

CHALLENGES FACED BY INDIAN YOUTH OF TWENTY FIRST CENTURY: PSYCHOLOGICAL DIMENSION

Dr. Sangeeta Rautela*
Dr. Narpat Singh Deora**

ABSTRACT

India has world's largest youth population according to UN report and the future of our country resides in the hands of the youth. The development of Indian nation depends on youth and they are our most valuable natural resource. But do we realize that today's youth is confronting many psychological problems mainly in the post pandemic era. Already youth have faced the most frightening disease which took a heavy death toll and simultaneously youth faced the problem of unemployment and mental trauma associated with such difficulties. Suicides by youth due to psychological problems becomes the daily common news. The present paper focuses on issue of psychological problems faced by the youth of country in the modern turbid times in detail. Psychologically youth already face the problem of communication they are not open to their parents and hardly able to discuss their school or college matters many youngsters face peer pressure as they are lured to drink and drugs some of them face loneliness and have acceptance issues. But the major threat is the emotional imbalance of the modern youth, the youth have a very high IQ (intelligent Quotient) but they have very low EQ (Emotional Quotient) level. Youth easily get involved in sex rackets due to lack of emotional maturity and wisdom. And the most threatening is the issue of media exposé faced by the youngsters as they are served virtual sex and violence every single minute on the websites whether it is related to their study content or amusement purpose. So, we need to discuss these issues in detail, its repercussions and remedies.

Keywords: Psychological, Turbid, Peer Pressure, Virtual Sex, Repercussions.

Introduction

Our youngsters are facing physical and psychological challenges in the modern times. Most of the youth who takes admission in colleges have to face peer pressure and simultaneously restrictions at home. It becomes quite difficult for the freshers who just have completed their schooling to balance between family pressure and peer pressure at college. The students who have city background to some extent cope up with the psychological pressure but the youngsters who happen to come from rural background fail to adopt the new atmosphere and psychological trauma which they go through. Now coming to the professional level.

In the recent past due to the increasing stress level and psychological pressure many scholars, medical students and engineering students and even young college and school students have committed suicide. According to the world health organisation (WHO) estimated about one million people committed suicide each year. In India, nearly 1,36,000 persons voluntarily ended their lives in a suicidal act as per official report in 2011. The official report indicates that age specific suicide rate among 15-29yrs is on the rise increasing from 3.73 to 3.98 per 1,00,000 population per year from 2002 to 2011. About 40 percent of suicides in India are committed by persons below the age of 30 yrs.

Isn't it the need of the hour that higher education council, medical council takes up these issues seriously and form some considerable rules policies and for student counselling cells for the aid of budding youth; they must be given free medical aid and support for their better future. Vamika Arora on

* Associate Professor English, Government P.G. College, Shivganj, Sirohi, Rajasthan, India.

** Associate Professor Botany, Government P.G. College, Shivganj, Sirohi, Rajasthan, India.

April 25 2019 reports that, "Burden of medical disorder had risen over last few decades. With the recent survey of WHO claiming that every 5th person in India is suffering from a mental illness caught under the cobwebs where they are not aware about its existence or suffer under the shed of stigma associated with mental illness..... WHO estimated that globally over 450 million suffer from mental disorders currently mental and behavioural disorders account for about 12 percent of the global burden of diseases. This is likely to increase to 15 percent by 2020. Major proportion of mental disease come from low- and middle-income countries. Therefore, lacunae in psychiatric epidemiology due to intricacy related to defining a case, sampling methodology, under reporting, stigma lack of adequate funding and trained manpower and low priority of mental health in the health policy."

Now coming to medical profession, it's really a matter of concern that medical students face high level of depression anxiety and stress in their work area, as they live in highly competitive atmosphere along with high work load. Pandemic leads to multitude of mental health problems, among the young front-line healthcare workers (HC. W). Most of them suffered from anxiety, depression, burnout, insomnia, and stress related diseases. Already front-line worker suffers heavy workload and job-related stress, further heavy risk factor in covid-19 of exposure to the infection made the complete scenario more troublesome. Many young Doctors, leaving behind their young children's and spouse. Here I would like to bring the incident of a young Doctor at top Delhi hospital's covid ward who died as he committed suicide due to depression. He is survived by his wife who is two months pregnant. Ndtv.com May 02,2021. The news on May 02,2021, reports in the words of former Indian Medical Association Chief Dr. Wankhedkar "He was a brilliant doctor from Gorakhpur (Uttar Pradesh) and helped to save hundreds of lives during pandemic" further news reports in the words of former IMA president who tweets,

"This brings into focus the tremendous emotional strain while managing covid crisis. The death of a young doctor is nothing short of murder by the 'System' which has created frustrations with shortage of basic healthcare facilities. Bad science bad politics and bad governance."7 Being care takers of the society; they also deserve the best care and counselling at Govt and Private medical college. The importance of investing in youth has been conceded in India's constitution. One of the Directive Principles of the state policy states that "... it is imperative that children are given opportunities and facilities to develop in a healthy manner and in conditions of freedom and dignity and that childhood and youth are protected against exploitation and against moral and material abandonment".8 Doctors don't have time for themselves thus it is an advice to medical council that special consideration must be given to the Doctor's and their health issues; special therapies must be given to them online and offline. Its high time that we realize the value of doctors who are the real warriors and who sacrifice their time and health for the society. This can be realized through recent Covid19 experience where so many Doctors scarified their precious lives for their nation.

Now moving to other fields such as engineering here also we often hear the sad cases of suicides due to the rampant ragging and peer pressure in the colleges especially the boys/girls coming from the rural background, we often here the mental harassment which they face leads to the psychological trauma and stress which takes up their precious lives. Then there is the job pressure also. It is a sad fact that our young engineers who are so dedicated and laborious must face pressure of placement and in heavy mental psychological disorder they attempt suicide. The Indian Express on July 16 ,2022, provided the above news "Police said according to a suicide note, it appears that Akshay was disturbed as he did not do well in his internship and was not confident of getting a job through placements."9 Is not it a failure of our education and administrative system. Due to population explosion seats are less and qualifying personals are in excess- who is to blame- is not it our rotten system. Here I would also like to discuss the common psychological peer pressure which youngsters have to face and due to which many young buds before blessing just get caught up in the net of drug addiction and further sex rackets. Generally, Young people are lured to drugs. But mainly, youngsters who are suffering from anxiety, stress and mainly depression start using drugs to get some relief and pleasure. It is very necessary for the parents to keep an eye on the activities of their ward as they easily get exposed to alcohol and drugs in the company of their friends who are on drugs.

Generally, the use of alcohol leads to the problem of depression, anxiety, psychosis, and antisocial behaviour. But the main thing is that in the recent times due to alcohol and drug abuse there is an increase in the cases of suicide. Due to alcoholism and drug abuse youngster are prone to be impulsive and engaged in many types of high-risk behaviour which result in self harm. A critic, Maurizio Pompili, reports on suicidal behaviour and alcohol abuse, "Globally, alcohol consumption has increased in recent decades, with all or most of that increase occurring in developing countries. Alcohol consumption has health and social consequences via intoxication (drunkenness) dependence (habitual,

compulsive and long-term drinking), biochemical effects. In addition to chronic disease that may affect drinkers after many years of heavy use, alcohol contributes to traumatic outcomes that kill or disable at a relatively young age, resulting in the loss of many years of life death or disability. There is increasing evidence that, aside from the volume of alcohol consumed, the pattern of drinking is relevant for health outcomes. Overall, there is a causal relationship between alcohol consumption and more than 60 types of disease and injuries. Alcohol is estimated to cause about 20-30% of cases of oesophageal cancer, liver cancer, cirrhosis of liver, homicide, epilepsy, and motor vehicle accidents.¹⁰ How to curb such incidents we will now move to the remedial issues.

Trauma Recovery Tips

- Take professional help of a doctor or a therapist, psychiatrist, or a psychologist.
- Believe in yourself do not lose hope and confidence, have tough self-will to overcome your problem.
- Believe that in the healing process you and your self will to survive is the will of the Almighty.
- Do physical exercise, walking in the fresh air, helping others in need not only human beings but the street animals, birds and the plants which need care.
- Exercises those are rhythmic and engages your limbs to move for example, walking, running, swimming, basketball, or even dancing etc, etc. Yoga is the most helpful in post-traumatic disorder.
- Kindly add mindfulness element and live in present. Instead of living in head live in now. Do not focus on your thought as they are natural as cloud come and go in the sky so thoughts will come and go in your mind. Just observe them passing away and focus on your breathing, walking and complete body movements.
- Never live in isolation and do not withdraw from family friends become living and sharing with them will lighten one's burden and instil confidence and happiness in the person. Try to participate in social activities and join with your friends.
- Join a support group for trauma survivors and try to connect on social media. Connecting with others who have faced the same problem and issues will go a long way in reducing a sense of isolation in a traumatic person.
- Become a volunteer for your peer group and help your family members and friends who have faced the same problem. Volunteering is a great way to challenge the sense of helplessness that accompanies a trauma.
- Do not fear to make new friends and try to join a club where you can involve in the various activities and sports of your interest.
- Reading self-help books builds up your confidence to large extents and you can also listen to the music.
- Developing a hobby, it can be reading, writing, gardening, helping people in need or helping street dogs, etc, etc.
- Take proper nutritional diet and you can even take the help of a dietician or your therapist or a doctor can advise you a proper diet chart.
- The most important thing is to love yourself. If you will love and respect yourself then only you will be able to love and respect others. Remember that healing process is long process and you need not lose your patience it may take six months to one and half year to recover completely from post-traumatic disorder.

Here I would like to bring to notice that in the healing process nature plays a great role in the modern times people have lost contact with nature and have become mechanical. They believe in a virtual life then a natural life. Recent studies have linked nature to symptom relief for health issues like depression, cancer, heart disease and attention disorder. In one early study, Alexandra Sifferlin, in her article, "The Healing Power of Nature" reports, Yoshifumi Miyazaki, a forest therapy expert and researcher at Chiba University in Japan, found that people who spent 40 minutes walking in cedar forest had lower level of stress hormone cortisol, which is involved in blood pressure and immune system function, compared with when they spent 40 minutes walking in a lab. "I was surprised," Miyazaki recalls. "Spending time in the forest induces a state of physiologic relaxation." Time.com July 14, 2016.

Conclusion

But friends, I would like to conclude this paper by asserting that today we really need to change our attitude towards the person seeking medical psychiatric treatment. Still many people do not consider and accept the mental disordered state which a modern man goes through and is not in a sound state of mind. We must accept that this is a common disorder in the modern times and any student youth or an elderly person can be easily cured of such post traumatic psychological disorder. If the society accepts new innovations and new experiments in the field of technique then we must also have to accept that human body physical or mental also needs to accept such changes in the modern times and mental state of human being is also transforming every second and it faces stress and anxiety every moment and it is the mind and body of a human being which gives birth to new inventions every other day so don't we need to repair body and mind which is in a constant flux.

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