

## RESILIENT BEHAVIOUR-BASED INTERVENTIONS TO FOSTER THE MENTAL HEALTH OF HIGHER SECONDARY STUDENTS

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### Abstract

*The fear of failures and the associated stress related to higher secondary students have always been a matter of discussion and to decrease the stress among the student's alternate methods and researches have been done. The well fare and resilient behaviour are essential in hindering and reducing the severity of mental health problems. On providing students with managing skills and protective behaviour can be helpful to them to react positively to hurdles in life, allowing significant mental, social and academic success. Resilient behaviour can be defined as a set of attributes that stimulates a process of successful adjustment and transformation in spite of risk and hardship. Attaining mental health incorporating its social intellectual and living aspects is considered one of the greatest challenges faced by the societies. Resilient Behaviour is strongly linked with mental health in students and deserves a more important role in research determinant programmes and regular clinical care. The Resilient Behaviour is of great value as this can recognise potential targets for early and precautionary interference. The previous researches on resilient behaviour stipulates that there is a positive correlation between resilient behaviour and mental health. This paper attempts to discuss the role of Resilient Behaviour in impacting positive mental attributes and better outcomes in higher secondary students.*

Key words: Mental Health, Resilient Behaviour based interventions, Higher Secondary Students.

### Introduction:

The path of higher education is very critical for higher secondary student's life, as it determines their future endeavours. The Higher Secondary students are teens in the age group of 16- 18 yrs. and they are in the adolescent phase of their life. Adolescence is an interesting and complicated transformation in the life of every human being as one moves from childhood to adult life. The challenges they face during these periods should be properly cared and handled. So, it becomes very important for the educators, parents and health care professionals to be committed to make this transition period smoother for them.

In today's competitive world student's faces different set of challenges as compared to their previous generations like easy access to technology, better life style, nuclear family structure leading to freedom of their choices. These advantages itself are solely responsible for the trouble faced by today's adolescents. Students often ascribe their mental suffering to pressure of doing well in their academic and professional lives. The race for academic excellence and professional competencies, is not only among the student's but also among the parents which further fuels the stress for the students. Another factor which has become an inseparable part

of this generation is the excessive use of internet. The technology has become a powerful tool for them to build their interest, to connect and create relationships. But with these opportunities, the concerns around access to inappropriate content and getting addicted to adverse technology habits have also increased among the students.

During the last two years, the pandemic led lockdowns and the unpredictability associated with them had a damaging effect on the mental wellbeing of the students [Mesman]. The adolescents of today's generation have been showing increasing anxiety, distress, disrespectful behaviour, depression and drug abuse. The transference to remote learning methods and the closure of educational institutions to a limited period has led to a substantial decline in the attention spans and poor learning outcomes among the students. According to the survey conducted by UNICEF in 2021 of The State of World's children report, every one in seven youngsters within the age group of 15-24 yrs. in India reported some sort of poor mental health. According to the report, submitted by the National Mental Health Survey of India 2019 about 14% of adults have some kind of mental illness.

Well-being and resilient behaviour in education sectors are thus helpful in reducing and minimizing the severity of Mental health problems among the student population. Over the years higher educational authorities, school counselling groups have taken measures to support the students with mental health issues. Even though there is a greater realization and talk about the mental health problems substantial measures should be considered with respect to educational sector which has reopened after a long gap due to the pandemic. The mental health of the students should be properly cared and their resilient behaviour should be promoted to cope up with the stress factors and problems they face in the higher secondary sector. The problem-solving skills, establishing and nurturing inter personal relationship and sensible goal setting are well established as to strengthen an individual's ability of giving something meaningful in their life. Resilient behaviour can be defined as a set of attributes that stimulates a process of successful adjustment and transformation in spite of risk and hardship. Possible risk of poor self-respect and mental health can be overcome by shielding factors including one's ability to adapt themselves in any adverse situation, having a healthy family and social relationship and friendly interaction with everyone.

The theory of Resilience advocates that it is not the nature of adversity that's important but how we deal with it [1]. When we are frustrated, feeling very low and desperate it's the resilient behaviour in us which helps us to bounce back and face any situation in life.

The greatest honour in living life, is not in falling but rising every time we fall (Emerson 1900). Thus, it becomes very important to develop this in our students. By helping students with skills to overcome the negative stress and empowering them with tools and strategies to diminish negative outcomes.

When difficulty or a stress full situation arises how students face it depends upon their individual differences. The Resilient Behaviour is not automated but it's a learned behaviour that becomes personalized and applied during stressful situation thus, empowering the resilient individuals to recover from extreme challenges.

## Importance of Resilient Behaviour

Resilience theories state that whatever be the ongoing or past mental state every student can overcome and benefit from properly planned and developed mental health strategies and resilient skills. This type of skills can help students take support while constructing their self-efficiency and confidence. The skills for developing resilient behaviour in students help them to cope up with the negative life stressors and facing any obstacles coming in their way. Whenever the word Resilient Behaviour is referred, we always talk about the word bounce back, critically the word is positive which reinforces our inner strength.

The teaching strategies for resilient thinking could be applied in advance, so that the positive outcomes and possibilities related with building up student's resilient behaviour can act as soothing approach, for early support and strengthening of mental health. The advancement of raising resilient behaviour can increase students' abilities to safe-guard as well as can be an effective counter to balance the effect of distressing life events.

Apart from the mental health support of students the importance of resilient behaviour is also needed to act as protective shield for all children passing through life.

## Mental Health Promotions

Educating and education in higher secondary section is a journey of self-discovery, self-questioning and self-experimentation. Creating a safe and convivial learning atmosphere will help promote better emotional and mental wellbeing of students, which in turn will lead to better academic results. Organising class-based activities, building safe and interactive sessions with the tutor will help manage stress and promote mental wellbeing. Conducting mental health camps, counselling and interactive sessions by the professionals will help the students in coping with anxiety issues. Developing resilient behaviour to promote mental health requires not only training teachers but also parents should be given classes and should be included to care the mental health of adolescents.

As we move our journey in 2023, it is vital that our higher secondary sector should work towards providing early mediation to give full support towards the fostering of resilient behaviours to enhance the mental health of our children.

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