

MENTAL HEALTH AMONG ADOLESCENCE

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ABSTRACT

Adolescence considered as a period of transition from childhood to adulthood and Adolescence period is a more important things in human life because many developmental changes occurring in this period such as physical growth, new peer relationship with both sex, emotional independent of parent, intellectual skills and civil competence, socially responsible behavior pattern, and so on. Whereas sound mental health play a vital role in the period of adolescence and also mental maturity is very important in this period because mental health linked with physical health, social health, emotional and functioning at school and common places. According to UNICEF (2011) report it is estimate that around 20 percentage of the world's adolescence have a mental health or behavior problems. The Purpose of this study is to understand the mental health and related problem among adolescents using secondary data, in the light of the study findings the researcher had given the suggestions to the social workers, non-governmental and government settings.

KEYWORDS: Adolescence, Mental Health, Training Programs