

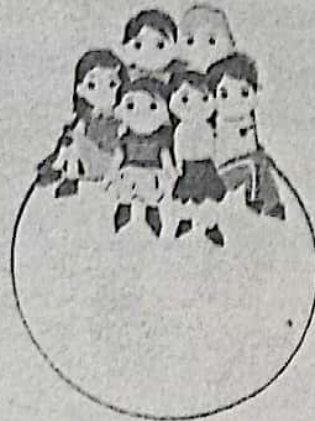


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J.O. JERYDA GNANAJANE ELJO, Ph.D.

DEPARTMENT OF SOCIAL WORK  
(UGC-SAP-DRS-I)

**BHARATHIDASAN UNIVERSITY**

(Re-accredited with "A" Grade by NAAC), Kharajamalai Campus, Tiruchirappalli- 620 023  
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## STAKEHOLDERS' OPINION ON PSYCHO SOCIAL ISSUES OF ADOLESCENTS

K.Akshatha

Assistant Professor, PG Department of Social Work,  
SDM College (Autonomous) Ujire, Karnataka, India

A.K.Mohan

Associate Professor & Head of the Department, School of Social Sciences,  
Department of Social Work, Central University of Kerala,  
Tejaswini Hills, Periyar PO, Kasaragod, Kerala, India

### Abstract

School mental health is one of the significant aspects of school health. Mental health concerns of the school children are essential to create a healthy classroom environment. Today's adolescents experience enormous stress in their lives. Anxiety is a part of developmental changes and it also occurs due to changes in family, school, community and relationship. Students require behavioral, emotional and social support to handle their anxieties. Many of them lack support from both family and school to manage their anxieties effectively. Parents and teachers fail to address these issues due to lack of time and knowledge on how to handle it effectively. Absence of support may lead to various psycho social disturbances among adolescents. Stakeholders such as teachers, parents and students play a significant role in the school system. It is important for parents and

teachers to have proper knowledge on psycho social issues of children and to take responsibility for creating a healthy and peaceful environment in the school and family to preserve student's mental health. The paper speaks about the knowledge and opinion parents and teachers on psychosocial issues of the adolescents. Researcher has collected the data from teachers and parents of selected 18 urban private schools of Bangalore. She has used interview schedule and questionnaire method as a tool to gather the data from these stakeholders. The result reveals that majority of the teachers and parents lack knowledge on psychosocial issues of the students.

**Keywords:** Stakeholders, psycho social issues, adolescents, mental health

### Introduction

Schools have the opinion that, schools give priority to provide quality education. Schools need to enable effective learning and teaching. Schools make an effort to promote efforts for healthy development and address barriers to development, learning, parenting, and teaching. A focus on mental health in schools can contribute toward ensuring all students have an equal opportunity to develop their fullest cognitive, social, and emotional capabilities. Hence school has to address the Physical and mental health concerns of the students for effective learning and performance of the students. Today's children are under pressure to excel in academics and extracurricular activities. Their day starts at 6AM and they reach home at 7.30PM. It cuts down on their time at home and with friends. They do not get sufficient time to play. Parents impose their desire on their child and expect them to achieve what they could not in their own lives. They support the schools in conducting special classes (dance, music, sports or preparation for the next session), but it kills the unique personality of the child. The result may be children reaching out to unknown friends in the social media, becoming increasingly irritated and violent, and some even attempting suicide and becoming addicted to drugs. "Many children meets psychologist every month and they react to the