

## Finding Challenges and Creating Awareness about Mental & Behavioural Health among New age Adults

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### Abstract

Mental health is a major concern globally and India is not far behind in sharing this. If we evaluate the mental health, the pace appears to be slow. It's important to value and give priority to our mental health and treat equally as we treat our body. This area is of great concern globally, as the majority of those who need to know about the benefits of mental health and behavioural health. And its knowledge, awareness and approaches & its implementation in their day-to-day life. In this article, I have described the mental health of middle-aged adults (men n women between 35 – 55) and their behavioural changes due to their busy routine and lifestyle. I am further identifying the challenges and finding how much people prioritize, acknowledge, cherish and safeguard the health and well-being in all aspects. Secondly, I have investigated the gaps in awareness and quality of mental health leading to good behavioural health among them. This work first discusses about the basic concept of mental health and behavioural health with the intervention of psychology / psychological approach. It summarized literature on the topic review, about the lifestyle, awareness and coping strategies. My relevance of study is to find out what middle-aged men and women are experiencing at mental and behavioural level in their day to day and busy life. My aim of my study is to understand mental health and how its affecting their behavioural health. My paper will study observable change among men and women due to their life style habits, level of awareness and societal influence. For present study, a convenient random sampling of 50 middle aged men and women was done. Data was gathered using questionnaire and later awareness created. Secondary data included online blogs, newspapers and websites. Limitations of the research included limited size and small sample area of urban region.

### **Introduction**

Mental health is a major concern globally and Indians are not far behind sharing it. If we evaluate the mental health, the pace appears to be slow. Modernization or mechanization or rather to say cyber age has made the life of people busy and engaged in activities

that is pushing people away from nature creating mental health and behavioral health issues. This is creating lifestyle diseases too in new age adults. Dr. Brock Chisholm, the first Director General of WHO, in 1954, had presciently declared that “Without mental health there can be no true physical health”. This area is of great concern globally, as majority of those who need to know about the benefits of mental health and behavioral health and its knowledge, awareness and approaches & its implementation in day-to-day life is far away from it.. Until recently, we were worried about the cyber age. the interest or awareness in mental health and behavioural health among counsellors, researchers, psychologist and society is to be created at large.

### **Some Definitions**

1. Mental Health - according to the WHO - Mental Health is a state of mental well-being that enables people to cope with the stresses of life , realize their abilities, learn well, & contribute to their community.
2. Behavior Health – is the scientific study of emotions, behaviors and biology relating to a person’s mental well-being, their ability to function in everyday life and their concept of self.
3. Middle Aged-Adults – According to Oxford Dictionary, men and women between 35-55.
4. Human Behavior – According to one definition “ Behavior can be defined as the action or reaction of a person in response to external or internal stimulus situation. To understand the behavior of a person we have to understand what the person we have to understand what the person will do if something happens.

### **Objectives**

My relevance of study is to find out what middle-aged men and women are experiencing in their busy life. It also investigates the gap in awareness and quality of mental health leading to good behavioral health among middle aged men and women. As mental health can affect daily living, relationship and physical health. Stress, depression, and anxiety can all affect mental health and disrupt a person’s routine. The WHO states that mental health is more than just the absence of mental disorder or distortion. It

also emphasizes that preserving and restoring mental health which is crucial individually and at a community and society level. In the U.S., 1 in 5 adults experience mental health problems each year. In 2020, an estimated 14.2 million adults in the I.S., or about 5.67% had a serious psychological conditions according to NIMH. There is an observable change in behavior among men and women due to their lifestyle, habits, societal influence about mental well-being. So, everyone is at some risk of developing a mental health disorder regardless of age, sex, income, or ethnicity. Social and financial circumstances, adverse childhood experiences, biological factors, and underlying medical conditions can all shape a person's mental health. Most importantly, there is a gap in awareness and quality of mental health leading to good behavioral health among them. When we try to distinguish between behavioral health and mental health, it is important to remember that behavioural health is a blanket term that includes mental health. Behavioral health looks at how behavior's impact someone's health physically and mentally. This results in a noticeable difference between mental health and behavioral health. For instance, a behavioral health professionals might look at behaviors that may have contributed to a person's obesity. This is an issue that primarily affects someone's physical health. Some behavioral health topic and issues do not fall into the category of mental health. On the otherhand, mental health is included in behavior health. As a result, people who have mental health issues can benefit from behavioral health principles. "sometimes, changes in behavioral by the individual, family or even the community and changes in thinking pattern can help people better cope with their mental health conditions, says MEHAF. By identifying behavior that are compromising your mental health and replacing these behaviors with interventions supported by research, business health professionals focuses on a holistic wellness approach that helps ensure a healthy, body, mind and lifestyle.

### **Aim of Study**

- 1) To assess mental health impacting behavioral change due to busy routine and lifestyle of middle aged urban adults ( men and women of age between 35-55)
- 2) To find out gaps in awareness and approaches.

- 3) To make necessary intervention that is implemented to assess the gap.
- 4) To find out the challenges due to their lifestyle, habits, societal influence and create awareness about mental wellness.

### **Hypothesis of Study**

- Significant impact of mental health affecting behavioral health.
- Observable change in the behavior among the new age adults due to their lifestyle and habits.
- Middle age adults with a mental health disorders have more than one condition at a time.
- Social and financial circumstances, adverse childhood experience, biological factors and underlying medical conditions can all shape a person's mental health.
- Continuous social and economic pressure increasing the risk of mental health disorder.

### **Research methodology**

The purpose of present study is to find out what middle aged men and women are experiencing in their lifestyle. The study will be descriptive in nature and will include exploratory research on the concern areas of mental health and behavioral health of new age adults. I have tried to use latest concepts in management to highlight the situation in the context of such problem. Both primary and secondary data have been used.

For the present study, a convenient random sampling method was used for the study with the sample size of 50 urban adults, who were located in a small area of urban region of Patna. Questionnaire was prepared and distributed for the test purpose to be administered among the sample respondents.

Data gathering was done using questionnaire in the area of mental health and behavioral health regarding lifestyle, busy routine, daily habits, societal influence, financial circumstances, etc. open ended questions were asked and later, workshop, one-to-one

discussion was conducted for creating awareness and fostering in them a positive outlook and have a healthy body, mind and lifestyle. We had to rely on primary and secondary data which included online blogs, newspaper and website.

### Observation and Findings

- Busy routine (no interaction with family and friends)
- Lack of sleep
- Bad food habits
- Childhood adversities (child abuse, parental loss/ separations)
- Societal and Financial pressure

All these affected mental health by creating –

- 1) Anxiety Disorder - excessive worry / fear
  - Restlessness, fatigue, poor connection, tense muscle, interrupted sleep.
- 2) Panic Disorder - regular panic attacks.
  - sudden overwhelming terror.
  - sense of imminent disaster and death.
- 3) Phobias – simple phobia, societal phobia, agoraphobia.
  - OCDs
  - PTSD
  - Mood disorder

Early Signs - No physical test or scan reliability indicates whether a person has developed a mental ill-health. Early signs include

- Withdrawing from friends, family and colleagues.
- Sleep or eat too much or too little.
- Feeling hopelessness.
- Having consistently low energy.

- Using mood-altering substance.
- Displaying negative emotions.
- Being confused and unable to complete daily task.
- Having persistent thoughts or memories that reappear regularly.
- Hearing voices or experiencing delusion.

The above mental health issues are creating common behavioral health issues and most importantly people are not aware of it what exactly behavior health issues and they are facing it.. They are as follows –

- Anxiety disorder, including panic disorder, obsessive compulsive disorders and phobias.
- Depression and bipolar disorder and other mood disorder.
- Eating disorder.
- Personality disorder.
- Post traumatic disorder.
- Psychotic disorder including schizophrenia.

### **Conclusion and Future Implications**

Everyone is at some risk developing a mental health disorder regardless of age, sex, income or ethnicity. The emotions, behaviors and biology relating to mental health well-being, their ability to function in everyday life with sound behavior is preferred. So, services provided by social workers, counsellors, psychiatrists, neurologist and physicians says that mental health and behavioral health this include health counselling, psychiatry, marriage and family counselling, addiction treatment are included in their treatment. Behavioral health also includes both mental health and substance use, encompassing a continuous prevention, intervention, treatment recovery and support services. No medical test can diagnose mental health but it needs a psychological evaluation. This include asking about a person's symptoms, experiences and how these have impacted their lives. Online session was conducted to create awareness by identifying behavior that are compromising their mental health and help them to replace it through interventions.

Limitations of this research was small sample size of urban population with limited data and lack of much quantitative research. I can conclude by saying that researchers have found out that developing mindset and positive attitude help in building good mental health in turn behavioral health. And it is important to build a realistic plan and stick to it by creating awareness and approach in giving priority to mental health with holistic approach.

Services were provided which focused on whole-body, whole person health, which meant that new age adults are physically healthy and also mentally and emotionally. As we know positive mental and behavioral health allows people to work more productively, cope better with everyday stress and maintain a positive outlook. Lastly, we taught our middle aged-adults how to engage in healthy behavior so they can live a full satisfying life. And above all I want to create so much awareness that new age adults become proactive rather than reactive regarding behavioral and mental health.

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