

Mental Health Awareness and Support Systems for Youth- A Survey Based Analysis

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Abstract- Mental health has become a big worry for young people today, especially because of fast changes in technology, tough school competition, high expectations from society, and new ways of living. Teenage years and the early years of adulthood are times when people go through a lot of changes in their emotions, thoughts, and how they relate with others. These changes can make young people more likely to face mental health problems like anxiety, depression, and stress. Even though more people are talking about mental health now, there isn't enough awareness or support systems, especially in places like India. This research paper looks at how aware young people are about mental health, what problems they face, and how well the support systems work. It also looks at how young people seek help and how society's view on mental health affects open discussions. Data was collected through a questionnaire given to students and young people aged 16 to 30. The results show that most people know what mental health is, but they don't always take action when they need help. Another key point from this study is how digital platforms are changing the way people think about mental health. Although social media is often linked to stress, comparison, and anxiety, it also plays a big role in raising awareness, sharing personal stories, and reducing the stigma around mental health issues. Many young people come across mental health information online, which helps them learn basic facts, but this information isn't always accurate or helpful for taking action. This shows that digital platforms have both good and bad effects, which means there's a need for trusted, reliable, and easy-to-use mental health resources that are designed for young people. The study also points out how important it is to spot mental health problems early and take action to stop them from getting worse. Without timely help, mental health issues can lead to long-term effects on school performance, future career opportunities, and relationships with others. By recognizing early signs and common stress factors, schools and government leaders can create focused solutions that deal with the real causes of mental health struggles, not just the symptoms. The study ends by suggesting practical and easy-to-spread solutions like teaching mental health topics in schools, improving counseling services, and using digital tools to offer support that's easier to reach. It also highlights the value of early help, involving the community, and creating policies that support

mental health for young people. By combining survey results with existing research, this paper adds to the discussion on youth mental health by offering useful observations and clear steps that can help increase awareness, lower stigma, and improve support for young individuals. [1], [3], [4]

Reasons like social judgment, not having easy access to help, money problems, and poor support from schools or institutions stop them from getting help. The paper suggests ways to improve things, like teaching mental health in schools, making better counselling services, and using technology to reach more people. This study adds valuable information to the conversation about mental health among young people and gives ideas that can be used in real life.

Keywords: Mental Health, Youth, Awareness, Support Systems, Survey Analysis, Adolescents, Psychological Well-being.

I. INTRODUCTION

1.1 Background

Mental health is a key part of a person's overall health and happiness, especially during teenage years and early adulthood. These are times when people go through big changes in their thoughts, feelings, and how they interact with others. Because of this, young people are more likely to face mental health problems. These can come from things like school pressure, figuring out who they are, relationships with friends, and the expectations from society. Global health reports show that mental health problems like depression, anxiety, and behavior issues are some of the main reasons why young people get sick or have trouble with daily life. Also, suicide is a major cause of death for those aged between 15 and 29, showing how serious this issue really is. The rise in mental health problems among young people is because of several connected factors. Things like intense school competition, influence from social media, pressure from families, and financial worries all add to stress and emotional problems. New technology and how much people use the internet have changed how people interact. This often leads to issues like bullying online, comparing themselves to others,

and not talking much in real life. All these things together affect how well young people can cope with mental challenges. Even though more people are talking about mental health now, there is still a lot of misunderstanding and stigma around it. Many young people don't want to ask for help because they fear being judged, don't trust mental health experts, or can't afford services. This gap between knowing about mental health and actually taking action means there's a need for better, more accessible, and friendly support programs for young people. This study wants to look into how much young people know about mental health and how well the support systems currently work. It will find out the main problems and ways to make mental health better for young people. Before leaving their home countries, students form their own ideas about the difficulties they might face abroad. These ideas aren't random; they are shaped by their financial situation, how well they understand visa and immigration rules, how good their language skills are, and what they expect from the culture and society of the country they are going to. Understanding these concerns is really important because they play a major role in a student's confidence and can affect whether they can successfully study abroad. Through some research and discussions, five main challenges have been found that are most common for students wanting to study abroad: money problems, difficulties with getting a visa and dealing with immigration, language barriers, high costs of living and housing, and the risk of being excluded or facing discrimination. These problems aren't just minor issues; they are big challenges that affect a student's mental health and their ability to do well in their studies. [5], [6]

II. LITERATURE REVIEW

The literature on youth mental health shows that mental health problems are becoming more common and that there is a big need for ways to help young people. Studies say that about 17% of young people have emotional, behavioural, or mental health issues. However, many of them don't get the help they need because of problems like lack of money, not enough healthcare services, or other social and system-related issues. Research also shows that when mental health problems start early in life, they can have long-term effects on things like school, work, and relationships. [3], [4]

Many researchers have looked at what causes mental health problems in young people. They found that things like income level, family life, pressure to do well in school, and experiences of bad events in life all play a role. For example, young people from poorer families are more likely to have mental health problems because they face more stress and have less access to treatment. Also, studies show that not

having a stable place to live is linked to higher chances of feeling anxious or depressed. [5], [6]

Another key factor is the stigma around mental health. Many young people don't talk about their feelings because of cultural beliefs, not knowing much about mental health, or being afraid of being judged. Even when help is available, many choose to rely on friends or family instead of asking for professional help. [7]

New technology has created new ways to support youth mental health. Online counseling, mobile apps, and support groups are becoming more popular because they're easy to use and offer privacy. Some studies, like Youth Well Tech, stress the importance of involving young people in making these digital tools so they are effective and appealing. [2], [7]

Also, new research shows that social media and online activities have a big impact on youth mental health. While these platforms can offer support and a sense of community, they can also lead to cyberbullying, pressure to look perfect, and exposure to harmful content. These can make mental health problems worse, especially for those who are already struggling. Overall, the studies show that more young people are facing mental health issues and that early help, education, and easy access to support are important to deal with this growing problem. [5], [8]

III. METHODOLOGY

A. Research Design

This study uses a quantitative method based on surveys to gather and examine information about mental health awareness and support systems among young people. The quantitative approach helps collect data that can be measured and analyzed using statistics to find patterns, trends, and connections. A descriptive framework is used to give a clear picture of how much young people know about mental health and how easily they can access related resources. This method works well for large groups, allowing the results to be applied more broadly. It also helps keep things fair and reduces the influence of personal opinions by using structured ways to collect data. The study also includes some exploratory elements to better understand new behaviors and attitudes young people have towards mental health.

B. Sample Population

The study focuses on young people aged 15 to 25, including those who are still in school, studying in college, or

working as young professionals. A wide range of people were chosen to make sure the group includes different kinds of education, income levels, and genders. About 30 to 40 people took part in the survey, which gave enough information to do a proper analysis. To make the results more reliable, random methods were used to pick the participants, which helps avoid any unfair choices. The team also made sure to include people from both city areas and smaller towns, so they could compare how well people know about and have access to support systems. The number of people surveyed was enough to find general patterns without making the study too hard to manage.

C. Data Collection Tool

A structured questionnaire was created as the main tool to collect data for this study. The questionnaire included multiple-choice questions, Likert-scale items, and some open-ended questions to gather both numbers and personal opinions. It was made to check important things like knowledge about mental health, usual mental health problems, how people seek help, and their views on available support. The questions were written clearly so that everyone could understand them easily. A small group tried out the questionnaire first to make sure it worked well and to spot any confusing parts. Using the feedback, changes were made to make the questionnaire more accurate and reliable.

D. Data Collection Process

The data collection was done using online tools like Google Forms, which made it easy to send out the survey to many people. The survey was shared on social media, through emails, and via academic groups to get more people involved. Everyone who took part did so voluntarily, and they were told clearly about the study's purpose to keep things open and honest. Their privacy was protected to make sure they felt safe giving truthful answers. The whole process took two to three weeks so there was enough time for people to respond. Some reminders were also sent out to help get more responses and make sure enough people took part.

D. Data Analysis Techniques

The data collected was studied using simple statistical methods like looking at percentages, counting how often things happened, and making pictures to show the information. These methods helped find out what patterns and trends there were in how young people are aware of mental health and how they use support systems. The data was sorted and worked with using spreadsheet tools to make sure it was correct and done efficiently. Pictures like pie charts, bar graphs, and tables were made to show the results clearly,

which made it easier to understand the findings. Also, comparisons were made between different factors, such as how much people knew about mental health and whether they sought help. The results were explained based on what the study aimed to find out and were backed up by what is already known from research.

IV. RESULTS AND ANALYSIS

A. Awareness of Mental Health

The survey results indicate that a significant proportion of respondents are aware of mental health concepts, reflecting the growing impact of awareness campaigns and digital media. However, a notable percentage still lacks sufficient understanding, indicating the need for continued educational efforts.[1], [4]

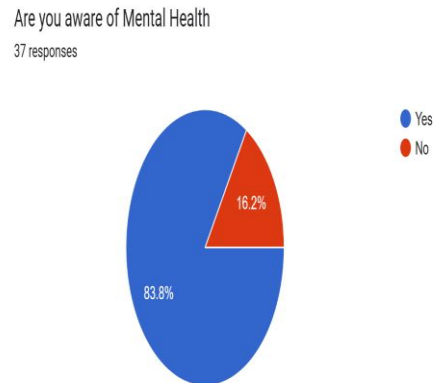


Fig.1 Awareness level among youth

B. Common Issues faced

The survey indicated that the most common mental health issues among youth include: [5]

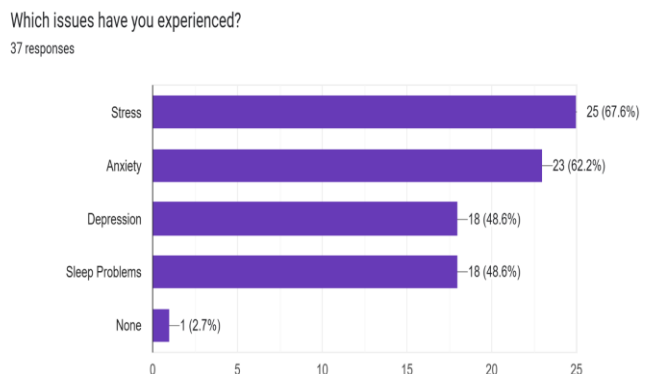


Fig.2 Issues faced by youth

These findings align with national studies showing increasing anxiety and emotional distress among students.

C. Help-Seeking Behavior

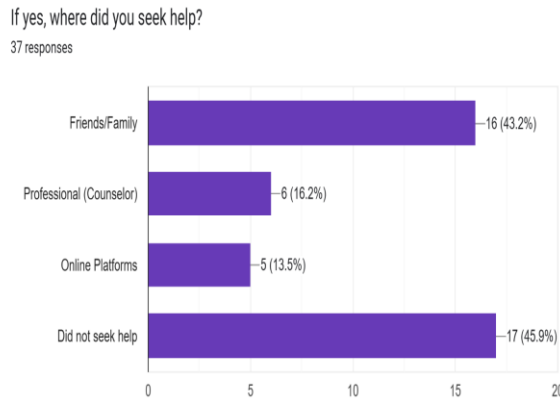


Fig.3 Observation Graph on Help Seeking

One important thing noticed was that even though many people knew mental health was important, not many actually went to see a professional. Most of them talked about their problems with friends instead of talking to a counselor.[7]

D. Most Helpful Support Systems

The survey revealed that youth consider Friends/peers the most than Cpounseling services

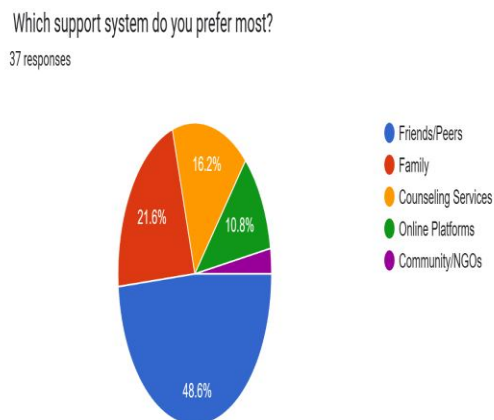


Fig.4 Most Helpful Support Systems [2]

E. Stigma and Barriers [7], [8]

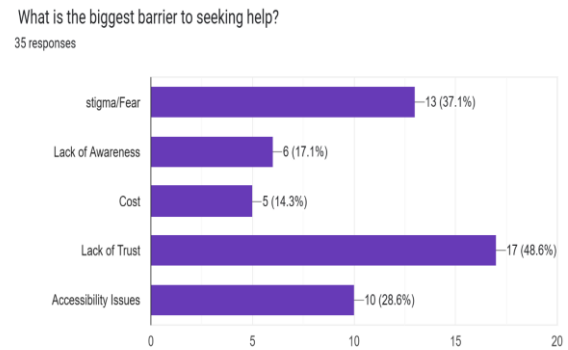


Fig.5 Key Barriers identified among youth

V. DISCUSSION

The study's results show important things about how young people understand and deal with mental health. Most people know about common problems like stress, anxiety, and depression, but their understanding is not very deep. Many couldn't tell the difference between normal feelings and more serious mental health issues. This suggests that awareness efforts have done some good, but they aren't enough on their own.

The study also found that even though many people know they have mental health problems, not many actually get help. This shows that stigma still affects people, making them afraid to ask for help because they might be judged. Many turn to friends and family instead, which shows they don't feel comfortable using professional mental health services.

Schools and colleges are part of the problem and part of the solution. Even though they offer counseling, students aren't using these services much, and they're not always aware of them. This shows that colleges need to make these resources more visible and easier to reach. Also, missing mental health programs in schools help delay when problems are recognized and dealt with.[1]

Another point from the study is how social media affects mental health. Social media can spread awareness and make talking about mental health more normal, but it can also cause stress and unrealistic expectations. Using online information without checking its accuracy can lead to wrong ideas and self-diagnosis.

The study also talks about how technology can help with mental health. Tools like mobile apps and online therapy can connect people with support, but they only work if people trust them, can access them easily, and feel their data is safe.

Overall, the study shows that just having awareness isn't enough to improve mental health for young people. It needs a bigger effort that includes education, better support systems, accepting help as a normal thing, and using technology wisely. The findings stress the need for actions that not only inform but also give young people the tools to look after their mental well-being.[5]

VI. CHALLENGES IDENTIFIED

The study points out several key problems that make it hard for young people to get proper mental health support. One big problem is social stigma. People often don't understand mental health issues and think they show weakness, so young people may not talk about their feelings or ask for help.

Another big issue is not knowing enough. Even though more people are learning about mental health, many young people still don't know the signs or what kind of help is available. This can lead to problems getting help on time and conditions getting worse.[7]

Not having easy access to mental health services is also a big problem, especially in small towns and rural areas. There are not enough trained workers, long waits for help, and not enough places nearby, which stops people from getting the support they need.

Money is another problem. Therapy and counseling can be costly, and many students can't afford it.[5]

The study also mentions that false information online is a growing issue. Young people often get advice from websites that aren't reliable, which can lead to wrong ideas about their mental health or poor ways of dealing with stress. All these problems together make it hard for mental health issues to be addressed, even though more people are becoming aware of them.

VII. PROPOSED SOLUTIONS

To solve the problems we found, we need a full plan that covers many areas. First, schools and colleges should have regular programs that teach about mental health. These programs should help people talk about their mental health without fear, and they should also show how to spot mental health issues and where to get help. Adding mental health lessons to school subjects can help catch problems early. Teaching kids how to manage their feelings, deal with stress, and handle tough situations from a young age can change their future for the better. It's also important that help is easy to

find. Schools should set up good counseling centers with trained helpers so students feel safe and comfortable when they need support.[1]

Using tools like mental health apps, online counseling, and AI chatbots can help people get support more easily, especially those who may not feel comfortable visiting a counselor in person.

Encouraging peer support groups can be very helpful. Students often feel more open when they talk to others in similar situations. These groups can also help connect people with professional help. Lastly, there needs to be support from policies to make mental health care affordable and available to everyone. Government and school efforts can help provide more resources, lower costs, and improve the mental health care system overall.

VIII. CONCLUSION

This study shows that mental health is very important during growing up and needs serious attention. Even though some progress has been made in raising awareness about mental health, there are still major challenges when it comes to getting help, accepting that mental health issues exist, and using the available services. The research also points out that just knowing about mental health isn't enough to solve the problems young people face today.[1]

There is a strong need for a good support system that includes better education, easier access to help, and more acceptance from society. Reducing the stigma around mental health, improving mental health services, and using technology can all help make mental health support better for young people. The study concludes that everyone—like schools, the government, healthcare workers, and communities—must work together actively. This teamwork is important for creating a lasting and effective mental health system that supports young people. Addressing these issues early can make a big difference in individual well-being and help build a healthier, more productive society. [7]

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