Mental Health and Well-being of School Students

– A Survey, 2022 –

Key Findings



धर्मेन्द्र प्रधान
ଧର୍ମେନ୍ଦ୍ର ପ୍ରଧାନ
Dharmendra Pradhan

सत्यमेव जयते

आज़ादी का अमृत महोत्सव

मंत्री
शिक्षा; कौशल विकास
और उद्यमशीलता
भारत सरकार
Minister
Education; Skill Development
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Government of India



MESSAGE

The importance of mental health and well-being, especially among school going students has been acknowledged by National Education Policy, 2020. As we are aware that the mental health is extremely important in schools as they have an essential role to play in supporting students to enable a state of well-being where students can meet their learning potential, cope with stress, and openly connect with their friends and community. It is in this context, 'Manodarpan' an initiative, was launched by the Ministry of Education under the AtmaNirbhar Bharat Abhiyan, to address mental health and well-being concerns of students. Along with various other activities, a Mental Health Survey was conducted by the Manodarpan Cell, NCERT on the students across the country. This is the first time that such a comprehensive survey on mental health of school-going children has been conducted.

It is heartening to see the participation of the students who have willingly shared information about their personal, social and academic life. The findings from this survey will certainly be useful for teachers, educational administrators, policy makers and educationists while preparing and planning pragmatic policies and programmes focusing on enhancing the mental well-being of students which will foster their overall growth, well-being and happiness.

I convey my best wishes to the team in this endeavor and a heartfelt thanks to all the children who had participated in this survey and made it a success.

(Dharmendra Pradhan)

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Percentage of Students Responses on Aspects of Mental Health

Satisfaction with Body Image



55%

Satisfaction with Personal life

51%



Satisfaction with School life



73%

Responsibility of Doing Well

84%



Perception of Receiving Social Support



58%

Causes of Anxiety (Studies, Exam, Results)

81%



Lack of Concentration



29%

Feeling of Happiness

67%



Hesitation in Asking Questions



28.4%

Difficulty in initiating Conversation

23%



Complying to Peer Pressure most of the time



33%

Self-trustworthiness

70%



Attempt to Shift Thoughts for Coping with Stress



28%

Feeling of Anxiousness



11%

Lack of Social Interaction in Online Classes

39%



Feeling of Extreme Emotions

14%

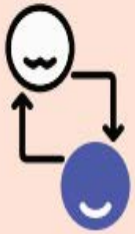


Difficulty in Learning Content Online



51%

Mood Swings



43%

Feeling Hopeful in Stressful Situations

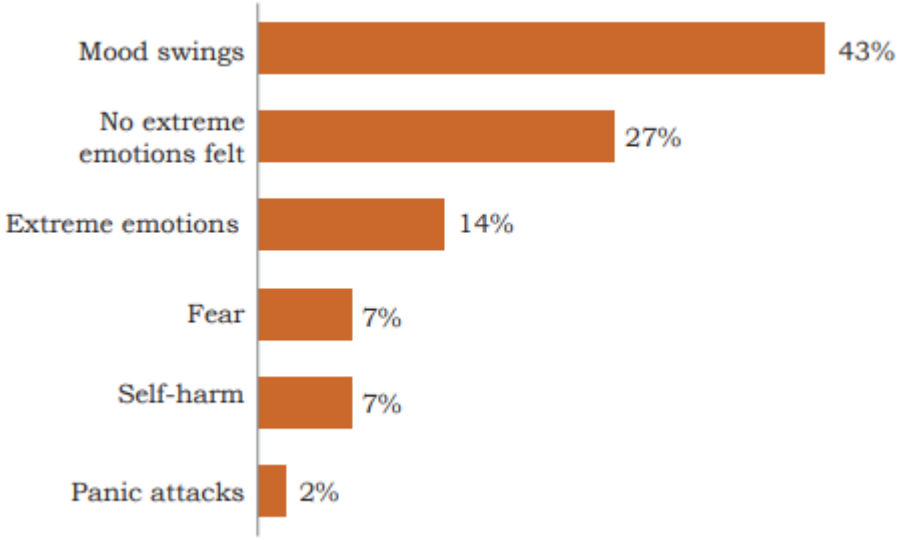
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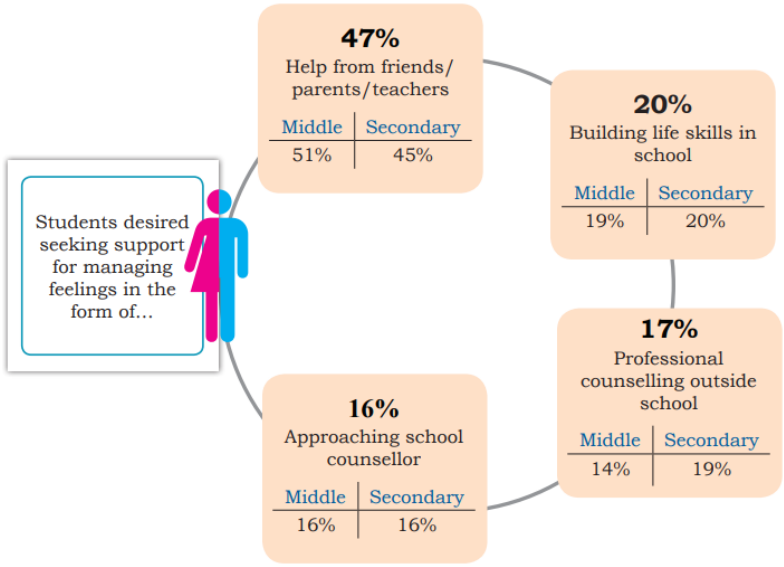


Use of Yoga and Meditation for Coping with Stress

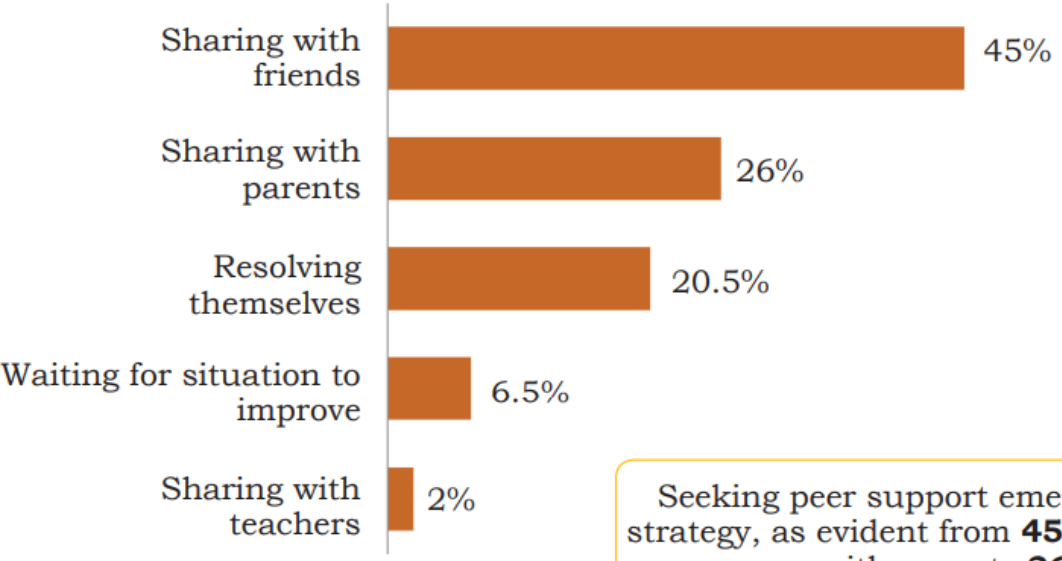
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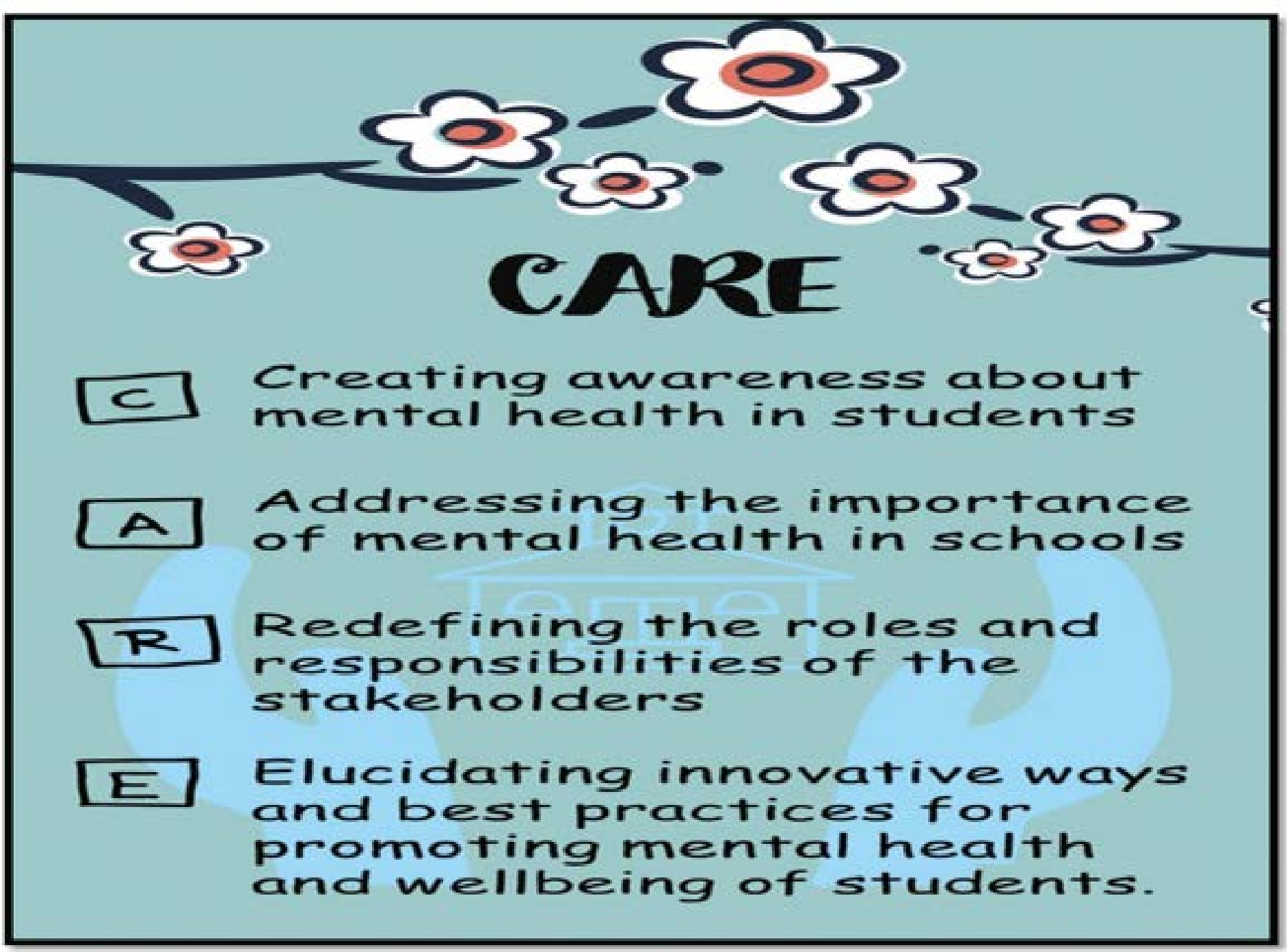
Strategies used for Managing Emotions



- Sharing with friends- **44%**
- Sharing with parents- **26%**
- Resolving themselves - **23%**

- Sharing with friends- **47%**
- Sharing with parents- **25%**
- Resolving themselves - **19%**

Seeking peer support emerged as the most frequently expressed strategy, as evident from **45%** responses. It was followed by sharing with parents **26%** as reported by students.


CARE
C
Creating awareness about mental health in students
A
Addressing the importance of mental health in schools
R
Redefining the roles and responsibilities of the stakeholders
E
Elucidating innovative ways and best practices for promoting mental health and wellbeing of students.

SUGGESTED ACTIVITIES FOR THE STUDENTS

- Bucket of Kindness
- Your Body Belongs to You!
- Super Hero for A Day!
- 123 Calm Down !
- Say No Bullying
- Feel, I Empathize
- Living and Learning in Family
- I Love Myself
- Reflecting on Adolescense and the Growing Up
- How Best Can I Communicate?
- Discussing Feelings
- Understanding Anger
- Controlling Anger
- Understanding and Dealing With Loss and Sadness
- Improving Relationships
- Learning to Say “No”
- Decision Making in the Face of Peer Pressure


MAKE YOUR
Mental Health
A priority