> <li>➤ Mental health legislations ( 8 hours)</li> <li>➤ The basic rights of the mentally ill( 8hours)</li> <li>➤ Prevention and promotion of the mental health( 8 hours)</li> <li>➤ Youth and the importance of the mental health( 8 hours)</li> <li>➤ The role of the general public in the mental health promotion ( 10 hours)</li> </ul>	Should be covered with in a semester 3 months( 10 weeks minimum)

**Monitoring mechanisms****Who will monitor-?**

- College level- Charmin( Director/ principal, Advisory body)
- University level- Charmin (Registrar, Advisory body)
- Government Level- Department of Collegiate Education
- The basic training and the orientation about the basic psychological problems and the management and the psycho education will be provided to the above said people and the attendance will be must for the programme.

**How they will monitor**

- Programme will be planned for 05 academic year
- After One Academic year Comparison will be done on the available data on the Death rate of college students by suicide.( Survey/ Questioner)
- Attitude of the people before the implementation of the programme and after the implementation of the programme. (Attitude to mental illness questioner).
- Participation of the students per session (attendance) minimum 75% of attendance in this subject will be compulsory for passing the qualifying course since the no of student having more than 75% of attendance will be taken in to consideration.
- Effectiveness of the programme on the students-measuring the tendency and the thinking of the students/youths related to mental health Stigma before the implementation of the programme and the after the implementation of the programme-measuring through Attribution Questioner (scth A Brown).
- Attitude- measuring through attitude to mental illness questioner.
- Discrimination and stigma scale.

Comparison will be done on the data's available at present and the previous and any changes in the stigmatization and the attitude of the students as well as the people and rate of death by suicide will show the community participation.

**Indicators of community participation**

Before the implementation of the programme a three days workshop will be organized by the college authority and attendance and the active participation of all the faculties and the students will be compulsory and the idea of the programme will be put forth and the open discussion space will be provided and the both the negative and the positive feedbacks will be collected and through the participation and the feedback given by the student will determine the community participation in the programme.

**Sustainability and re applicability**

- The programme will be implemented for initial 05 academic years and based on the inputs gained modification will be done and it will be continued for the future academics.
- The programme can be implemented all over the country with the slit changes like language and the mode of teaching.
- The mainstreaming of the programme thru the educational system will also make the programme more sustainable and useful.
- The funding agencies/ partners of the programme are also well established Central/State government organizations since the fund will be ensured for the programme.

**Evaluation**

Based on the participation level and the usefulness of the programme and the number of benefiterers in the particular community and the feedback collected by the students educators and the community people the evaluation of the programme will be carried out and based on that outcomes the necessary changes and the re-structuring of the programme will be done.

**Conclusion:**

At any cost the world is developing fast and the people are running behind the money, material and the comforts in the one hand and loosing the real happiness without even realizing that. There are a number of mental disorders that can be prevented. An example is prevention of mental retardation by a wide variety of public health measures. These measures include antenatal care, nutrition support to pregnant mothers, supervised delivery, postnatal care, immunization, adequate nutrition for infants, iodination of salt, early stimulation for low birth babies, and prevention of accidents and treatment of epilepsy. For this the people must need the awareness about the mental health and they must know how to maintain the mental health. The policies and the programmes in the paper will only come in to field and become the reality only if the beneficiaries are aware of the benefits hence the education to the youth and through that awakening the community will go a long way.

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