



# MENTAL HEALTH- A SIGNIFICANT OBJECTIVE OF THE SDG-3 AND MENTAL WELL-BEING AMONG LATE- ADOLESCENTS.

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**Abstract:** The Sustainable Development Goals (SDGs), also known as the Global Goals, are a set of 17 interrelated goals that are meant to act as a "common blueprint for peace and prosperity for people and the planet, now and into the future." By placing sustainability at their core, the SDGs highlight how the environmental, social, and economic facets of sustainable development are interconnected. Since mental health affects personal behavior, community involvement, and society advancement, it serves as a fundamental component of sustainable living. It encourages a more peaceful and sustainable way of living for both the present and future generations by empowering individuals to make decisions that promote both their own well-being and the well-being of the planet. This research focuses on understanding the importance of mental health for sustainable living. Therefore this qualitative study also aims to analyze the state of well-being among late adolescent females between 17-19 years. A focus on mental health contributes to the social, economic, and environmental facets of sustainability in addition to improving life quality, making it a crucial factor in the larger framework of sustainable development. The current and future generations must prioritize their mental health since it has a significant impact on their growth, wellbeing, and capacity to handle the difficult difficulties they will encounter. In addition to helping individuals, putting mental health first helps build a society that is more adaptable, creative, and sustainable for future generations.

**Index Terms - Sustainability, Mental Health, Sustainable development, Well-being.**

## I. INTRODUCTION

Mental health is a quintessential human right and sustainable development cannot be made possible in the absence of mental health. Because it has a direct impact on people's wellbeing and ability to operate in communities, societies, and the individual, mental health is a crucial element of sustainability. The target 3.4 of PAHO/WHO emphasizes the need of promoting mental health and well-being in addition to treating physical health issues. This acknowledgment reflects the increased awareness of the important role that mental health plays in overall quality of life. The target has a deadline of 2030 for the accomplishment of these objectives. The late adolescence is an age where the individuals are prone to several factors that disrupt their quality of life and well-being. It is important to obtain a clear perspective about the importance of mental health and well-being in order to achieve sustainability.

**Sustainability:** This refers to meeting the needs of the present generation without compromising the needs of the future generations. The well-being of many individuals is still questionable even though many changes have been implemented in the current era to advance lifestyle.

**Adolescence:** It is one of the pivotal stages of development and marks the formation of many emotional and social habits pertaining to our well-being. Late adolescence marks the ages between 17 and 20.

**Well-being:** The absence of disease or illness is only one aspect of wellbeing. It involves many different aspects of a person's physical, mental, emotional, and social well. Life satisfaction and happiness are closely related to wellbeing. Well-being may be summed up as how you feel about your life and yourself.

**Mental health:** This is marked by one's mental ability to cope up with negative situations with proper mentality. Mental health plays a crucial role in maintaining the overall well-being of the individual. Poor mental health results in the development of unfavorable and negative self-concepts such as low self-esteem and unhealthy coping attitudes towards problems which might result in depressive and suicidal symptoms.

## II. REVIEW OF LITERATURE

(Patel et al.,2018) The Sustainable Development Goals (SDGs) are a significant improvement over the Millennium Development Goals, requiring coordinated international action. They specifically target mental health and substance abuse. In 2007, The Lancet published papers urging the global community to expand services for those suffering from mental disorders, particularly in low- and middle-income nations. The Commission reevaluates the global mental health agenda in the last ten years.

*(Vortuba et al., 2016)* They studied about the Global mental health goals based on the SDG-3 and solutions for the implementation of the same. They also analyzed the current policies and systems in low and middle income countries and evidences concerning them.

*(Mihias et al., 2014)* They studied about the final phases of discussions on the Sustainable Development Goals (SDGs) and mental health targets. They also analyzed the importance of establishing pledges and goals for progress in mental health from 2015 to 2030 in order to prevent mental disorders from being overlooked in the global development program. The inclusion of explicit mental health targets in the SDGs which would determine their appreciation and consideration was also studied.

*(Dybbal et al., 2017)* This study aimed to understand the importance of mental health as an essential SDG and reviewed the other goals with a mental health perspective. It also highlights the impact the attainment of other SDGs hold on mental health.

*(Thorncroft & Patel., 2014)* They studies about the importance of reduced conflict resilience is a prelude to worse mental health and how it prevents mankind from reaching the recommended objective of fostering inclusive and peaceful communities for sustainable development. It also discusses the needs of vulnerable populations including those with mental illnesses and how they being frequently given the lowest priority following a conflict, and violence poses to be a risk factor for negative mental health consequences.

*(Thorncroft G, 2018)* The aim of the study is to examine why investing in and enhancing mental health systems and services is a critical step toward reaching the overall SDGs. It also highlights the importance of civil society, nonprofit organizations, and academic institutions in ensuring that these obligations are met.

### III. NEED FOR THE STUDY

This research aims to gain an understanding about the importance for sustainable living by analyzing the well-being of adolescent females. Mental health affects behavior, community engagement and societal advancements, components that are critical to sustainability.

### IV. RESEARCH METHODOLOGY

#### 4.1 Research design

The research design applied here is qualitative. This focuses on obtaining a deeper understanding about the individual's beliefs, experiences and attitudes through the interview method.

#### 4.2 Research method

This research was conducted through interview method where the participants were asked to present their thoughts and feelings to a set of questions raised to them. Each student was interviewed individually and in live face to face manner. They were informed that their responses will be maintained confidential and their responses were recorded.

#### 4.3 Sample design

The sample population consists of 40 female undergraduate students between the ages 17-20.

#### 4.4 Variables

This research contains one variable:

Mental Well-being: It is the state of mind enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

#### 4.5 Ethical consideration

The participants' involvement in the interview was wholly optional and the privacy of their responses was protected. Prior to the Interview participants informed consent was obtained. The researcher addressed the need for the study in addition to providing a brief summary of the study. There after the students were appreciating for their participation in the interview.

### V. DISCUSSION

The results convey that the majority have moderate levels of mental well-being. This revealed that they feel productive, relaxed, confident and interested in everyday activities to a certain extent. In the remaining results 33% report greater well-being than others. They were able to deal with problems, felt cheerful, had positive thoughts processes and were able to feel loved by others. They were also interested in new activities, had optimistic and better decision making mindset. 50% the sample had average level of well-being and their mental health seemed to be considerably better. They felt moderate levels of happiness, optimism, and other positive emotions. 16% of the sample never seems to experience positive well-being. They reported of negative emotions, never felt loved, felt restless and had difficulty processing negative situations. They also had poor opinion about themselves and had comparatively meager clarity concerning life processes. The reduced sense of well-being would have had resulted due to the presence of many unfavorable factors in everyday life. Poor state of mental health can be resolved by adopting mindfulness, catharsis, self-regulation and meditation practices. The overall quality of mental health and well-being of the group is found to be positive. This can be considered as a milestone reached in attaining mental health goals. This can be considered as a milestone reached in the process of attaining the SDG-3's mental health goal. Better mental health among adolescents can help them cultivate strong sense of self which would help them to function as an efficient and resilient future generation.

### VI. CONCLUSION

Mental Health and well-being plays a vital role in achieving sustainability because the SDG-3 focuses on bringing a reduction in the global suicide rates by 2030. In order to achieve the goal for the future the mental health and well-being of current generations should be guaranteed. This will ensure that the future generations will possess high resilience and positive self-concepts which would enable the endure hardships and challenges of life.

## VII. LIMITATION

One major limitation of this study is that it was conducted on a small population and the sample participants were college students. In order to generalize the results a further study needs to be conducted on a larger population.

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