

A Quantitative Study on the response of youth regarding Mental Health based on their
Experience

Samikshya Karki

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This dissertation entitled *A Quantitative Study on the response of youth regarding Mental Health based on their Experience* was presented by Samikshya Karki on June 11, 2021 and approved by

..... June 11, 2021

Mr. Krishna Thapa

Thesis Supervisor

..... June 11, 2021

External Examiner

.....
June 11, 2021

External Examiner

..... June 11, 2021

Sr. Stella Davis

Head of the Department, BSW

..... June 11, 2021

Fr. Jiju Vergese, SJ

SXC Director

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Samikshya Karki

Samikshya Karki,

Degree Candidate

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DECLARATION

I hereby declare that this dissertation has not been submitted for the candidature of any other degree.

Samikshya Karki

June 11, 2021

Samikshya Karki,

Degree Candidate

An Abstract of the dissertation of *Samikshya Karki* for the degree of *Bachelor of Social Work* presented on June 11, 2021.

Title: *A Quantitative Study on the response of youth regarding Mental Health based on their experience*

Abstract Approved

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Mr. Krishna Thapa

Dissertation Supervisor

Mental Health has been one of the topics which is being neglected and given less focus since the past days. In this 21st century where there are so many educated group of people around but still we can find mental health of individuals being neglected. People around the world are focusing only on the physical health and giving less focus to their mental health. People like that of past days they are relying on traditional healers rather than seeking help from professionals due to the stigmas and taboos around mental health. Societies have stigmatized mental health in such a manner where we fear talking about mental health and we fear of being judged. As youth's are the future of our country the main aim of this research is to know the response of youths towards importance of mental health. This is a quantitative research which follows the aspect of survey method. Mainly, this research will give a guideline that government should focus more on mental health as youths are being open towards mental health issues and if there will come a support from government like more mental health hospitals with good amount of mental health professionals, it will add up to the aspect where people can go and seek for help beside the traditional healers. This research will also add up to the data on the mental health setting.

Keywords: Mental Health, Youth, Coping, Personal Experience

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Samikshya Karki

Degree Candidate

Abbreviations

WHO: World Health Organization

UN: United Nation

NAMI: National Alliance on Mental Illness

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Chapter I: Introduction

Background

Mental Health is an important aspect in human life. Mental health leads to the state of proper functioning of individual. According to WHO, “Mental health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” Mental health plays an important role in daily functioning of any individual. Mental health should be prioritized and taken care as much as that of the physical health. As we can see how people even in a simple cut go for cure and medication, likewise it is really important to focus on the mental health and if there is any problem seen in it, we need to visit the doctor and require professionals on time so that it won't ruin the state and result into imbalance situation of mental health. Mainly the problems of not focusing towards mental health is seen highly in the developing countries. According to Banis (2019) Mental health has been a taboo topic in most countries and if you have been suffering from mental illness there is a common conception that there's something wrong with you, in an overall manner it can be seen that mental health is one of the most neglected health problems in the developing world.

According to Centers for Disease Control and Prevention (2018) Mental Health is one of the important factors in every stages of individual's life from childhood to that of the adulthood. If mental health is not properly taken care, then it might also lead to risk in physical health and result into physical health problems like heart diseases, hypertension, etc. In daily life if a person won't be able to cope up with the problems or the situation where the demand placed is against the catch of any individual it might impact the individual's mental health. For e.g., caring ill relatives, experiencing problems in individual's life, experiencing economic hardship, etc. which

might lead to deteriorating mental health. According to United Nations (UN), New York (2014) Mental health conditions which include behavioral and mental problems e.g. depression, anxiety disorders (including post – traumatic stress disorder), and disruptive behavioral disorders (such as attention deficit hyperactivity disorder, mood disturbances, substance use, suicidal behavior and aggressive/ disruptive behaviors) which is the causes behind the adjustment problems in adolescents and young people worldwide also mental health have significant impact on the development of over a billion youth. Also the traumatic experiences e.g., death of parents, abuse, etc. during the childhood can affects the youths worldwide. During the changes in the life time youths have been facing some or the other kinds of problems in their day to day life. The problems that individuals are facing to so many extents, they themselves are unaware about the situation and uneducated about the problems that they are facing in their mental health.

Stigma has been set around the topic of mental health which is leading to lack of importance of mental health. Due to all the discrimination and unwanted beliefs set around mental health it is affecting the persons who are facing mental health issues. The help seeking behaviors and the process of gathering the basic knowledge about mental health has been rarely seen among the individuals in society due to the stigmas around the mental health. Even the topic of mental health has been isolated and is talked rarely in our day to day life.

In Nepal psychiatric counseling is given priority but the way bio-psychosocial counseling is lacking which is leading people to suffer more on the sector of mental health. People in Nepal don't value mental health. People lack awareness and knowledge about the importance of Mental health. Even if the treatment is done, they focus it in the aspect of medicine to treat the mental health issues rather than giving priority to treating it through counseling and other therapies. According to Casley (2019) During their three months living in Nepal, she and her team

encountered a distinct lack of awareness with regards to mental health in Nepal. She observed the differences between what she has seen being taken for granted in UK and what is lacking in Nepal. There is only one mental health hospital in the whole country, based in Kathmandu, and a mere 110 psychiatrists, compared to the UK's 7,068. In Nepal, attitudes towards health and illness are often grounded in religious and superstitious beliefs, especially when it comes to mental health, problems are rather linked to the person's behavior in a past or present life, leading to blame and stigma. The aspect of seeking help in such cases unsurprisingly many avoid doing so. Stigma and discrimination were found to be one of the major barriers for seeking mental health care in the community.

If you don't have a good mental health it will affect every part of any person, the degrading mental health will affect different systems of any individual suffering from the mental health issues. According to Luitel. et.al, (2015) currently four out of five people with severe mental illness in Low- and Middle-Income Countries receive no effective treatment. According to Browne (2020) one in 5 adults in America experience mental illness. If mental illness is not treated in a proper manner it will create a widespread disability. If mental health is treated in a careless manner it might lead people to suicide or any other severe mental health problem also mental health is important as it affects everything, the ability to cope, adapt, and solve problems; also it affects the situation of happiness, productivity. Though mental health is really important it is one of the highly stigmatized topics in the society and if someone is facing mental health issues, they are less likely to be supported and helped due to the stigma and shame surrounded around the topic of mental health.

In Nepal people stigmatize the aspect of mental health. The context of Mental Health has a certain boundary around it which is really hard to break and cross. People in our society have

two sides dealing with someone facing problems on their mental health. If I am having symptoms related to any mental issues and I'm going through anxiety and headache, numbness, etc., and I go to a friend of mine and share all the symptoms that I have, she will be saying I'm there for you, I will listen to what you are going through, also she might suggest me to visit a doctor, then suddenly after I go and visit to a doctor and doctor diagnoses my symptoms as a symptom of depression or any other mental illness, then suddenly the other time if I visit the same friend of mine and share that I have been diagnosed by depression than suddenly we can find change in her behavior. The friend of mine will start to distant from me and also will try to communicate less with me. This is the situation that happens after I get diagnosed by any sort of mental illness. Mental health is less prioritized in context of Nepal. Society has kept the topic of mental health as a taboo. It is highly stigmatized. Also, due to the lack of proper awareness about the importance of mental health people are neglecting and focusing less on the sector of mental health.

Statement of Problem

Mental health has been one of the neglected topics. It is one of the highly important aspect but due to the lack of awareness and lack of proper knowledge people are setting a boundary to talk about mental health. It is highly stigmatized and those who are going through any kinds of mental illness are not getting any place to share the feelings and thoughts that they have.

According to The Nurse Practitioner (2014) stigma is attached to mental illness in many cultures, Individuals often struggle alone trying to function in socially acceptable ways while secretly fighting within. Others more openly exhibit signs and symptoms of mental illness. Individuals are not always aware about mental illness and also do not acknowledge mental

illness so they don't willingly seek treatment. Individuals in so many cases create personal barriers to care, believing they can solve the problem without professional help. According to Lamsal & Gautam (2018) Nepal's population suffers from mental disorder, also it was mentioned that less than 1% of the total health budget is allocated for mental health. In a country like Nepal where we can find there is high amount of unemployment, Lack of education, etc., where mental health should be important but the situation is people neglect and ignore the aspect of mental health and are harming their emotional as well as psychological side.

In context of Nepal we can analyze how much mental health is stigmatized and how much people being misguided and are harming themselves due to lack of proper awareness. Mental health is portrayed in a negative manner. It is stigmatized and talking about it is a taboo. Also, those with mental illness or any sort of mental disorder they are highly discriminated. In case if any person is found or diagnosed with any sort of mental illness or mental disorder, people find them weird and even separate them from the society. If any family in the society has any mentally ill patient, then not only the person with problems will be facing the discrimination but the whole family will also be under the boundary of discrimination and stigmatization. So, we can understand that even in this 21st century as well people are not so open on the topic of mental health and they are even afraid and shy to talk about mental health freely.

In context of Nepal due to the lack of proper awareness and proper understanding about importance of mental health we can find little service providers in this field. Even though the services are provided it is highly seen only in the urban areas rather than that of the rural areas. People in the rural parts of Nepal are not getting the basic facilities like, water, sanitation, transportation etc., and talking and thinking about mental health in the context of rural areas of Nepal is something still imaginary. People are not getting proper food, hospital services due to

which they are dying in the rural part of Nepal in such context we can see the high need of the aspect of mental health. According to Mishra, et al., (2018) Human resource gap can be seen in between urban hospitals and rural areas hospitals, psychiatrists are mainly found in urban hospitals and the hospitals in rural areas are away from even basic psychiatric services. The youths in those rural parts are highly affected as they don't find the opportunity and are compelled to migrate to the urban areas. So, in such context we can analyze how much those youths are in need of psychological, emotional support but the major problem we can see is that the support is lacking due to which so many youths are leading to depression and other severe mental illness and even are leading to suicide. Due to the lack of proper counselling and other support to those youths they are facing problems in their lifestyle.

Rationale of the study

Focusing on the side of importance of proper lifestyle it is really important to give a light on the aspect of importance of mental health. People even in 21st century neglect mental health. The century where people are highly indulged in social media, less socialization, in this period of time also we can analyze and understand by the scenario how much mental health of people is into danger.

In context of urbanization and growth in society people are forgetting the fact that mental health is important. Throughout the process of focusing on the development aspect and focusing on the page where working 24/ 7 is fine everyone is forgetting the fact that crossing the limits sometimes hampers your mental health. Mental Health which should be given more importance to and should be understood and taken well care of as much as that of physical health but in reality it's the complete opposite. To address how youth, perceive about the importance of mental health this research was conducted. This research mainly focuses on the aspect that

focuses on how mental health is important in today's context. Though since past it has always been neglected but it is really important to focus the aspect of mental health. This research also helps to understand the perspective about how individual's society and family have been taking mental health.

Mental health has been one of the topics which is really important to focus but we can see how people are taking it for granted and are giving pressure to their day to day lifestyle by neglecting it. In a society like Nepal we can see how people are stigmatizing the aspect of mental health and its topic is a huge taboo. Those who are going through mental illness or any sort of mental disorder they are highly discriminated from the society. We can see that mental health is an important topic which affects people from every group. So, in order to understand the youth's perception towards mental health in Nepali society this research was performed.

Objective of the research

- i. To know about perception of youth towards the importance of Mental Health in Kathmandu.

Research Question

- i. Since past days have you faced problems in your work or daily activities as a result of your physical health?
- ii. During the time of pain and discomfort how much do you prioritize yourself?

Operational Definition

Youth: According to UN (2012), The government of Nepal defines youth as people from age 16-40 yrs.

Limitation

This research has been conducted during the time of COVID pandemic due to which it was problem in the data collection. The sample that has been taken is among the large youth population and the problem was seen during the time of making sample size specific which is one of the major limitations of this research. This research was sensitive and would have been better if mixed research would have been conducted and also would have been better if more participants was covered.

Chapter II: Literature Review

Introduction

Mental Health is the aspect where any individual is psychologically, emotionally being able to handle themselves beside any imbalance or uncertain situation in life. Mental health is one of the important aspect as that of physical health. People always need to balance their physical as well as psychological state. As we can see if we have imbalance situation in our psychological state then it turns out to be seen in a behavioral pattern. So, it is really essential to have one's mental health good and stable to have a proper functioning in life. According to Felman (2020) Mental health refers to cognitive, behavioral, emotional well-being and it is about how one individual thinks, feels and behaves. Mental health is a situation which might affect one's relationship, daily lifestyle also physical health. The situation of mental health and physical health works hand in hand. The factors of environment, one's lifestyle, relationship etc. can also affect one's mental health. We really need to have a balanced lifestyle with proper balance in every factors like activities, responsibilities, etc. According to Mental Health Foundation (n.d) A good mental health is characterized by a person's ability to learn, Feel, express and manage a range of positive and negative emotions, to form and maintain good relationships with others and also it is the ability to cope with and manage change and uncertainty. In a normal individual's life sometimes we can see that having a normal ups and downs in physical, emotional and behavioral aspect can be seen, being a human we can suspect different changes in one's life but if one can't control those changes and leads to dysfunctional situation in life then in that point of time it becomes a major point of concern and problem. According to Australian Government Department of Health (2007) a mental health problem is a problem which interferes in how a person thinks, feels and behaves but to a lesser extent than a

mental illness also mental health problem leads to a point of experiencing mental ill health that can be temporary which is a reaction to the stresses in life.

According to Mayo Clinic, many people have normal mental health concerns from time to time but that concern becomes mental illness when those concerns cause frequent stress and affect your ability to function. Also, mental illness can create a problem in your daily life like school or work relationships, etc. If people have problem in functioning in their daily lifestyle due to emotion, thought and feeling it can be the state due to the aspect of mental illness.

According to American Psychiatric Association as reviewed on (2018) mental illness in the health condition which involves the aspect of change in emotions, thinking or behavior also which is associated with distress and problems in functioning in social, work or family activities. Mental illness might lead one individual to act differently than the expectation of society but it is not something to be ashamed of and it should also be given equal priority as much as that of heart diseases or any other physical diseases. According to the National Alliance on Mental Illness (2021, March) 1 in 5 U.S adults experience mental illness each year.

According to Stone (2020) South Asia, a group of 9 countries is home for 1.8 billion people but out of those population between 150 and 200 million people suffer from mental illness but the aspect of severity of depression and mental health is often taken for granted in those region leaving millions without treatment and support. According to Thara and Padmavati (2013) In the different regions of South Asia there are countries who have taken initiative and focused on the aspect of mental health even though the help is minimal but though the existing services are under- utilized which is resulting in their people seeking help from religious and traditional healing sites, also mental health is not a priority area for many governments in this regions which is leading to the less fund being allocated for mental health. Governments have

been giving less focus to mental health since past days. According to Bhugra as cited in Bilkhu (2016) he said that he has found many in the south Asian community who don't consider mental illness as a medical issue but instead they put it down to the factors like superstitious belief that there is something they did in their previous life and they're being punished. We can so much relate that people don't value mental health much in south Asian context rather they have set a boundary around it which is leading to stigmatizing and not valuing the ones who are suffering from mental illness.

According to Rai, et al., (2020) In Nepal mental illness is perceived as “spirit dysfunction” or “weak mind” which is caused by the black magic, misdeeds committed in previous lives (karmako phal) and in such case the first point of contact in Nepal is traditional, religious or faith healers (e.g. dhamis, jhankris, etc.) on which people have a strong belief and in Nepal those people who are suffering from mental illness are provided emotional and financial support from their family. But we can see so many people being discriminated due to mental illness which is a major problem as people in Nepal lack mental health literacy which is really very low resulting into hiding mental health problems, avoiding treatment or visiting professionals. According to National Mental Health Survey, Nepal (2020) Fact Sheet (2020) as cited in Public Health Update the prevalence of mental disorders was highest among adolescent in province 1 (11.4%) among 16-years olds also the prevalence of current suicidal thoughts among adolescents was 3.9% while life time suicidal attempt was 0.7%, Also the prevalence of current mental disorders was highest among adults in Bagmati province (5.9%), among 40- 49 years old (6.3%).

Society, Individual and Mental Health

In society we all can see that mental health has been considered as a discriminated and a stigmatized topic. Society perceive mental health as a secondary aspect in comparison to physical health. The people in society with mental health issues and problems are facing different level of discrimination and less support. According to camh (n.d), no one is immune to mental health problems, people at all level either its social, economic stress, etc. can experience mental illness at all level, but due to lack of proper awareness and learning, mental illness has been a stigmatized topic due to which it often delays or prevent a person from seeking the help that they need which is leading the people who are struggling to remain in silence and which normally adds up to their pain and suffering.

Mental health has been really less prioritized and discriminated and those with mental illness are termed as someone with character defect. It's so weird and part of shock like how mental health has been discriminated in our society. According to Kovacevic (2021) mental health is one of the neglected topic globally which is associated with stigma, and today we can see that nearly 1 billion people live with mental disorder and in low income countries more than 75% of the people with disorder are not even receiving treatment. People have set a boundary around mental health which is making people with mental illness/ disorder be more vulnerable. Mental health is one of the stigmatized topics which people fear talking about and where so many people are suffering from mental illness alone and without any support. According to nami personal stories (n.d), stigma that is attached to mental illness is so very real and it is mainly causing many people to suffer in silence. The stigmas in society are so true and real that in most of the case once you have been caught by mental illness or disorder it's hard for you to share with others and it is leading you to cry alone and suffer alone. If a family is supportive and if they

give importance towards individual's mental health than one will have a good lifestyle and can even tackle the problems that occur during their life. According to UKRI Economic and Social Research Council, (2013) social isolation has been known as one of the key triggering factors for mental illness and if a person has supportive relationships with friends, family and neighbors than it is beneficial to mental health for any individuals, also people with good supportive friends and family can generally lead to better mental and physical health.

We all can see that culture and society's highly influence one's mental health. The way one take things it also reflects the way they behave. It also varies among the individuals with mental illness about how they perceive themselves as. If the society and family is positive and they are supportive to the individual with mental illness than the person who are facing problems might find it easier to tackle the problems and recover in a proper manner. Likewise, if any family and society of the person with mental problems or illness/ disorder are not supportive than the person might result into facing severe mental illness and it might take hard time for them to recover. So, it is really important for one to have a supportive and understanding family and society.

According to Pasadena Villa, Psychiatric Treatment Network, (n.d) many mental health experts consider mental illness as the product of complex interaction between biological, psychological, cultural and social factors which might vary according to the disorder but also there is a stigma regarding mental illnesses which includes the aspect of being reluctant to share information or concerns about one's mental health status with friends, family members etc. We all can see that people rarely talk about mental health and people are so much bounded by stigmas that its being hard for any individual suffering from mental health to come out of it and they are being more vulnerable.

Mental Health as less important

Mental Health has been termed as one of the less important factors in society. People in society have the aspect of giving less focus to mental health. The pressure individual gets or the amount of stress that individual gets in their normal days is something which is so different. People neglect the aspect of mental health giving less priority to mental health and are forcing their limits. According to Kristiansen (2013) mental health is important and there is no health without mental health though there are many evidence on this aspect but it is highly neglected in the developing countries. As we can see that the way one thinks link to the way they feel and react. According to Parvez (2019) Cognitive Behavioral Theory (CBT) says about how one individual's cognition shapes his behavior and how individual's thoughts, feelings and behaviors interact with each other. We can see like how we see certain things and create a thought about it can affect the way we feel and behave. Our mind is really manipulative. As it always takes things as it wants. So, if we want to be good with the way we react and perceive things it is really important to have a good state of mind. And it is really important to have a healthy mental state to function properly in our day to day lifestyle. As one's mental health results into their behavior so, it is really important to keep our mental health healthy. Likewise, sometimes also our behaviors affect the way we think and feel about certain things.

According to Benti, et.al (2016) Mental and behavioral problem is normally seen existing in all countries, but it is one of the highly neglected aspect since too long and it is crucial to the overall well- being of individuals, societies and also countries and it is one of those aspect which must be universally regarded in a new light but in reality we can see that mental health is segregated and not given as much importance as that of physical health. Even youth's and people who are educated are also taking mental health for granted. People find mental illness as a big

issue which is leading to the development of negative thoughts in them about mental health and it is also leading to the aspect of stigmatizing the topic of mental health and giving less importance to mental health. According to Im, et.al, (2020) Social stigma is so much attached to mental health disorders that it is resulting into discrimination against people with mental disorders which is also affecting the aspect of job opportunity and opportunity to live independent and safe life, even in the research done among 427 university students 51.29% of the students in total reacted they had negative perceptions towards mental disorders and their treatment. So, it was seen that even people who are educated are also taking mental disorders in a negative pattern and they are not open to the aspect of mental disorder. According to Ran, et.al, (2021) there are 4 types of stigma of mental illness which are public stigma (the label that is set around people with mental illness as dangerous, weak, strange, incompetent and blame worthy which are shaping perception of the people, whereas the perception that person with mental illness behave violently is considered major reason for general public displaying stigmatizing behaviors and attitudes towards people with mental illness), Self- Stigma (It is mainly the stigma that one has due to the lower self- esteem, the thought that society, family are also leading one to develop self- stigma within oneself, culture, family, social status also plays an important role in stigma internalization), Affiliate stigma (mental illness stigmas not only affect oneself but also it affects the family caregivers, this stigma mainly felt due to the aspect where there is mental health disability of a loved ones which contributes to the burden, the burden whether its economic burden, etc. caregivers might feel the aspect of social withdrawal, feeling of shame and embarrassment, etc.), Professional stigma (Stigma that affects the mental health professionals, such as psychiatrists, counsellors, social workers , nurses that are in direct connection with the person with mental illness where one might face stigmas from publics,

likewise also the aspect of clients being violent besides that also the aspect of loss of face was another major concern in the profession). The individual in the societies facing mental illness, their caregivers, even the professionals who are linked with them everyone are directly or indirectly affected by mental illness. The aspect of giving less importance to mental illness is there in its plate also the aspect of stigmas and discriminations which are added in it. Coming to the 21st century also we can see that the aspect of mental health is separated from that of physical health and is given less importance.

Coping during mental health issues

Coping is the aspect where one individual tries to put their thoughts and efforts in order to solve problems and to minimize and handle the stress and conflict that comes during the lifetime. If any individual is bad at coping with stresses and situations he or she might lead to the situation of discomfort and lead to severity of any situation. In most of the situation people try coping during mental health situations by utilizing their skills. But there are so many stances where the people don't realize that they are in a critical stage and later on after the individual reaches to last level of their situation then only they think of their situation in an in-depth manner. According to Pombo, (2019) living with mental illness is not easy, there consists of so many problems without clear solutions but during those times people get the suggestions for coping with those stresses like exercise, meditate which is helpful, but there are so many stances where individuals find it difficult to find the right coping mechanism which takes time and patience, some of the coping mechanisms as per suggested by mental health professionals are; Deep Breathing, Opposite to Emotion Thinking, Radical Acceptance, The 5- Sense, Mental Reframing, Emotion Awareness. People normally try to cope with the unfamiliar situation in order to be safe and try to control the thing that they are feeling and thinking about. Coping makes you at easy situations.

It is really important to have one with the proper support and love when they are facing mental illness or any problems related to mental health. The major aspect is to be with the person and listen to the other person when they are not feeling things correct. We always need to help people with mental illness to cope with the situation they are in. Be helpful to the people in need. According to American Psychological Association (2019) family members being an important resource for those individuals dealing with mental illness and it is really important to learn how to help a loved one through diagnosis and beyond, also it is really important to have a thinking that mental disorders are treatable and individuals with disorder can get a full, rewarding lives especially if they seek treatment as needed. According to heretohelp (n.d), Research confirms that any kind of support from family and friends is the key part of helping someone who is suffering from mental health, though the support is emotional help or practical but the help can be from different parts, children, siblings, spouses or partners, close friends and others who care about the individuals with mental illness. It is really important to have a supportive family for good and easy recovery of the people with mental illness/ disorder.

According to newsround (2018) many people find talking about mental health problems hard, there are many reasons that people might find it difficult to open up some of the reasons young people told Newsround include, worries that people may think they are weird and people leave you out, not wanting to be treated any differently, worries that people might spread rumors, thought that people might say that it's rubbish and you're just being silly, thinking that people might make it a big deal of my situation and worries that people might think its nasty thing, these situations might occur in everyone's life but overcoming these worries and speaking to someone can be really positive impact in the individuals life who are suffering from mental health problems. It is really important to support and help the ones with mental health problems. And

we always need to think mental health as a part of our health and should treat like that of physical health.

People normally try hard to cope with different situation but most of the time they fail during the process of coping. Normally people who can't cope with their emotional situation or their mental health situation it leads one individual to have a dysfunctional situation in their life which might result into being severe in mental health condition and self- harming. According to mental health foundation Self- harm has a huge impact on the day to day life of those who do it, people often do self-harming as an alternative to suicide and it is one way of coping even though sometimes one wishes to end.

Mental health awareness and education

Mental health has been one of the important aspect in the part of individual's life. People neglect the aspect of mental health. In an individual's level we can see that mental health has been neglected, people keep mental health as secondary aspect where they keep physical health as a first priority. With the societies perception we can see that mental health has been one of the stigmatized topic. People lack the awareness on how much mental health is important. It is high time essential that we focus on the aspect of mental health. Mainly even the aspect of services, awareness activities, etc. are situated in the urban areas of any society and the rural areas are less focus. According to Poddar (2021) mental health being one of the important aspect but it is continued to be a taboo and ignored subject in rural India, while it is still taboo it is really important to spread the awareness about mental health in the remote corners of the country. Each part of any country requires the awareness and education of mental health. We all need to communicate with our friends and families about the importance of mental health. It is seen that people are discriminating the ones with mental illness due to lack of education and awareness.

According to Holthaus (n.d), perception towards mental illness has been improving compared to that of past decades, it is seen in the studies that stigma against mental illness is very strong and it is largely due to lack of education also that it is due to the people linking the negative stigmas to mental illness than that of other diseases. Mental health awareness lacks in each nook and corner of any countries. Even the ones who are educated they lack the aspect of mental health awareness and education.

Policy review of Nepal

According to Public Health Update (2020) government of Nepal adopted a national mental health policy in 2052. It was seen that the policy of mental health 2052 is still seen not being fulfilled as during the policy of 2052 it was written about the aspect of ensuring the availability of minimum mental health services for all the population of Nepal until 2000 which mainly focuses to the vulnerable and under- privileged groups of people and integrating mental health services in general health service system of the country focusing on the people of the community. Also it focuses on the aspect of preparing the suitable Manpower for the mental health services and focusing on protecting the fundamental human rights of the mentally ill individuals. And another major focus was to improve awareness about the mental health and related topics attached to it for the promotion of the mentally healthy lifestyles (National mental Health Policy, 1996). We can still analyze that mental health policy of 2052 is still not fully into play, the lack of awareness is leading people to discrimination and not focusing on the importance of mental health. But the program was given low priority also the ministry of health drafted a new national mental health policy- 2073 which is there in draft but during the time of implementation and policy making it is seen lacking behind. Also the persons with mental health issues are mentioned inside the act relating to rights of persons with disabilities, 2074 where

Person with disability means a person who has long- term physical, mental, intellectual or sensory disability or functional impairments or existing barriers that may hinder his or her full and effective participation in social life on an equal basis with others.

Chapter III: Research Methodology

Research Methodology is a systematic framework for research. With the help of research methodology, it helps researcher to have a step wise process during the research. According to Sileyew, 2019 A research methodology is path through which researcher will be conducting the research, this part of the research formulates the research methods that were used during the research process. Research methodology helps you to write the research paper more systematically and designing the study inclining to the aspect of fulfilling the research aim and objectives.

Research Design

The main reason behind conducting this research is to find out youth's perspective towards importance of mental health. This research is quantitative in nature which was more focused on knowing the general idea about the perception of youth towards mental health according to their experiences. Also, this research is based on descriptive research design. According to QuestionPro, n.d., Descriptive research design is a research method that focuses on "what" of the research subject than the "why" of the research subject, also focusing on the subject of the research without covering "why" it happens. Descriptive research design because it is used to understand from a respondent their opinion and their attitude towards certain topic. This research focuses to collect quantifiable information for the analysis of the sample population and this research is cross-sectional in nature as the study is conducted along the same group. The data was collected at one given point of time among the sample population due to which this was more of a cross sectional study. Through this research design researcher made it possible to gather perspective of youths on the importance of mental health based on their experience.

Data Collection Procedures

Area of Study

The area of study for the research was Kathmandu Valley. The major area of focus was Youths of Kathmandu valley as the research was mainly focused in understanding the perspective of youth residing in Kathmandu valley towards importance of mental health.

Sample

The sample population of this research were the youths of age group 17- 32 from Kathmandu Valley. The Sample consisted of all male, female and others. The data collection was conducted from the date April 15th, 2021 to May 6th, 2021, from youths residing in Kathmandu Valley.

Sample Design

This Study focused on simple random sampling of probability sampling method which was selected because the simple random sampling ensures the possibility of each members of the population to have an equal opportunity for being selected as a respondent. As there was no restriction to any participants to be part of the research so, among all the youths 138 of them fully participated in the research.

Data Source

Primary Data source

The primary data was collected through online survey. The primary data was more reliable and had high level of confidentiality maintained during the research. The primary data was collected through close ended questionnaire. Which was filled out by educated youths residing in Kathmandu valley of age 17-32.

Secondary Data Source

Researcher have also taken reference and citation from different other articles, researches, etc.

Data Collection Method

Data collection is a method which focuses on basic techniques i.e., primary data collection focusing on quantitative data which was collected through online survey methods. The major data collection method was the development of questionnaire and selecting of samples which was done accordingly. The set of questionnaire was prepared in google form and sent to the respondents via Internet, where the researcher had no role beside sending the questionnaire, collecting the data which prevented biasness. The data that have been collected through the google form is valuable and which helped in meeting the objective of the research.

Methods of data analysis

Different process and steps were taken during the time of data collection. As the research was quantitative in nature and the data was gathered in large number. Altogether there were 138 participants in an overall manner. The data that was extracted from google form into excel was all the primary data.

After the data was extracted in excel were coded for the analysis in SPSS software. As for the quantitative analysis SPSS was a reliable source for the data analysis. The phase of identifying, classifying and giving numeric values to the data that was in a word form was done in excel and the data were given numeric value by developing a code book where each options as well as each answers were given different codes. And the final numeric data was entered in SPSS. The data analysis in SPSS was done through descriptive statistics and analyzing the data in the frequency and graphical form.

Reliability and validity

The result and the conclusion of this research is based on the primary data source which was directly from the online survey taken with the participants. As to make sure the data won't be repeated again. The aspect of using the Limit to one response during the time of google form was selected for reliability and validity. The whole process is conducted to make this paper a success. Also, here in this paper every detail is mentioned about the research. Also, the data analysis is done using the software and also for the aspect of validity and reliability researcher has also taken the reference of other secondary sources. The data of the research has been brought directly from the youth's response which has been collected from google form.

Ethical Consideration

Informed consent was taken in the beginning of the research. The nature of the study, time limit to complete the study, right to withdraw, etc. was mentioned in the beginning of the paper. Also, the study was confidential in nature as the topic was sensitive and to make the participants feel reliable to the researcher the researcher only mentioned about the gender and age for the demographic part and also the aspect of confidentiality is ensured as the data is only there with the researcher and the data can't be recovered. The identity of the respondent will not be available during or after the study.

Chapter IV: Data Analysis and Interpretation

During the times of data collection researcher have taken the youth participants from Kathmandu valley from age 16-40. In total the number of participants were 138 where there are different perception and diverse opinion that have been seen during the analysis part. In total 137 participants took the part in an overall manner likewise 1 participant disagreed to be part of the research where even that 1 response is also respected and presented here in this section by mentioning I Disagree in each table and figure. Different opinion in an overall manner showed that youths from Kathmandu valley are more open towards mental health issues these days.

The result from the data collection are shown below in graphs and tables and analyzed accordingly below the picture:

Table 1

Gender

	Frequency	Percent
Male	57	41.3
Prefer not to say	3	2.2
Female	77	55.8
I Disagree	1	.7

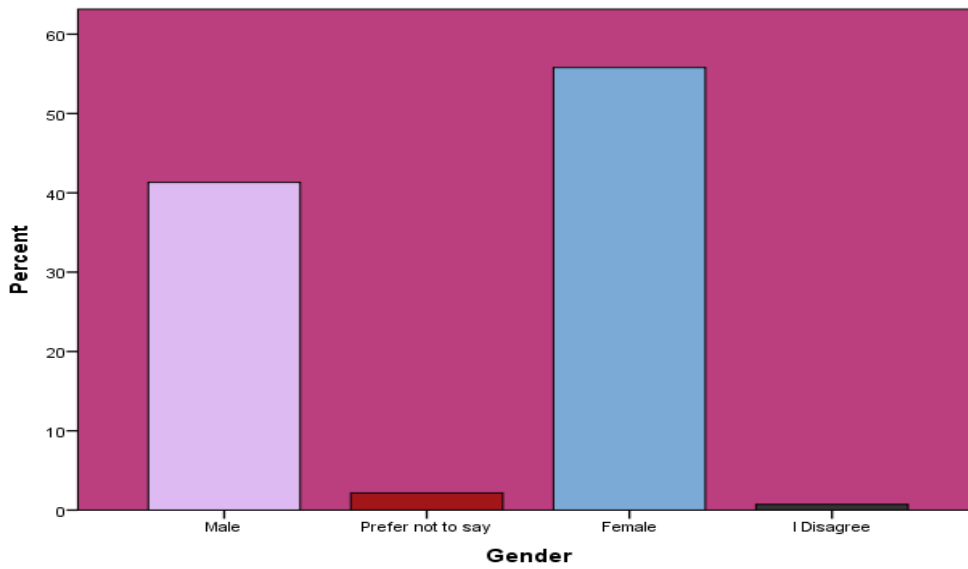


Figure 1. Gender.

In total there were 138 participants from which 77 participants were female, 57 participants were male and 3 participants preferred not to say likewise one of the participants had disagreed to be part of the research in the beginning. In total from above graph and table we can see that the highest was 55.8% of female and the lowest was 2.2% of the people who choose the aspect of prefer not to say.

Table 2

Age

	Frequency	Percent
17-22	88	63.8
23-27	45	32.6
28-32	4	2.9
I Disagree	1	.7

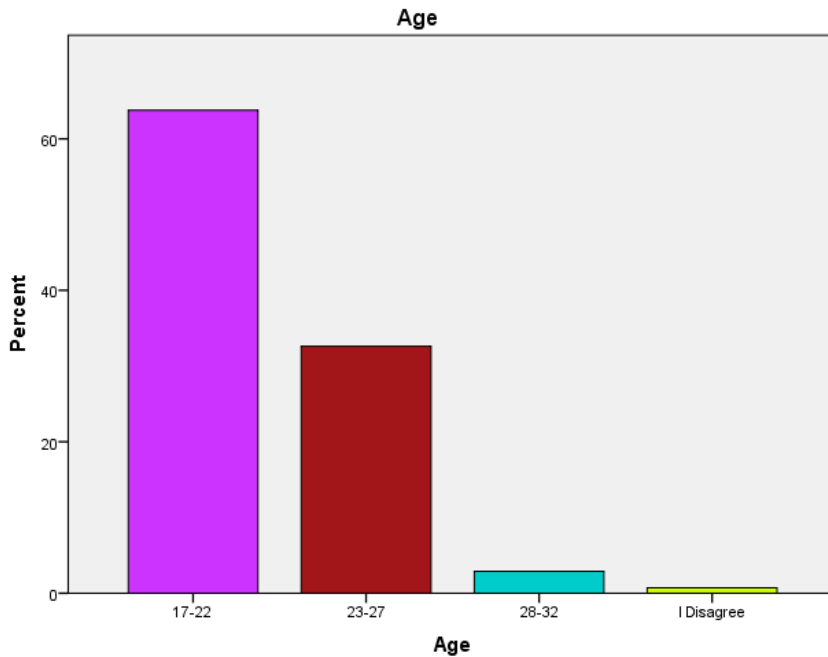


Figure 2. Age.

So, in total there were 138 participants among which the highest age group were the participants of age group between 17- 22 which were 88 in total likewise the lowest were participant from age group between 28- 32 which were 4 participants likewise 45 of the participants were from the age group between the age group 23- 27. One of the participants disagreed to take part in the research.

Personal experiences with Mental Health

Participants were asked personal experiences with Mental Health. Mental health which has been a taboo topic and which has a boundary around it. People rarely talk about mental health. This has been a topic which people feel hard to talk about. Due to the point where mental health is given less importance and been less talked about the people who are going through mental illness or any problems in their mental health are suffering more from the situation. According to Campo (2017) Despite our society focusing and talking about compassion it still

tends to view mentally ill and those with addiction as morally broken rather than as ill. So, we can see that people rarely focus on mental health but modern practices have the potential to improve public health and engage families more actively in the care of individuals suffering from mental disorders and addictions. We can see that mental health has been one of the rising topic in today's context. Likewise, people have started thinking about mental health like that of physical health. According to Gelsdorf et.al. (2020) Mental health impacts of emergencies have long been recognized and the effort to systematically address and mitigate the impact began only in the early 2000s when UN and its humanitarian partners began developing and advancing the guidelines for protection and promotion of human well- being as well as prevention and treatment of mental disorders. To have a healthy life it is highly essential for one to have their physical and mental health go hand in hand.

This research has presented how the youths of Kathmandu valley are open to share about their personal experiences about mental health. Likewise, the data below have shown that youths are open to share their personal experiences regarding mental health. Likewise, during the time of research the researcher found that the topic which has been inside a boundary and which is highly stigmatized it has been open these days. The platform of social media has also been long used as a source through which youth's as well as people around are sharing their experiences about mental health. Likewise, a very famous search site google has also so many personal experiences related to mental health issues b shared in its platform. As, we can see that WHO also has the personal stories section where some of the user's and ex- users of mental health services in the WHO European Region agreed to share their personal experiences where the questionnaire was sent to the users and ex- users of the services in 18 countries. Like that of WHO there is also other sites like that of National Alliance on Mental illness and in Nepal the

organization like KOSHISH has also been sharing the personal experiences of the clients who have been recovered successfully. So, with this we can see that sharing personal experiences related to mental illness/ disorders has been seen in present context.

Since the topic of this research paper was A Quantitative Study on the response of youths of Kathmandu valley Towards Importance of Mental Health based on their experience. It was more based upon the personal experience of the respondents which might be triggering to some extent due to which researcher thinking from the aspect of participants gave a brief introduction about the 1st section of the paper which was personal experience with mental health also researcher gave the right to skip that section and jump into another section where the data of the participants of that section is presented in brief manner first and is then presented in the form of graph and table. Likewise, in the section of personal experience those participants who had skipped to another section their response has also been respected and mentioned in each part of this section as No Response.

Like that of sharing personal experiences with mental health, this research was conducted among 138 youths of Kathmandu valley among which 130 participants have shared their personal experiences by filling up the close ended questionnaire. Only 1 participant didn't take part in the whole research and among the 138 only 7 participants jumped to the other sections. Which is one of the good result which was seen at the part of data analysis. Maximum of the participants responded about how they feel in certain situations. Maximum of the participants responded that they have felt calm and peaceful in some time or the other time. Except the 3 of the participants among the 130 participants who took part everyone has felt calm and peaceful sometime or the other. Likewise, among the 130 participant's maximum participants have felt that they have lot of energy in some time or the other. Unlike 7 of them from the 130 of them

who have responded that they have felt having lot of energy none of the time. Likewise, it was seen that beside 3 of the participants among 130 participants who have been part of this section they have responded that they have felt having low energy in some time or other time in their past days. Moreover 54 of them responded that yes their physical health is resulting into problems in their work or daily activities. Likewise, 5 prefer not to say and 71 responded no they have not felt problems in their work or daily activities as a result of their deteriorating physical health. Focusing on other participants 5 of them prefer not to say whether they were feeling problems in their work as a result of their physical health. Also, 64 of them responded that they have been facing problems in their work or daily activities as a result of their emotional problems. Likewise, 53 of them responded that they have not faced any problem in their work or daily activities as a result of their emotional problems. Also, there was one participants who responded that they would prefer not to say about whether they are facing problems or not. Maximum of the participants responded that their social interaction is affected by their emotional problems. Only 12 of them responded that their social interaction is not at all affected by their emotional problem, likewise 3 of them responded that they don't know about whether they are affected by their emotional problem or not. There was 14 of the participants who responded that they not at all prioritize themselves when the time of pain and discomfort. Likewise, 15 of the responded that they don't know whether they prioritize themselves or not. Maximum participants among the 130 responded they a little or extremely prioritize themselves at the time of pain or discomfort. 5 didn't find comfortable to share so preferred not to say about whether they prioritize themselves or not in the time of pain and discomfort.

So, above mentioned was a brief disruption of the data of the personal experience of individuals towards mental health. Now below each data is shown in a Table and Figure form.

Table 3

Would you want to go ahead with this section?

	Frequency	Percent
Yes	130	94.2
No I would like to skip to another section	7	5.1
I Disagree	1	.7

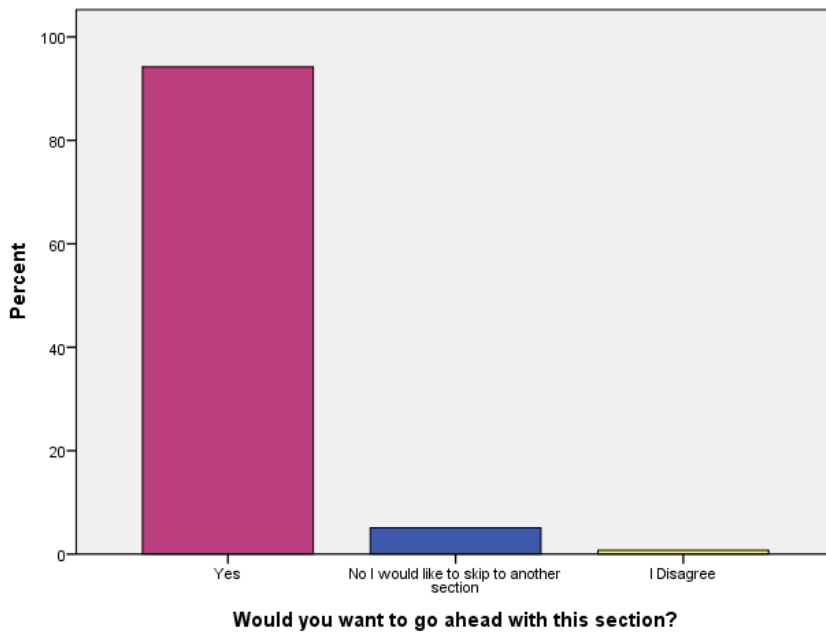


Figure 3. Would you want to go ahead with this section?

As 1st section of the question occupied the aspect of personal experiences of the participants due to which right to skip was given to the participants. According to Table 3 and Figure 3 in total 130 participants responded yes and was open to the aspect of sharing their personal experience about mental health likewise 7 participants skipped the section of personal

experience and jumped into another section from which it can be seen that among 137 participants who participated maximum participants were open to share about their experience.

Table 4

Past days you have been feeling (Calm and peaceful)

	Frequency	Percent
No Response	7	5.1
I Disagree	1	.7
All of the time	7	5.1
Most of the time	54	39.1
Some of the time	43	31.2
A little of the time	23	16.7
None of the time	3	2.2

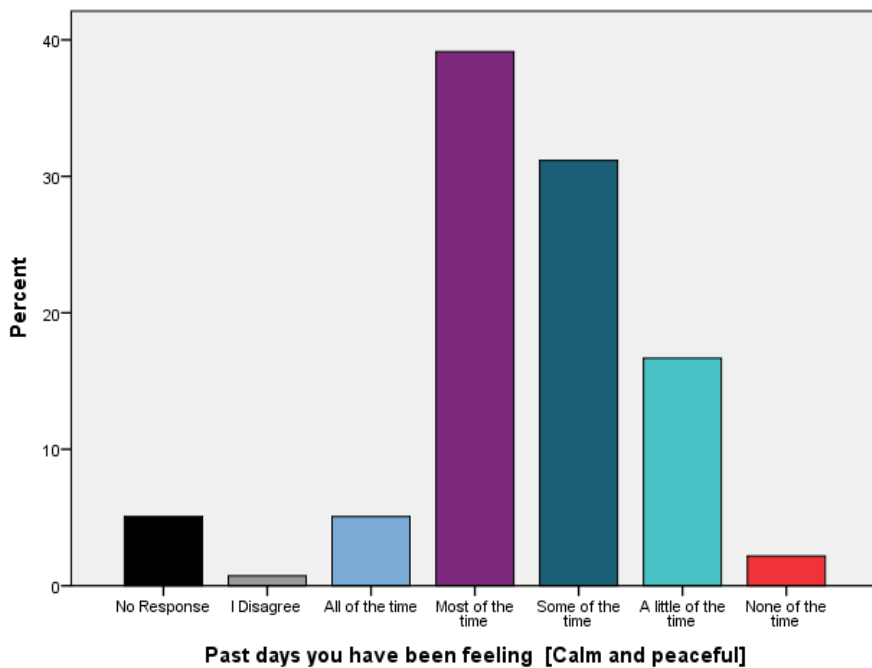


Figure 4. Past days you have been feeling (Calm and peaceful).

In the above mentioned table 4 and figure 4 we can analyze that maximum of the participants i.e., 54 of them have felt calm and peaceful most of the time likewise some of the participants responded that they have felt calm and peaceful only some of the time, and 23 of the participants responded that they have felt calm and peaceful only a little of times. Also there were 3 of the participants who responded that they have felt calm and peaceful none of the time. And also 7 participants responded that they have felt calm and peaceful all of the time. Likewise, in the above mentioned data the ones who have not been part of the 1st section is given as No response where there were 7 participants likewise 1 participants choose to disagree and not be part of the research. So, from the above data of table 4 and figure 4 we came to know that maximum participants responded that they have felt calm and peaceful in past days.

Table 5

Past days you have been feeling (Lot of energy)

	Frequency	Percent
No Response	7	5.1
I Disagree	1	.7
All of the time	2	1.4
Most of the time	31	22.5
Some of the time	60	43.5
A little of the time	30	21.7
None of the time	7	5.1

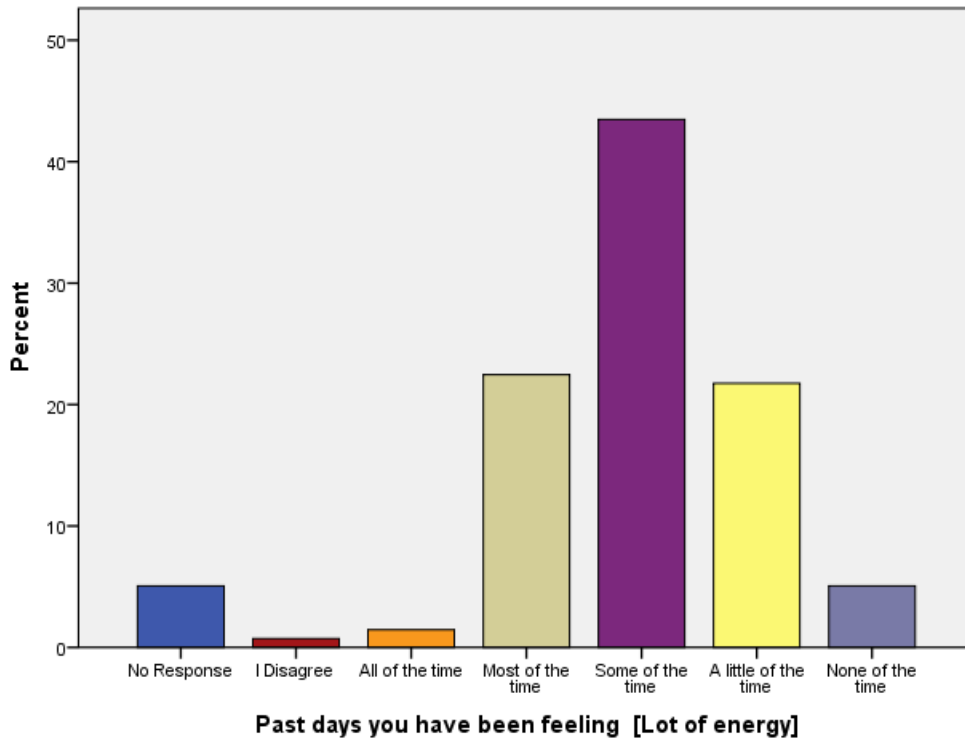


Figure 5. Past days you have been feeling (Lot of energy).

According to Table 5 and Figure 5, 60 participants responded that some of the time they feel that they have lot of energy. Also, 31 participants responded that they feel having lots of energy most of the time, 30 participants responded having such feeling a little of the time. Likewise, there were 7 participants who responded that they feel having lots of energy none of the time. Also there were 2 participants who feel having lots of energy all of the time. So, from the above data of Table 5 and Figure 5 we can know that maximum participants have felt having lots of energy some of the time in their past days. The above mentioned data shows how most of the participants felt having lots of energy in most of the time in their past days.

Table 6

Past days you have been feeling (Low energy)

	Frequency	Percent
No Response	7	5.1
I Disagree	1	.7
All of the time	11	8.0
Most of the time	32	23.2
Some of the time	49	35.5
A little of the time	35	25.4
None of the time	3	2.2

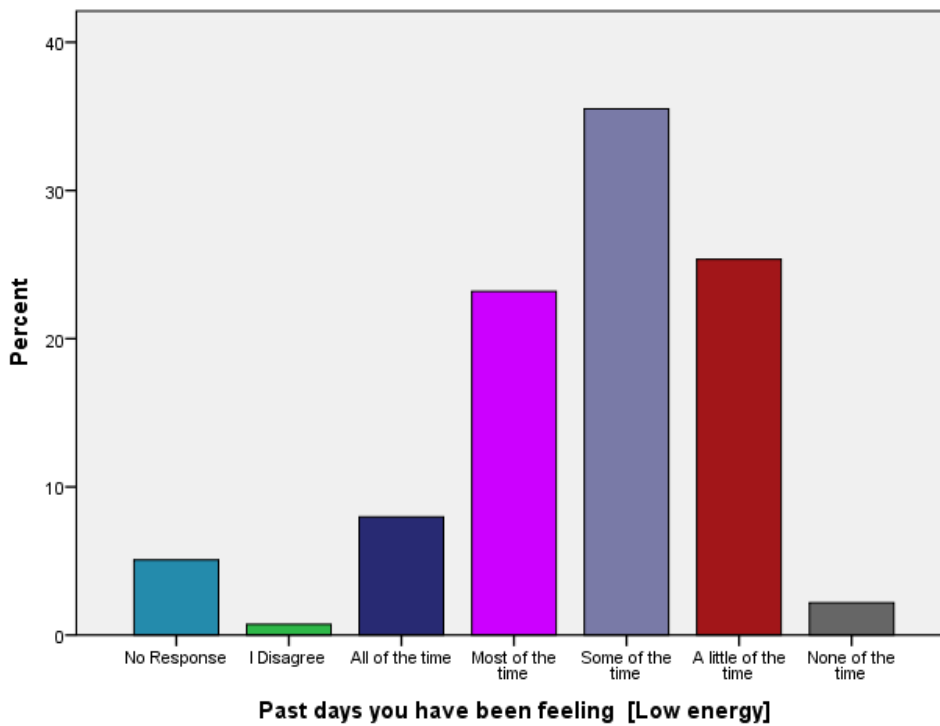


Figure 6. Past days you have been feeling (Low energy).

In the above mentioned table 6 and figure 6 we can analyze that 49 participants have felt low energy some of the time likewise 32 participants have responded that they have felt low energy most of the time. Also, 35 participants responded that they have felt low energy a little of the time. Likewise, there were 11 participants who responded that they feel low energy all of the time. Also there were 3 participants who responded that they feel low energy none of the time. So, this data shows that maximum of the participants feels low energy some of the time.

Table 7

Since past days have you faced problems in your work or daily activities as a result of your deteriorating physical health?

	Frequency	Percent
Yes	54	39.1
No	71	51.4
Prefer not to say	5	3.6
No Response	7	5.1
I Disagree	1	.7

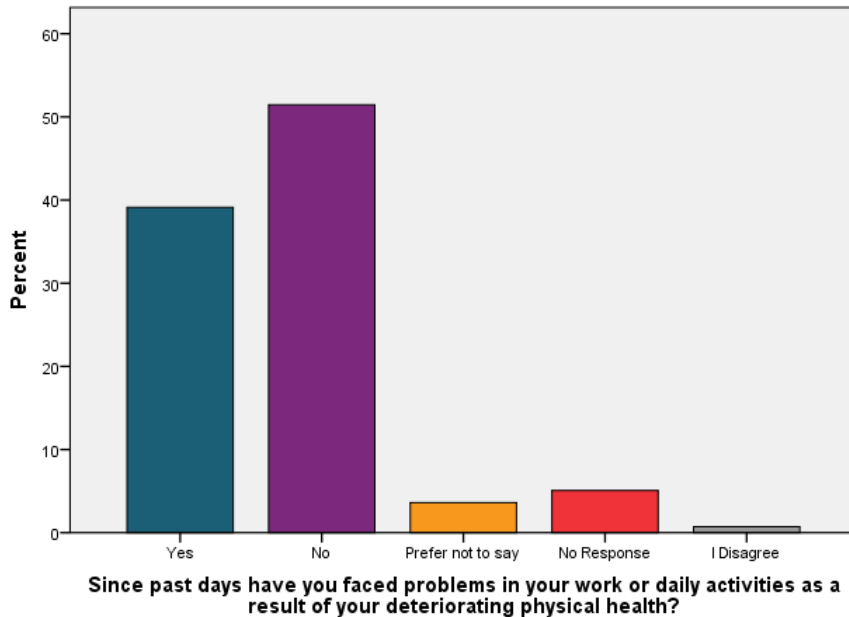


Figure 7. Since past days have you faced problems in your work or daily activities as a result of your deteriorating physical health?

Among the overall 138 participants 54 participants had responded that they have been facing problems in their work or daily activities due to their deteriorating physical health, likewise 71 participants responded no and 5 participants responded that they would prefer not to say about their problems. And we can see from the above Table 7 and Figure 7 that 7 participants didn't wanted to go with their 1st section where their data is respected and noted as No Response and the participants who had selected the I disagree is also taken as a part of the response. From the above bar and table, we can analyze that the majority of the participants didn't face any problems in their work or daily activities as a result of their deteriorating physical health. Likewise, 54 participants had also faced problems in their work or daily activities due to their physical health.

Table 8

Since past days have you faced problems in your work or daily activities as a result of your emotional problems, such as feeling sad or anxious?

	Frequency	Percent
Yes	64	46.4
No	53	38.4
Don't know	12	8.7
Prefer not to say	1	.7
No Response	7	5.1
I Disagree	1	.7

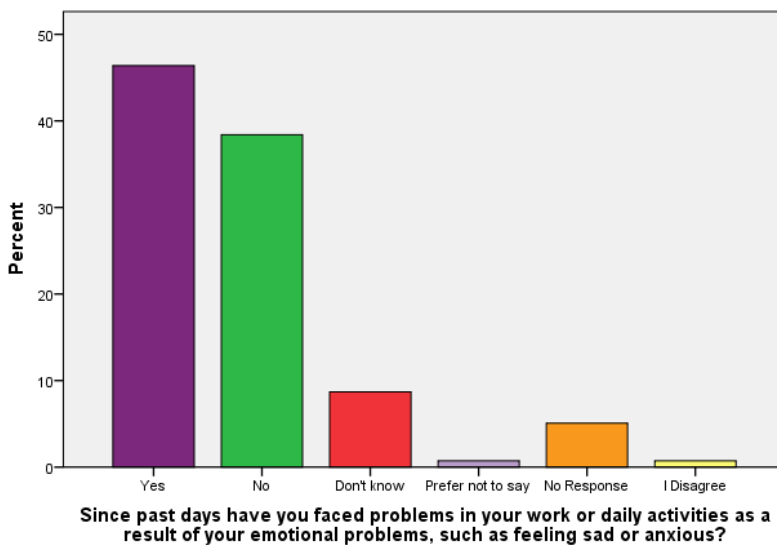


Figure 8. Since past days have you faced problems in your work or daily activities as a result of your emotional problems, such as feeling sad or anxious?

According to Table 8 and Figure 8 we can see that maximum of the participants responded that since past days they are facing problems in their work or daily activities as a

result of their emotional problems such as feeling sad or anxious. From where we can see that 64 of the participants responded that they have been facing problems likewise 53 participants responded that they are not facing problems whereas 12 participants were even unknown about the aspect that they are facing problems or not. Whereas 1 of the participants responded that they would prefer not to say whether they are facing problems or not. From the above response also we can see that youths of Kathmandu valley were open towards mentioning whether they are facing problems in their work due to their emotional situation or not.

Table 9

Does your emotional problem affect your social interaction?

	Frequency	Percent
Don't know	3	2.2
Not at all	12	8.7
A little	62	44.9
Extremely	53	38.4
No Response	7	5.1
I Disagree	1	.7

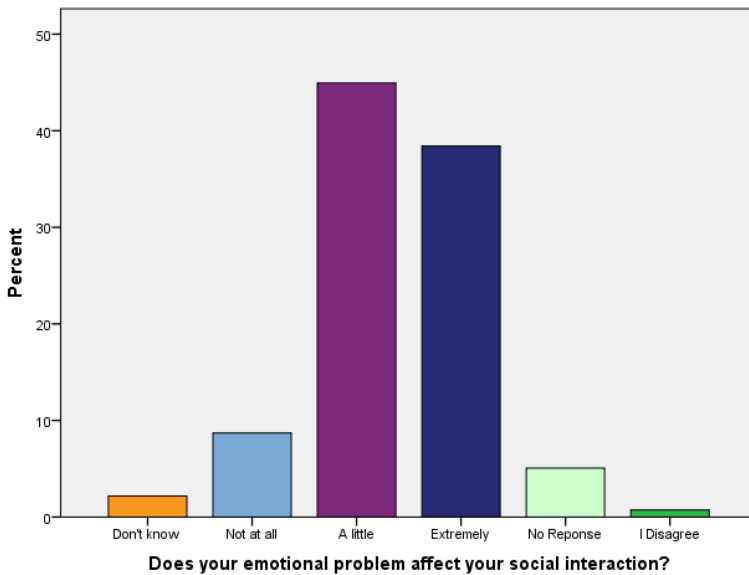


Figure 9. Does your emotional problem affect your social interaction?

According to Table 9 and Figure 9 it was seen that 62 participants responded that their emotional problem had a little affected in their social interaction. Likewise, 53 participants responded that their social interaction is extremely affected by their emotional problem. Also 12 participants responded that their emotional problem not at all affect their social interaction. Also 3 of them responded that they don't know whether it affects or not. So, from table 9 and figure 9 we can see that how one's emotional problem can also affect one's social interaction.

Table 10

During the time of pain and discomfort how much do you prioritize yourself?

	Frequency	Percent
Don't know	15	10.9
Prefer not to say	5	3.6
Not at all	14	10.1
A little	59	42.8
Extremely	37	26.8
No Response	7	5.1
I Disagree	1	.7

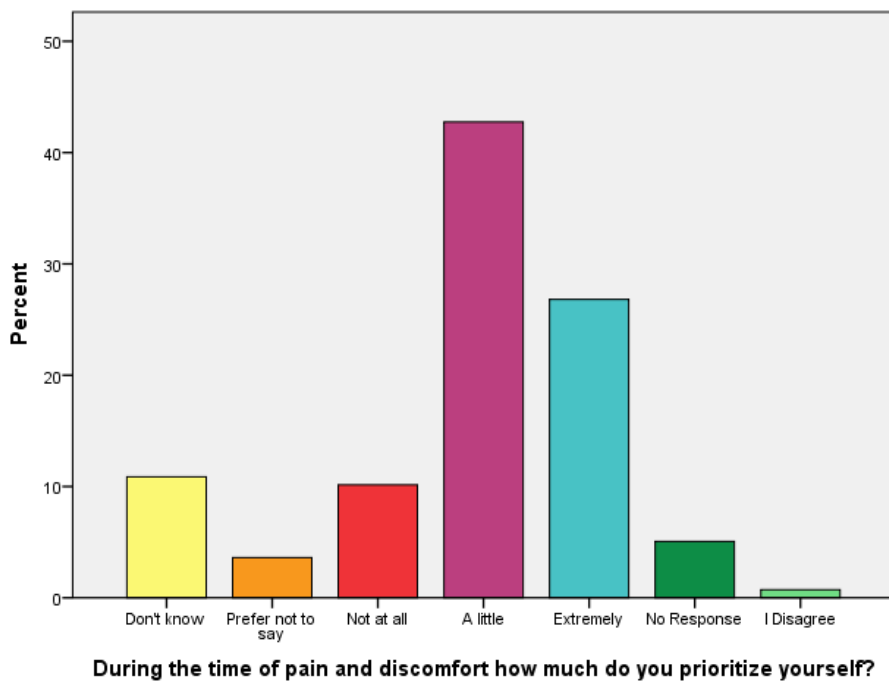


Figure 10. During the time of pain and discomfort how much do you prioritize yourself?

From the above table 10 and figure 10 we can see that the maximum participants in total of 59 of them responded that they prioritize themselves a little at the time of pain and discomfort. Also 37 participants responded that they extremely prioritize themselves at the time of pain and discomfort. Likewise, 14 participants even responded that they not at all prioritize themselves during the time of pain and discomfort. Also 15 of them responded that they don't know whether they prioritize themselves or not during such situation. Also 5 participants responded preferred not to say and whereas 7 participants didn't respond in the personal experience section and 1 participant had disagreed in the beginning of the research which is also mentioned and the discussion has been respected by the researcher and has been mentioned here. We can analyze from the above mentioned table 10 and figure 10 that maximum of the participants either a little or don't prioritize themselves during the time of pain and discomfort which is sad as well as not a good aspect because like that of physical health youth should also prioritize and focus on their mental health equally and should focus on themselves during the time of pain and discomfort.

Coping with problems in general

In an individual's life we can see that individuals have been going through a lot in their life. Peoples life is full of mixture of the problems and solutions. Those situations of problems might sometimes lead one individual to face different kinds of mental health related problems in their life. During the lifetime we can see that due to the lack of coping with any kinds of problems and situation individuals have been leading to the situation of deteriorating mental health. Peoples mental health has been impacted in a direct and an indirect manner due to various situation in their lifetime. Sometimes we can see that a person might face difficult situation in life and they can deal with the problems likewise if same situation arises in different time same individual might feel difficult to deal with the same situation. It varies according to an individual

to cope with the situation. Some might find going with the flow during hard times easier likewise some might feel the want to solve the problems and be relief and stay away from the problem. Likewise, some might feel dysfunctional during the time of problems and they might end up being not able to cope with those situations. So, it depends on any individuals to deal with the situation. And most of the time we can see that each individual has different level of tolerating things and taking things. It is highly seen that most of the problems and wrong situation has been affecting individuals and their mental health.

According to Mayo clinic (n.d) certain factors may increase one's risk in developing a mental illness which includes; Stressful life situation, like financial problems, loss of job, traumatic experiences, unhealthy relationship with family and friends. So in so many cases mental health suffers from problem due to different situation in lifetime. We all can see that youth being more vocal about their mental health problems but with that we can also see that in so many cases though the youths are being vocal but they are not being able to cope with the situation that they are in and the situation is leading him/ her to be stressful and it is leading to the problems of deteriorating mental health. According to Rovilotta et.al. (2011) the exposure to psychosocial stressors, with considerable psychiatric symptoms it highlights the importance of coping responses to manage these experiences. There might be so many people who might have experienced different psychosocial problems. Also, youth being one of the near ones to face different psychosocial problems we can see that it is really important in youth group about the coping responses to manage the stresses and problems in life.

According to Centers for Disease Control and Prevention (2021) Learning to cope with stress in a healthy way will make individual as well as the people who care about them and those around them become more resilient. It was seen that after the time of COVID pandemic

also people have come up with different ways to cope with the stresses in life. People have started becoming creative, started doing things that they used to love doing. It was seen more or less people are more included in the point of doing their things and trying to cope with the situations though it is stressful.

Maximum of the participants responded that during the stressful situation coping makes them stronger. 53 of the participants among 137 responded that its sometimes true also 44 of them responded that its true nearly all the time. 18 of them felt that it's not true at all that coping makes oneself stronger during stressful situation. 22 don't even know whether it makes oneself stronger or not. Likewise among 137 participants except 12 of them they felt that past completion of work or success gives them confidence to work during the time of problems in sometimes or nearly all the time. Also, it was found that among 137 participants only 3 of them can't adapt with the situation and the situations becomes dysfunctional. Besides 3 of them among 137 participants 134 of them responded that during changes in lifetime they either accept the change and adapt or even try to adapt even though it becomes hard for them. Among 137 of the participants who fully participated 119 of them believe that situation and problems make one individual stronger a little or extremely. Whereas, 9 of them responded that situation and problems not at all makes one individual stronger. Also 9 of them responded that they don't know. And among all the participants beside 11 participants all of them search for someone to share their problems with others sometime or the other when changes occur. It was a good one that among all the participants 118 of them responded that they can deal with whatever situations, changes or problems comes in their life by themselves. Likewise, 4 of them preferred not to say about whether they can deal or not. Whereas 9 of them responded it's not at all true that they can deal with whatever situation, changes or problems comes in their life by

themselves. Besides 17 of them every one responded that they nearly all the time or sometimes never give up on the worst situation in their life. The overall data is presented below in Table and Figure form.

Table 11

During stress situation coping makes you stronger.

	Frequency	Percent
Don't know	22	15.9
I Disagree	1	.7
Not true at all	18	13.0
Sometimes it's true	53	38.4
True nearly all the time	44	31.9

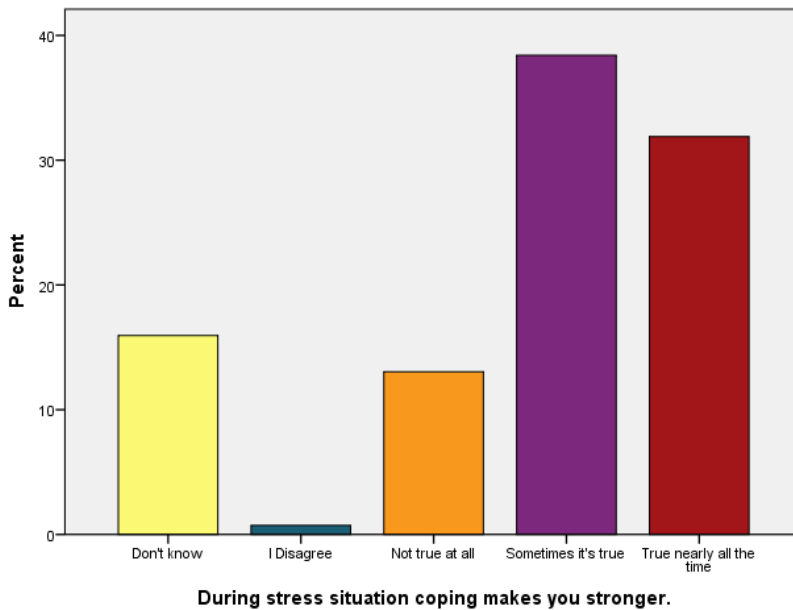


Figure 11. During stressful situation coping makes you stronger.

According to table 11 and figure 11 it was seen that 53 respondent responded that sometimes it's true that coping makes them stronger during the stressful situations. Likewise 44

of them responded that it is true nearly all the time that during stressful situation coping makes them stronger. Also, 18 of them responded that it is not true that coping makes them stronger during stressful situation. Even 22 of them responded that they don't know whether coping makes them stronger during stressful situation or not. So by these data it was seen that there was diverse opinion from different youth where we could see that most of the participants feel that sometimes it's true that coping makes them stronger during stressful situation.

Table 12

Past completion of work or success gives me confidence to work during the time of problems.

	Frequency	Percent
Don't know	6	4.3
I Disagree	1	.7
Not true at all	6	4.3
Sometimes it's true	52	37.7
True nearly all the time	73	52.9

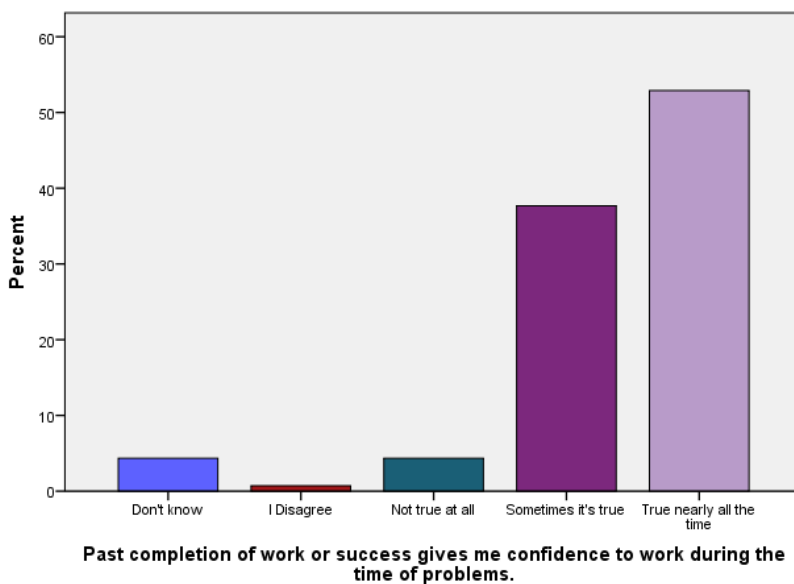


Figure 12. Past completion of work or success gives me confidence to work during the time of problems.

According to Table 12 and figure 12 it was seen that 73 participants responded that during the time of problem they nearly all the time get the confidence to work due to their past completion of work or success. Likewise, 52 participants responded that sometimes it’s true for them that past completion of work or success gives them the confidence to work during the time of problems. Likewise, 6 participants responded not at all and 6 participants responded that they don’t know about it. So, here also altogether diverse response was seen and the most interesting thing is that most of the participants nearly truly all the time got confidence to work looking at their past completion of work or success during the time of problems.

Table 13

So, during changes in lifetime;

	Frequency	Percent
I Disagree	1	.7
I accept the change and adapt with the changes in life.	69	50.0
I try to adapt but it's hard and takes time to adapt	65	47.1
I can't adapt and situation becomes dysfunctional	3	2.2

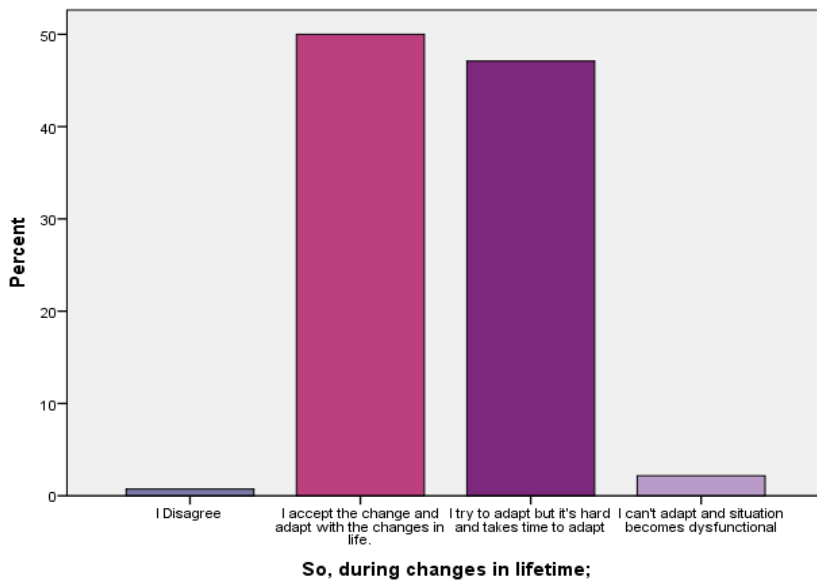


Figure 13. So, During changes in lifetime;

According to Table 13 and Figure 13 it was found that during the changes in lifetime 69 of the participants responded that they accept the change and adapt with the changes in life. Likewise, 65 participants responded that they try to adapt but it's hard and it takes time for them to adapt with the changes. Likewise, 3 of the participants also responded that they can't adapt and their situation becomes dysfunctional during changes in lifetime. So, from the above data it was seen that maximum of the participants was either acceptance to change and adaptive or even in some cases they even try to adapt even though it's hard and it takes time. But surprisingly 3 participants couldn't adapt and their situation becomes more dysfunctional during the changes in lifetime.

Table 14

Do you believe that situation and problems makes one individual stronger?

	Frequency	Percent
Don't know	9	6.5
Not at all	9	6.5
A little	30	21.7
Extremely	89	64.5
I Disagree	1	.7

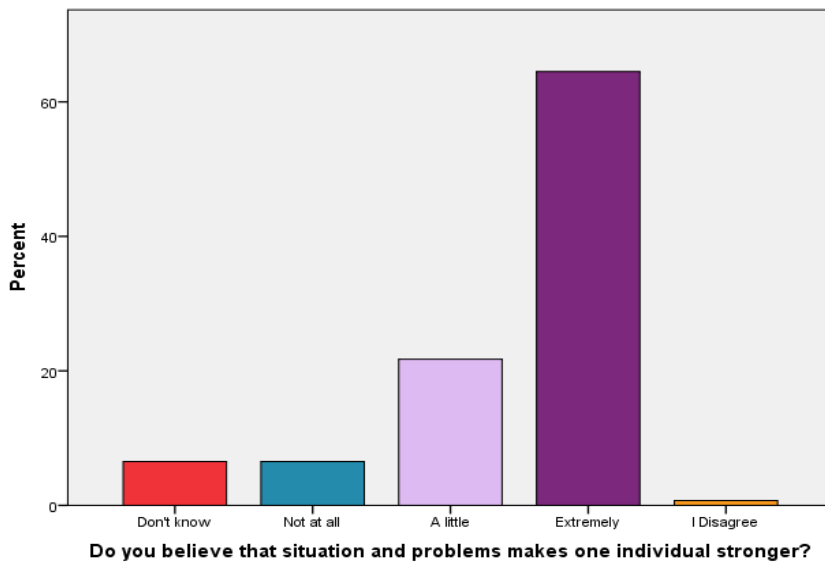


Figure 14. Do you believe that situation and problems makes one individual stronger?

According to Table 14 and Figure 14 we can see that 89 participants extremely believe that situations and problems makes one individual stronger. Likewise, 30 participants responded that they believe a little that situation and problems makes one individual stronger. Likewise, 9 participants responded that they don't know and 9 participants believed that situation and problems not at all makes one individual stronger. So, from the above table we can analyze that

maximum participants responded that to some extent situations and problems makes one individual stronger.

Table 15

When changes occur I search for someone to share my problems with

	Frequency	Percent
I Disagree	1	.7
All of the time	13	9.4
Most of the time	46	33.3
Some of the time	38	27.5
A little of the time	29	21.0
None of the time	11	8.0

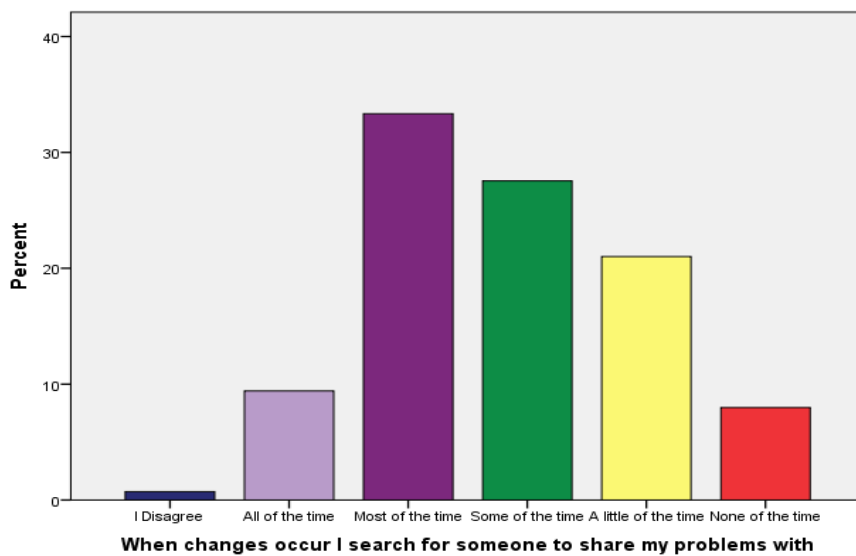


Figure 15. When changes occur I search for someone to share my problems with.

According to Table 15 and Figure 15 it was seen that 46 participants most of the time search for someone to share their problems with when changes occur in their life. Likewise, 38 participants responded that when changes occur they search for someone some of the time to

share their problems with. Also, it was seen that 29 of them search for someone a little of times to share their problems. Also 13 of them responded that they search for someone all of the time to share their problems during changes. Likewise, 11 of them responded that they none of the time search for others to share their problems during the changes. So, from the above data we can know that most of the participants search for someone to share their problems with when they have changes in their life.

Table 16

I can deal with whatever situations, changes or problems comes in life by myself.

	Frequency	Percent
Don't know	6	4.3
Prefer not to say	4	2.9
I Disagree	1	.7
Not true at all	9	6.5
Sometimes it's true	62	44.9
True nearly all the time	56	40.6

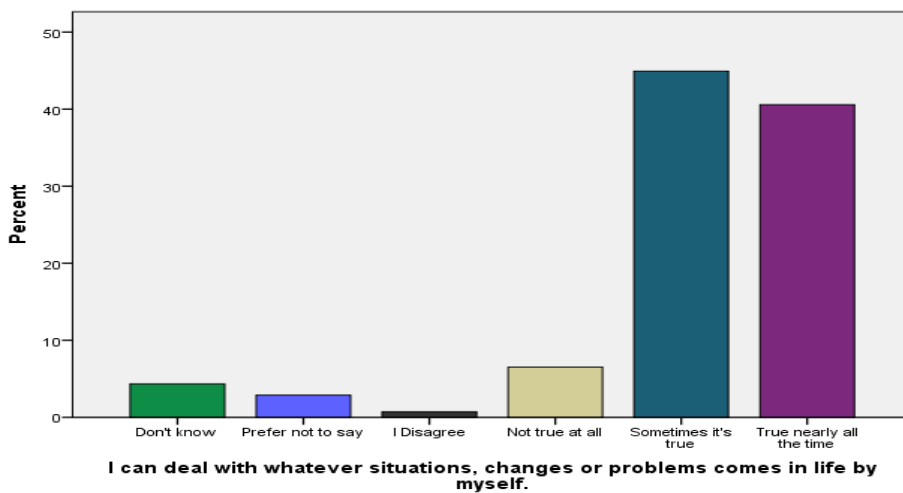


Figure 16. I can deal with whatever situations; changes or problems comes in life by myself.

According to Table 16 and Figure 16 we can see that 62 of the participants responded that sometimes it’s true that they can deal with whatever situations, changes or problems comes in their life by themselves. Likewise, 56 of them responded truly nearly all the time they can deal with whatever situations, changes or problems comes in their life by themselves. Likewise, 9 participants even responded that it’s not true at all that they can deal with whatever situations, changes or problems comes in their life by themselves. Also 6 of them responded that they don’t know whether they can deal with whatever situations, changes or problems comes in their life by themselves. Also 4 of them preferred not to say about whether they can deal with the situations, changes or problems that comes in their life by themselves or not. So, in an overall manner it was seen that most of the participants can deal with whatever situations, changes or problems comes in their life by themselves.

Table 17

Even though situation gets worst I never give up.

	Frequency	Percent
Don't know	8	5.8
Prefer not to say	1	.7
I Disagree	1	.7
Not true at all	8	5.8
Sometimes it's true	46	33.3
True nearly all the time	74	53.6

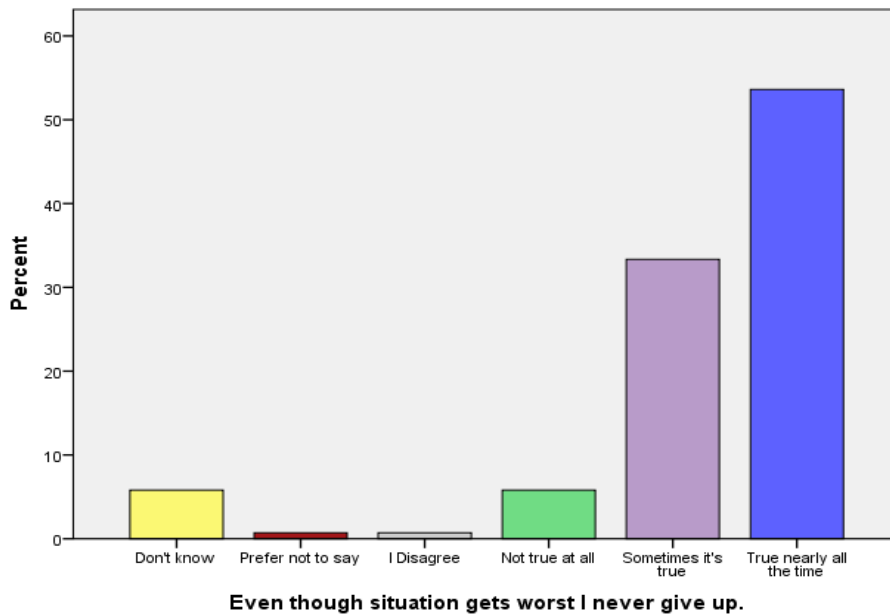


Figure 17. Even though situation gets worst I never give up.

According to Table 17 and Figure 17 we can see that even though the situation gets worst 74 of them responded that nearly all the time they never give up. Likewise, 46 of them responded that sometimes it's true that even though situations get worst they never give up. Likewise, 8 of them responded that they don't know that even during the worst situation they give up or not. Also 8 of them responded that it's not true at all that even though situation gets worst they never give up. So, from the above table and diagram we can see that among the 138 participants 53.6% of the participants responded that its true nearly all the time that even though the situation gets worst they never give up.

Societal Lens on Mental Health

Mental health has been one of the rising topic in today's context. People have started to view mental health important like that of physical health. With the change in time we can also see the change in perception of individuals. We all can see that mental health has been a rising topic and people have started to share about their state more with their close ones likewise they

also have started to take support of professionals. It is really essential for one to focus on their mental health. According to George, (n. d). one suffering from mental health problem can feel difficult to acknowledge that they are suffering from mental health problem, but if you have been experiencing low, mood, anxiety or signs of depressions, taking steps to get help and find support can be life changing. It is really essential to focus on mental health. One's state of mind also determines how one reacts in their life. How people think it also shows how they react. According to BECK institute cognitive behavior therapy, the cognitive model describes how a person perceives or thinks about something and that situations influence their emotional, behavior reactions. The reaction that people give in society it is highly influenced by the way they perceive and think. With that theory and model also we can see how any thought about any situation can lead to certain reaction. It is really essential to have a better mental state and good stable thinking pattern. So with the passing time we all need to learn how to cope with the situation and should know how to respect and value our mental health.

In the society still in so many context people have less focus towards mental health. It is always important to focus mental health as that of physical health. But in reality we can know that people are not even aware about the fact that mental health is equally important as that of physical health. According to SWHELPER (2015) there is still misconception for mentally ill people, where many think that these people are lazy or they are making it up, also the attitude that they have are that the people are either crazy, violent, out of control, unsafe and possessed by demons. We can see that people have set the negative labels around the people with mental illness/ disorder. People in society have high amount of wrong concept towards the mentally challenged individual or people with mental health issues. People distant and less interact with the people with mental health issues due to stereotypes in society. In society we can see that

people have set negative adjectives while describing the people with mental illness. In so many cases people in Nepal believe that mental health is an issues which can be treated by traditional healers so they believe more on traditional healers and go for taking support from traditional healers. As society has so many taboos around it people perceive that it is the evil spirit which is playing role in the mind of the mentally ill people and they focus on going along with the so called spiritual doctors. Also if there is any individual who is suffering from mental illness in Nepali society than we can see that people in society avoid being associated with those individuals who suffer from mental illness.

Participants of the research has also responded about their experience in the society. Among 137 participants 129 of them responded that they are aware about mental health related issues likewise 8 of them responded that they are not aware about mental health related issues. 88 of them responded that they look back to someone when they need any emotional support such as talking over problems or during the time of taking difficult decisions in life. Also 14 of them responded they don't know. Also, 19 of them responded They don't ask for help and 16 of them responded no they don't look back to someone when they need any emotional support or during taking difficult decisions in life. It was seen that maximum of the participants was helped by someone or the other when they were having emotional problems. It was seen that 61 of them were supported by their friends and 1 participant were also helped by counsellor. All together when we consider 10 of them even say no one has supported them. It was seen that other 23 participants were also supported by their sister/ brother. Also, 25 of them responded that their parents supported them. Likewise, 2 of them preferred not to say and 8 of them responded they were supported by others. So, in an overall manner there were different results that was found during the research. From the data above we can see that only 1 person was supported by the

counsellor/ professionals. Likewise, 94 of them among 137 participants responded that society extremely affects one's mental health. Also 35 of them responded that society a little affect one's mental health. 6 of them responded they don't know and surprisingly 1 of them responded that society not at all affects mental health. 1 participant also preferred not to say about it. 109 participants responded that mental health is important in the society they are part of. Also, 28 of them responded that no in their society they are part of mental health is not important. Beside 9 of the participants among 137 rest of the participants are some time or the other bothered by their societies opinion. 73 participants responded that they have felt a little numb due to continuous thought in past days because of their society. Likewise, 16 of them have extremely felt numb. Also 35 of them responded that they have not at all felt numb due to continuous thought in past days because of their society. 12 of them responded that they don't know. Also 1 participants preferred not to say. 112 participants have seen any person in their society with mental health issues/ illness. Also, 25 of them responded that they have not seen any person in their society with mental health issues/ illness. 99 of the respondent responded that society's reaction is not positive towards the person with mental health issues/ illness. Also, 38 among 137 responded that their society's reaction is positive. 83 of them responded they have seen or faced any kind of stigmatization surrounding mental health in life. Likewise, 54 of them responded that they have not seen or faced any kind of stigmatization surrounding mental health in their life.

The above mentioned data are in detail presented in Table and Figure below.

Table 18

Are you aware about mental Health related issues?

	Frequency	Percent
Yes	129	93.5
No	8	5.8
I Disagree	1	.7

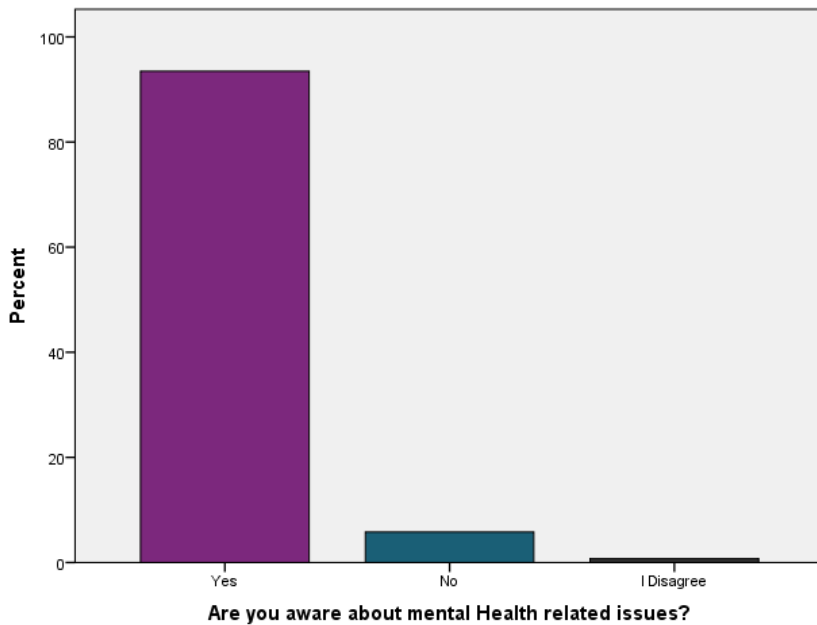


Figure 18. Are you aware about mental Health related issues?

According to Table 18 and Figure 18 we can see that 129 participants responded that they are aware about mental health related issues. Likewise, 8 of them responded that they are not aware about mental health related issues. So, from the above diagram we can see that 93.5% of the participants were aware mental health related issues which is one of the positive outcome. As we can see that how youth’s also started being aware about mental health related issues in today’s condition.

Table 19

Do you look back to someone when you need any emotional support such as talking over problems or during the moments of taking difficult decisions in life?

	Frequency	Percent
Yes	88	63.8
No	16	11.6
Don't know	14	10.1
I Disagree	1	.7
I don't ask for help	19	13.8

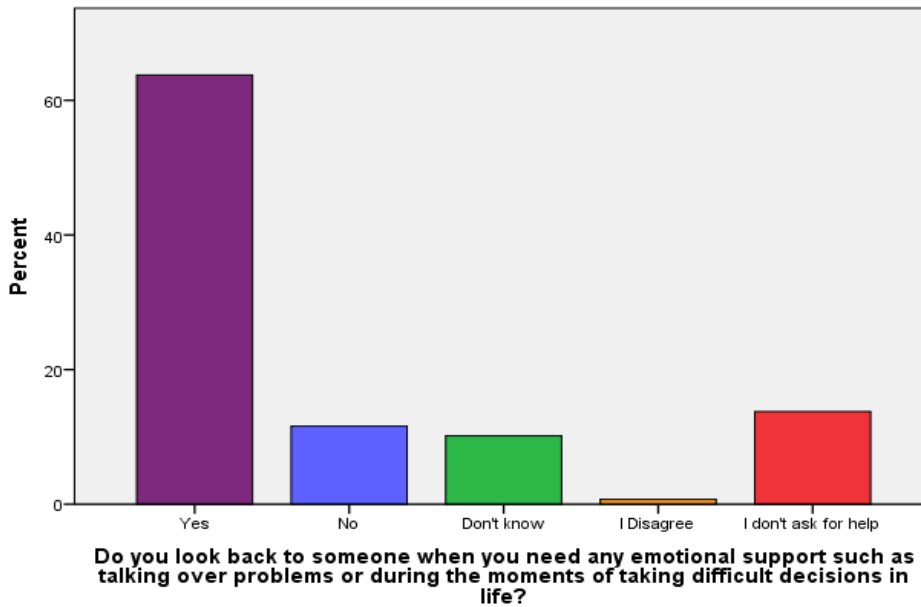


Figure 19. Do you look back to someone when you need any emotional support such as talking over problems or during the moments of taking difficult decisions in life?

According to Table 19 and Figure 19 we can see that 88 participants responded that they look back to someone when they need any emotional support such as talking over problems or

during the moments of taking difficult decisions in life. Likewise, 16 of them responded that they don't look back to someone when they need any emotional support or during the moments of taking difficult decisions in life. Also 14 of the participants responded that they don't know. Likewise, 19 participants responded that they don't ask for help even though they are in problems or even during the time of taking difficult decisions in life. So, from the above table we can see how 63.8% of youth look back to someone when they need emotional support or even during the moments of taking difficult decisions in their life. So, we all know that sharing emotional problems and sharing what you are feeling to others makes one individual live a health life with a stable situation so with this we can know from the data that youths have been vocal about their problems and their situations in life which helps one to be calm by mind and which will help one to be good in their mental health.

Table 20

In past days who has helped you in providing emotional support?

	Frequency	Percent
Don't know	6	4.3
Prefer not to say	2	1.4
I Disagree	1	.7
Sister/ Brother	23	16.7
Parents	25	18.1
Neighbor	1	.7
Friends	61	44.2
Counsellor/ professionals	1	.7

Others	8	5.8
No one	10	7.2

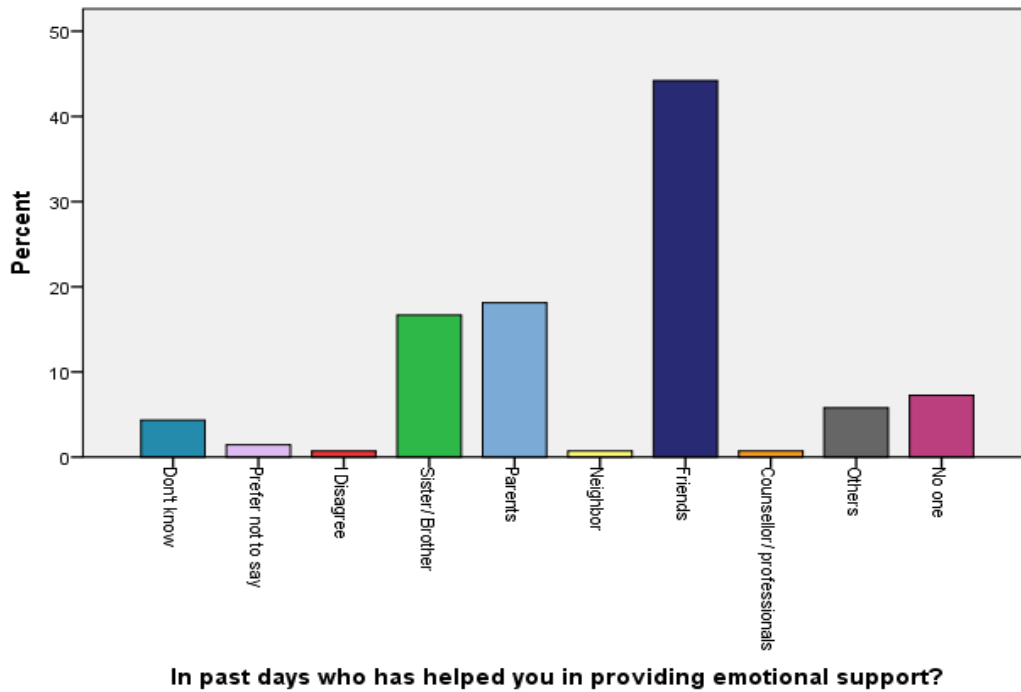


Figure 20. In past days who has helped you in providing emotional support?

According to Table 20 and Figure 20 we can see that among 137 youths who fully participated 61 responded that their friends helped them in providing emotional support. Likewise, 25 of them responded that their parents helped them in providing emotional support. Also, 23 of them responded that their sister/ brother helped in providing emotional support. 10 of them responded that no one has helped them in providing emotional support. Also 8 of them responded that others have helped them. 6 of them responded that they don't know whether someone has helped them or not. 2 of them also responded that they would prefer not to say about it. Also, 1 of them responded that their neighbor has helped them. And 1 of them responded that counsellor/ professionals has helped them. So, From the above data we can know

that 44.2% of the people has been helped by their friends in providing emotional support. Also, it was surprising that only 0.7% was provides help from counsellor/ professionals. Still in so many cases taking professionals help is seen to be lacking when it comes to the topic of mental health.

Let us considered it due to stigma or lack of importance of mental health.

Table 21

Do you think society affects Mental Health?

	Frequency	Percent
Don't know	6	4.3
Prefer not to say	1	.7
Not at all	1	.7
A little	35	25.4
Extremely	94	68.1
I Disagree	1	.7

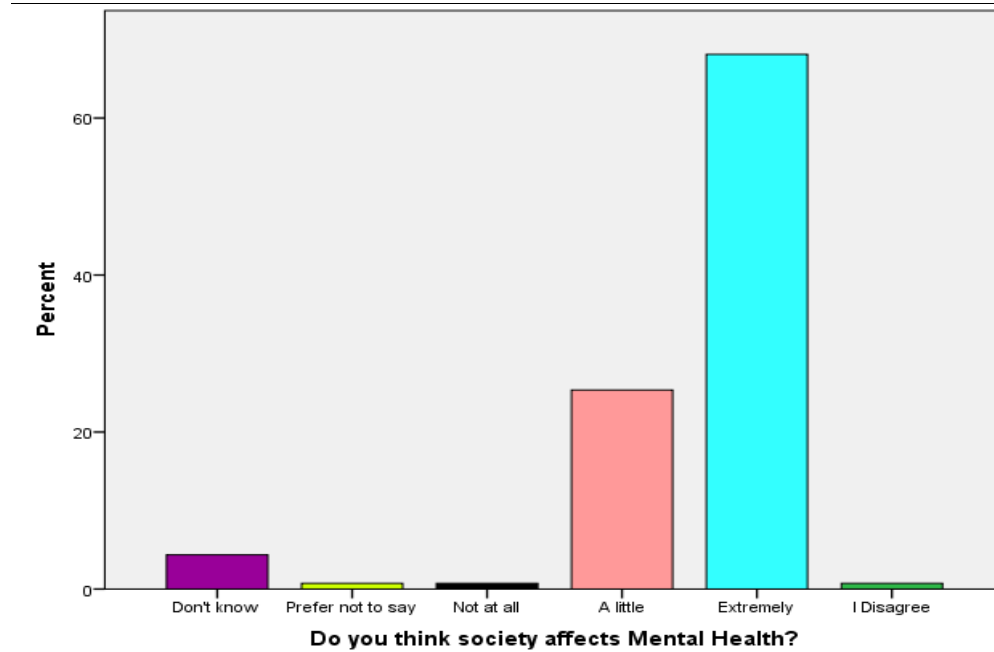


Figure 21. Do you think society affects Mental Health?

According to Table 21 and Figure 21, 94 participants responded that society extremely affects mental health. 35 of them responded that society only affects mental health a little. Likewise, 6 of them responded that they don't know whether society affects mental health or not. 1 of the participants preferred not to say whether society affects mental health or not, also 1 of them responded that society not at all affects mental health. We found various answers from the responded and we can see that 68.1% of the participants feel that society extremely affects mental health. With this data we can see that in an individual's life society has also affected one's mental health.

Table 22

Is mental health important in the society you are part of?

	Frequency	Percent
Yes	109	79.0
No	28	20.3
I Disagree	1	.7



Figure 22. Is mental health important in the society you are part of?

According to Table 22 and Figure 22 we can see that 109 participants responded that mental health is important in the society they are part of. Likewise, 28 of them responded that no mental health is not important in the society they are part of. We can see that 79.0% of the participants responded that mental health is important in the society they are part of.

Table 23

Are you bothered by your societies opinion ?

	Frequency	Percent
I Disagree	1	.7
All of the time	18	13.0
Most of the time	49	35.5
Some of the time	42	30.4
A little of the time	19	13.8
None of the time	9	6.5

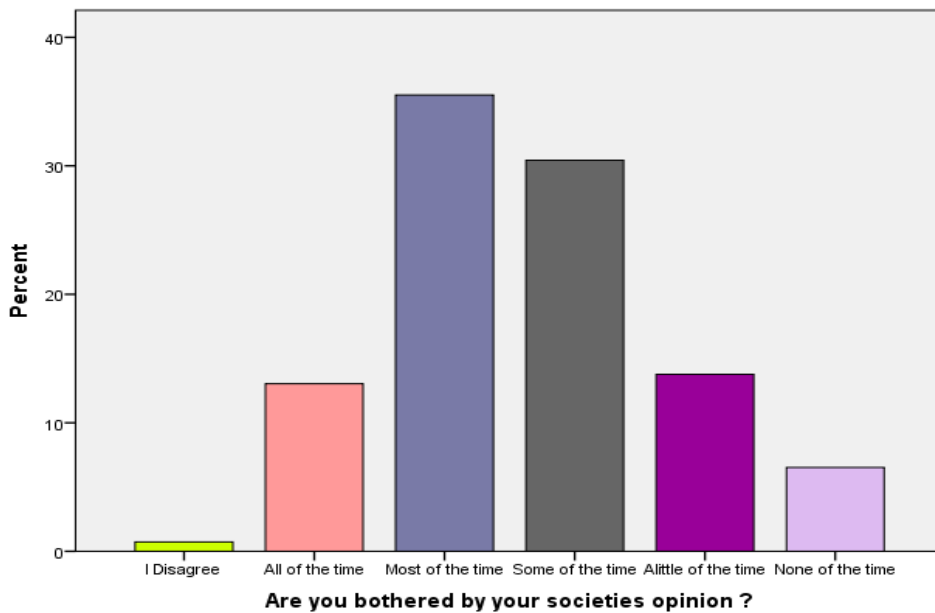


Figure 23. Are you bothered by your societies opinion?

According to Table 23 and figure 23 we can see that 49 of them responded that most of the time they are bothered by their societies opinion. Likewise, 42 of them responded that some of the time they are bothered by their societies opinion. 19 of them responded that a little of the time they are bothered by their societies opinion. 18 of them responded that all of the time they are bothered by their societies opinion. 9 of them responded that none of the time they are bothered by their societies opinion. So, from the above data we can know that 35.5% of the participants are most of the time bothered by their own societies opinion. It was also seen that 13.0% of the participants are all of the time bothered by their societies opinion. From the above data we can see that some way or the other maximum of the participants are bothered by their societies opinion.

Table 24

Have you felt numb due to continuous thought in past days because of your society?

	Frequency	Percent
Don't know	12	8.7
Prefer not to say	1	.7
Not at all	35	25.4
A little	73	52.9
Extremely	16	11.6
I Disagree	1	.7

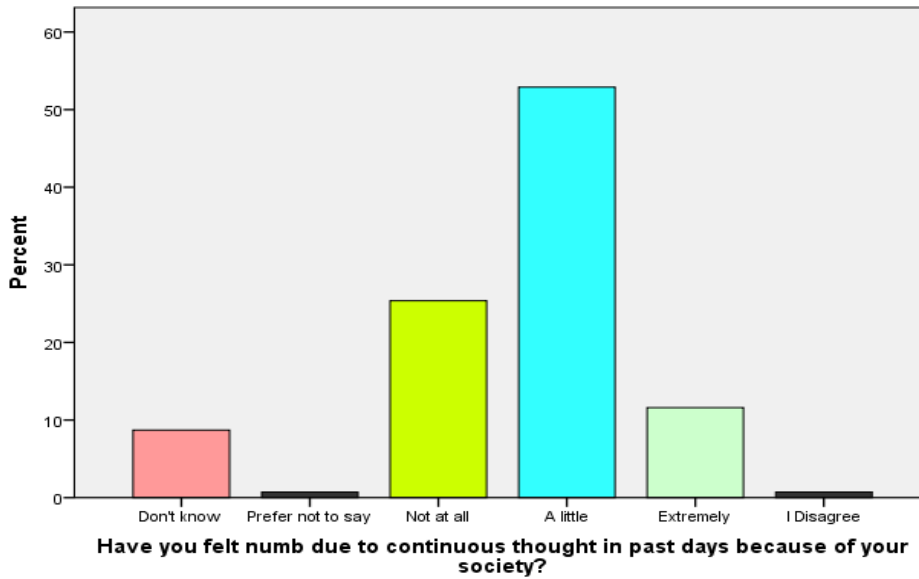


Figure 24. Have you felt numb due to continuous thought in past days because of your society?

According to Table 24 and Figure 24 we can see that 73 of the participants responded that they have felt a little numb due to continuous thought in past days because of the society.

Likewise, 35 of them responded that they have not felt numb due to continuous thought in past days because of their society. 16 of them responded that they have extremely felt numb due to continuous thought in past days because of their society. 12 of them responded that they don't know about it. Likewise, 1 of them preferred not to say about it. So, from the above data we can find that maximum of the participants has felt numb.

Table 25

Have you seen any person in your society with Mental Health issues or illness?

	Frequency	Percent
Yes	112	81.2
No	25	18.1
I Disagree	1	.7

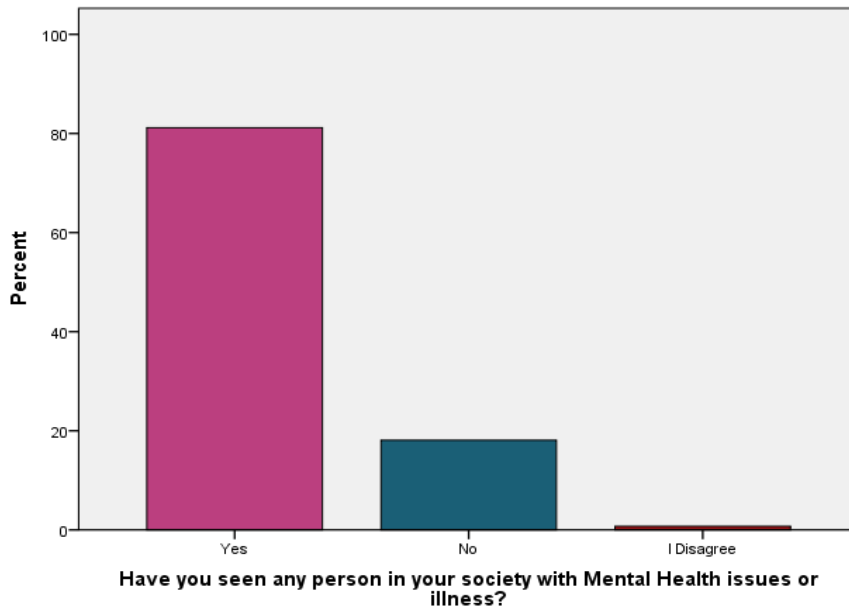


Figure 25. Have you seen any person in your society with Mental Health issues or illness?

In the above mentioned Table 25 and Figure 25 we see that 112 participants have seen people with mental health related issues or illness in their society. Likewise, 25 of them responded that they haven't seen any person in their society with mental health issues or illness. So, from the above data we can clearly see that 81.2% of them have seen person with Mental Health issues or illness in their society.

Table 26

If yes, was the society's reaction positive?

	Frequency	Percent
Yes	38	27.5
No	99	71.7
I Disagree	1	.7

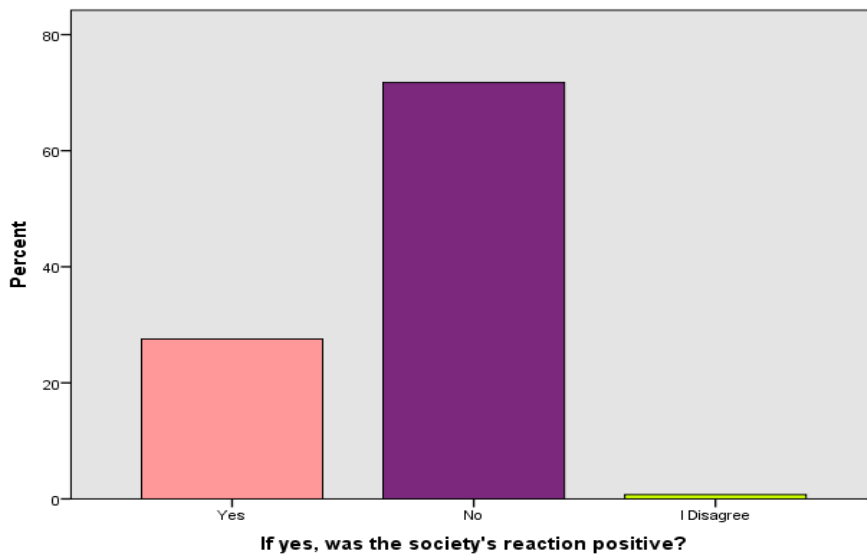


Figure 26. If yes, was the society's reaction positive?

According to Table 26 and Figure 26 it was seen that 99 participants responded that No, society’s reaction was not positive towards people having mental health issues or illness. 38 of them responded that yes the society’s reaction is positive. So, from the above mentioned data we can see that 71.7% of the participant’s society reacts negatively towards mental illness or issues, which is the at the maximum level. So, with this we can know how much society is negative and is stigmatized when it comes to the topic of mental health due to which they are taking mental health illness and issues negatively.

Table 27

Have you seen or faced any kind of stigmatization surrounding Mental Health in life?

	Frequency	Percent
Yes	83	60.1
No	54	39.1
I Disagree	1	.7

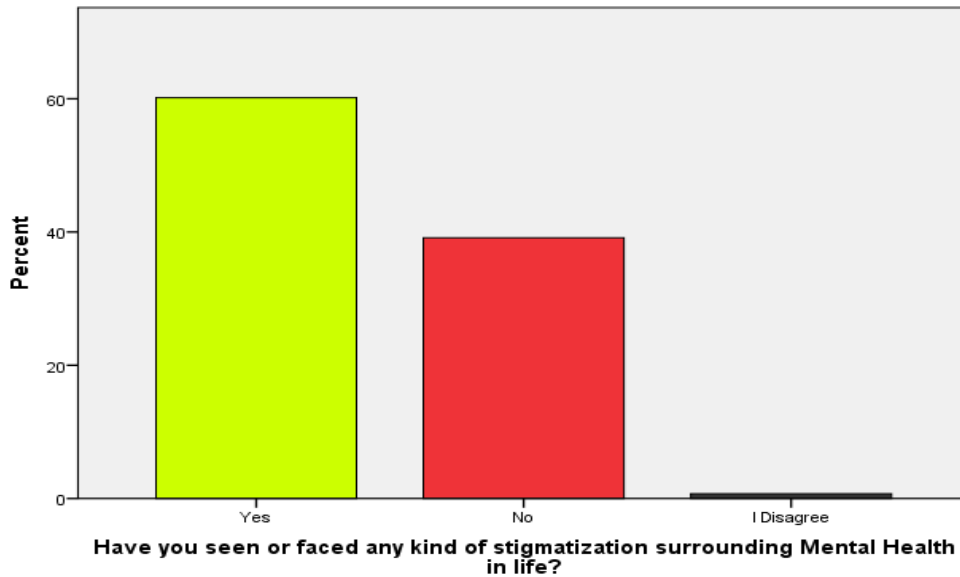


Figure 27. Have you seen or faced any kind of stigmatization surrounding Mental Health in life?

According to Table 27 and Figure 27 we can see that 83 of the participants have responded that they have seen or faced stigmatization surrounding mental health in their life. Likewise, 54 of them responded that they haven't seen or faced any kind of stigmatization surrounding Mental Health in life. With this we can see that 60.1% of the participants have seen or faced any kinds of stigmatization surrounding mental health in their life. Still in today's context also we can see how much mental health has been a topic with a boundary around it.

Communication about mental health

Due to the stigma around mental health we can see that less people communicate about their situation. People either feel awkward about their situation or they don't feel comfortable talking about what they feel because mental health has got a boundary around it. Due to less awareness to the people and a great wall in front of the topic of mental health, people who are even facing the problems of mental health they find it difficult to share and talk about. People later on lead to severe state where they try to end up harming themselves or even they end up

being vulnerable and helpless. It is really important for one to communicate about what they are feeling. Communication about mental health issues or problems has been so silent in the society that even though people talk about it there are groups of people who don't even believe it. They think you are feeling that because you are controlled by demons or you are not in a good state of mind. People have been misinterpreting the way mental illness and people with mental issues are feeling. They are believing and are well aware about traditional healers than that of the aspects of professionals of mental health.

According to RWEBLEY (2018) being able to communicate how you feel can help others understand about you but during the times of mental distress or feeling unwell mentally, it can affect communication. Communication is one of the hard part in one's life. It is really hard for one to make others understand about how they are feeling within. Sometimes the aspect of real self and ideal self comes into a debate when in reality. According to Rusch, et.al. (2005) those who are suffering from mental illness frequently face public stigma, which is due to the misunderstandings of society about various mental disorder which later on result into stigma. In society people are so unaware about mental health that they don't have even enough knowledge about mental health and its related issues and problems due to which it is resulting people to directly or indirectly segregating the topic to some extent. People normally feel hesitant to communicate to other people about how they are feeling because of fear of being judged and to some point they don't want to burden others by sharing what they feel. In reality during the journey of life people have been hiding the real self that they have been carrying, they are pretending on what they feel about themselves to the people because of the fear that people might not understand them.

According to Mental Health Foundation (n.d), talking about what you are feeling can help you to stay in a good mental health and it can deal with times when you are feeling troubled, and talking about what you feel is not a sign of weakness. We can see in the society that people have been less supportive and have been discriminating and separating people with mental illness or problems related to mental health. According to Ahmedani (2011) If any person's behavior doesn't adhere to the expected social norms than in such case discomfort can be created and often it might lead to the generalization of the connection between abnormal behavior and mental illness which later on might lead to labeling and avoiding the people with mental illness. In most of the case as well the social/ public stigma can be so influencing that even the individual who is facing the condition might feel guilty and feel helpless, insecure about his/ her conditions. The guilt might sometime lead to self- harming and dysfunctional situation. According to Mind (2020) People of all age and backgrounds do self-harming, and difficult experiences normally results in self- harm. We all need to help people and hear people and about their experiences.

From the data that has been collected besides 7 of the participants among 137 participants some of the time, most of the time, or a little of the time talk about the mental health issues among their friends and families. Likewise, it was found that 110 participant's family are open towards people with mental illness/ any sort of mental disorder. 9 of the participants responded they are not at all open towards people with mental illness/ people with any sort of mental disorder. Also 2 of them preferred not to say and 16 of them didn't even know about it. 83 of the participants responded that they have seen anybody close to them who have tried self- harming during emotional situation. Whereas 49 of them responded that they have not seen. 5 of them preferred not to say whether they have seen or not. Among 137 of them 96 of them responded

that they have tried to give/ reach out to support the ones who have tried self- harming. Likewise, 9 of them responded they have not tried. Also, 12 of them preferred not to say. And 20 of them responded they don't know whether they have tried or not. 107 participants responded that their support was helpful whereas 30 responded that no their support was not helpful.

The data presented above has been clearly shown in the Table and Figure below.

Table 28

Do you talk about mental health issues among your friends and family?

	Frequency	Percent
I Disagree	1	.7
All of the time	12	8.7
Most of the time	38	27.5
Some of the time	55	39.9
A little of the time	25	18.1
None of the time	7	5.1

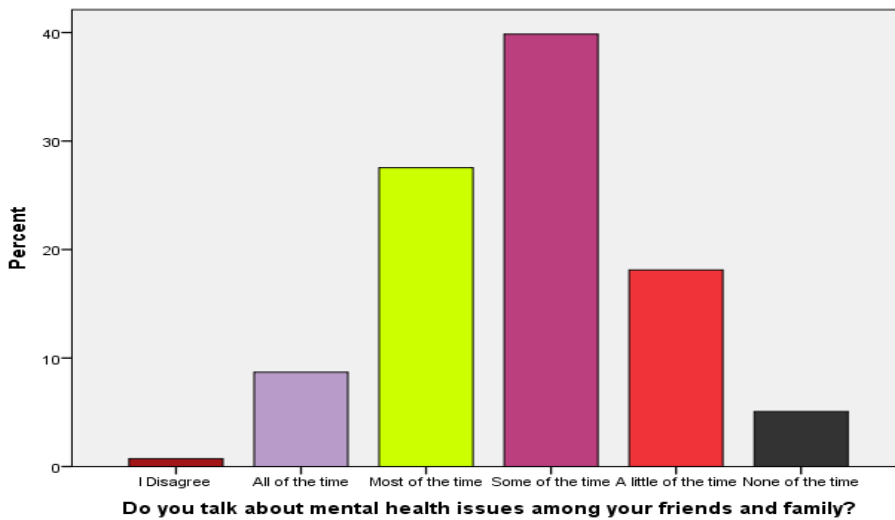


Figure 28. Do you talk about mental health issues among your friends and family?

According to the Table 28 and figure 28 maximum number of the participants i.e. 55 have talked about mental health issues among their friends and family some of the time. Similarly, 38 participants responded that they talk about mental health issues most of the time among their friends and families. Moreover, 25 participants answered that they talk about mental health issues among their friends and family a little of the time. Likewise 12 participants responded that they talk about mental health issues all the time with their friends and family whereas 7 participants do not talk about mental health issues with friends and family. So, with this we can find that among all the participants most of the participants talk about mental health issues among their friends and families.

Table 29

Is your family open towards people with mental illness/ any sort of mental disorder?

	Frequency	Percent
Don't know	16	11.6
Prefer not to say	2	1.4
Not at all	9	6.5
A little	70	50.7
Extremely	40	29.0
I Disagree	1	.7

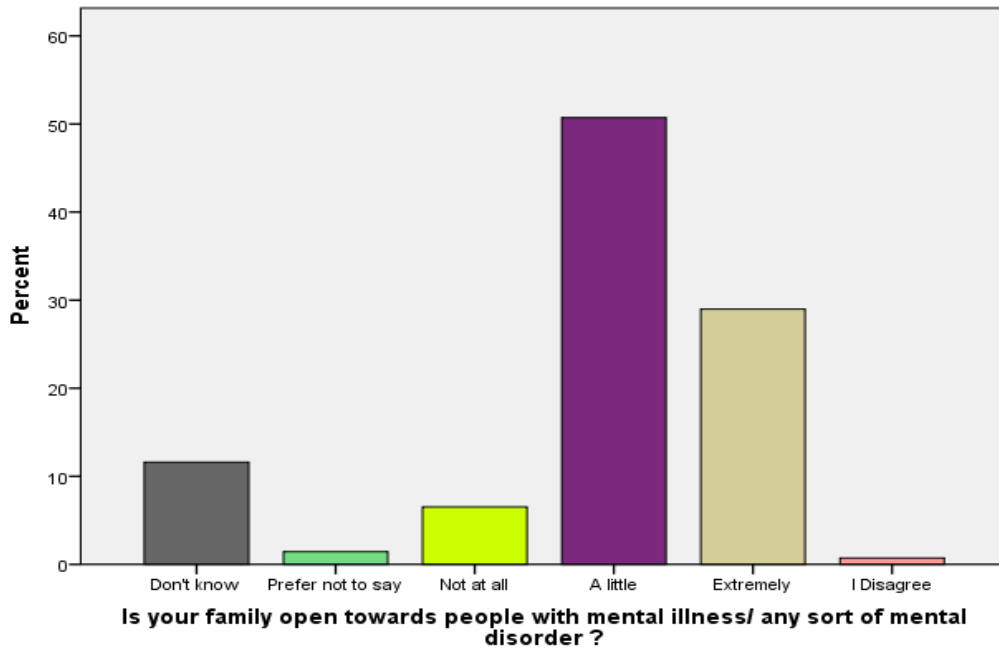


Figure 29. Is your family open towards people with mental illness/ any sort of mental disorder?

In the Table 29 and Figure 29 above, we can analyze that family of 70 participants are a little open towards people with mental illness/any sort of mental disorder and family of 40 participants are extremely open towards people with mental illness/ any sort of mental disorder. Moreover, 16 participants responded that they do not know if their family is open or not. Similarly, 9 participants responded that their parents are not open towards mental illness. Likewise, 2 of the participants didn't prefer to say about it. So, with this we can know that maximum participant's families are either a little or extremely open towards people with mental illness/ any sort of mental disorder.

Table 30

Have you ever seen anybody close to you who tried self- harming during an emotional situation?

	Frequency	Percent
Yes	83	60.1
No	49	35.5
Prefer not to say	5	3.6
I Disagree	1	.7

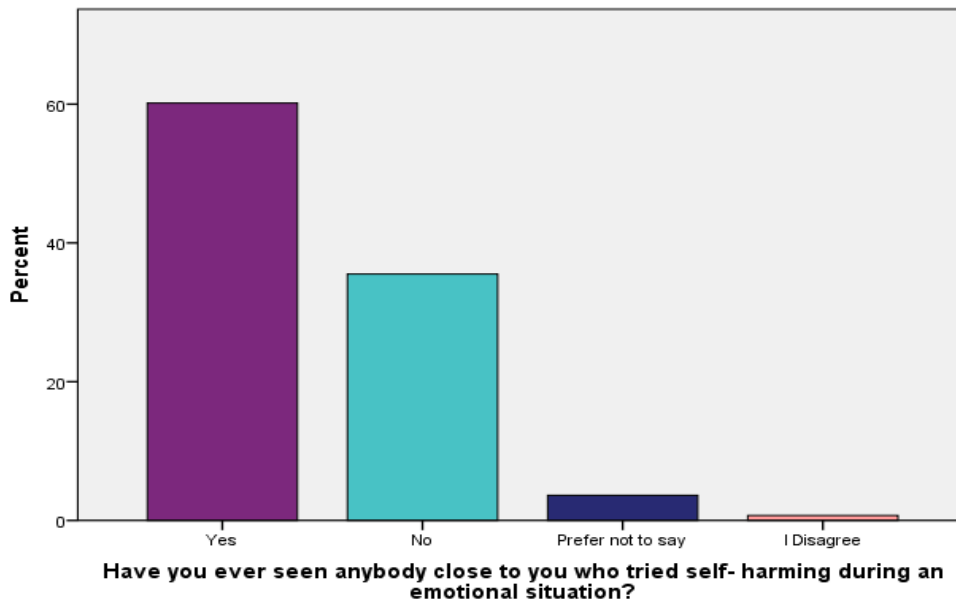


Figure 30. Have you ever seen anybody close to you who tried self- harming during an emotional situation?

According to the Table 30 and Figure 30, 83 participants have seen people close to them who tried self-harming during an emotional situation, whereas 49 participants responded that they have not seen people close to them who tried self-harming during an emotional situation. Similarly, 5 participants decided to keep it confidential and prefer not to say if they have seen someone close to them who have tried self-harming during an emotional situation and 1

participants disagreed and did not participated in the research. So, with this we can know that most of the participants have seen their close ones who have tried self- harming during an emotional situation.

Table 31

If yes, have you ever tried to give or reach out to support.

	Frequency	Percent
Yes	96	69.6
No	9	6.5
Don't know	20	14.5
Prefer not to say	12	8.7
I Disagree	1	.7

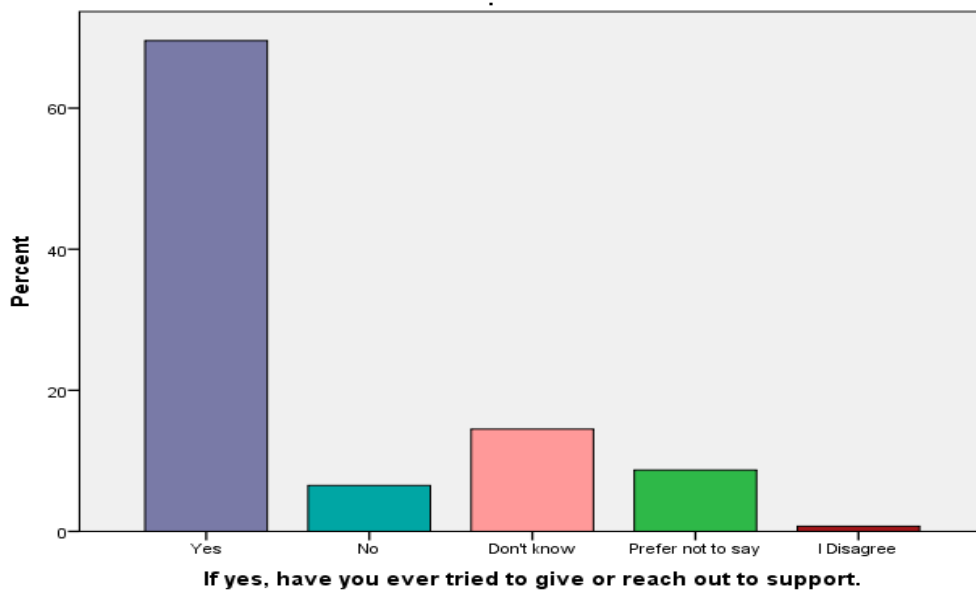


Figure 31. If yes, have you ever tried to give or reach out to support.

According to the above Table 31 and Figure 31 the highest number of participants i.e. 96 stated that they have tried to provide or reach out to support when they have seen people close to them trying self-harming. Similarly, 20 participants responded that they don't know whether they have tried to give or reach out to support and Moreover, 12 participants preferred not to say whether they ever tried to give or reach out to support. 9 participants responded that they have not tried to give or reach out to support. So, with this we can see that maximum of 69.6% of the participants have ever tried to give or reach out to support when their closed one have tried self-harming during an emotional situation.

Table 32

Was the support you gave helpful?

	Frequency	Percent
Yes	107	77.5
No	30	21.7
I Disagree	1	.7

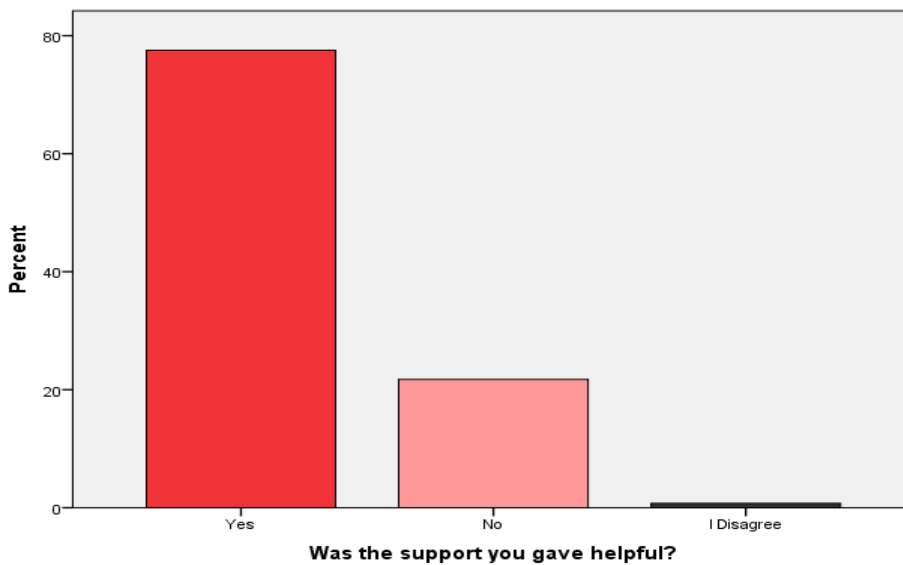


Figure 32. Was the support you gave helpful?

In the above Table 32 and Figure 32 we can analyze that that the support given by maximum number of participants i.e.107 participants was helpful where the support given by 30 participants was not helpful at all. Similarly, one participant responded that he/she disagree the question and choose to not participate in the research. So, with this we can see and analyze that maximum of the participants reached out and tried to help their closed ones and the support was helpful.

Family's outlook towards mental health

We all can see that in our society still mental health is termed as a taboo topic. People rarely talk about mental health. Though the situation is changing but still in so many stances the families themselves don't much focus on mental health of their members. Likewise, in so many cases they have been segregating the people with mental health issues. Though mental health should be a topic which needs to be well treated and taken care of as that of physical health but in reality its totally a different case. According to Devkota (2011) In case of Nepal we can see that most of the people in society think that suffering from mental illness is equal to being mad or becoming unfit to remain in society and the family due to one's loss of control over self or even people have a believe that it is due to the holy spirit or black magic. In so many cases people with mental disorder and their families as a whole are discriminated and are under the stigma and set under certain boundaries.

According to Lamichhane (2019) Mentally ill patient rely on their family members psychologically, emotionally and/ or economically also family is an important resources in the recovery of mentally ill person in which families experience burdens to care giving and stigma of having a family members with mental illness, also in the same study among the 180 family members of patients with mental illness 106 of them responded that it is being a financially

burden for the family by mental illness in the family. According to Kumar (2013) as cited in Pandey (2014) the people who suffer from different mental illness are considered to be unproductive, and economic burden and worthless to the family and dangerous to the society, and they not being able to care about themselves it is leading to rejection, exclusion and discrimination from the family. We can also see that most of the people who are suffering from mental illness normally have been facing discrimination and stigmatization by their families and communities.

According to the data that has been collected, it was seen that 67 of the participant's family members have not faced any kinds of mental disorder/ issues. Likewise, 52 of them responded that their family members have faced any kinds of mental disorder/ issues. 3 of them preferred not to say and 15 of them responded they don't know. Besides 17 of the participants among 137 participants their family are supportive towards people with mental disorder/ illness, some of the time, a little of the time, most of the time or all of the time. Also it was seen that 70 of the participant's family have a positive perception towards the people with mental disorder/ illness. Likewise, 63 participants' family's perception is in between and 4 of the participant's family's perception is negative. So described data is more clearly presented below in Table and Figure form.

Table 33

Have any of your family members faced any kinds of mental disorder/ issues?

	Frequency	Percent
Yes	52	37.7
No	67	48.6
Don't know	15	10.9
Prefer not to say	3	2.2
I Disagree	1	.7

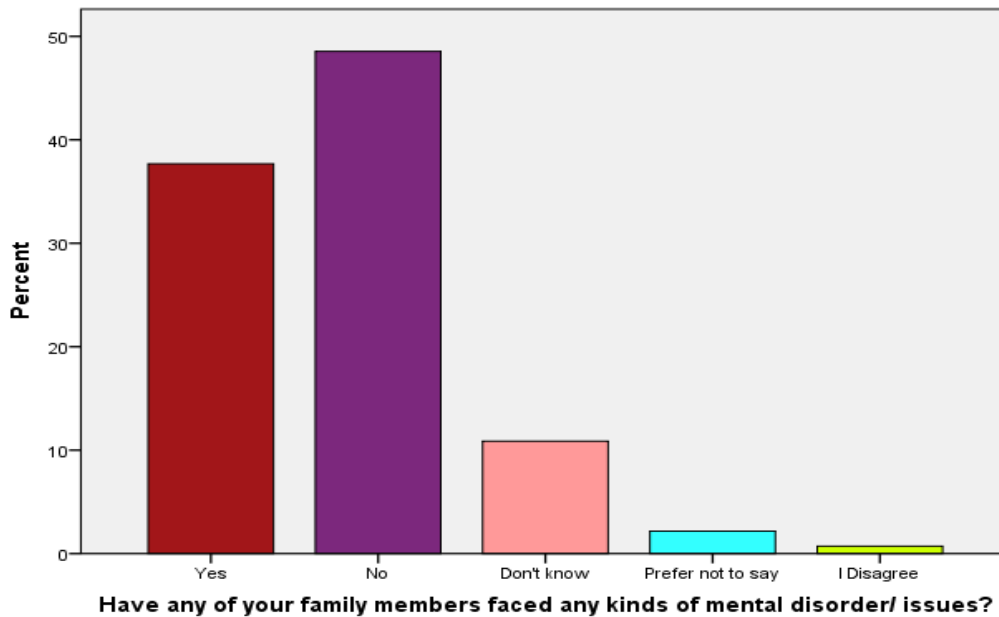


Figure 33. Have any of your family members faced any kinds of mental disorder/ issues.

According to the table 33 and figure 33, 67 participants responded that their family member have not faced any kinds of mental disorder issues, 52 participants claimed that they have someone in their family members facing any kind of mental disorder/ issues. Similarly, 15 participants responded that they do not know if their family member have faced any kinds of

mental disorder/ illness. Also 3 participants choose to keep it confidential and prefer not to say about their family member facing any kind of mental disorder/ issues. With this we can know that participants are also aware about their family member’s situations.

Table 34

If yes is your family supportive to them?

	Frequency	Percent
I Disagree	1	.7
All of the time	48	34.8
Most of the time	43	31.2
Some of the time	18	13.0
A little of the time	11	8.0
None of the time	17	12.3

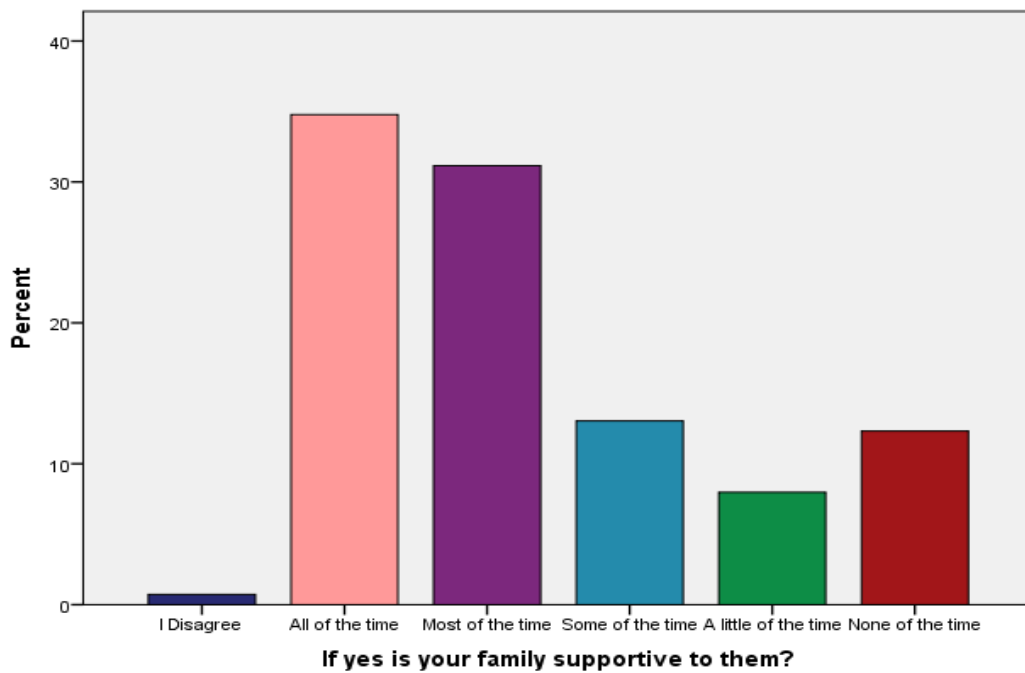


Figure 34. If yes is your family supportive to them?

In the Table 34 and Figure 34 about family being supportive, maximum number of participant i.e. 48 responded that their family is always supportive towards a person with mental disorder issues, whereas 17 responded that their family is not supportive to them. Similarly, 18 participant responded that their family is supportive some of the time and 11 participants responded that their family is a little of the time supportive towards person with mental disorder issues. Moreover, 43 participants responded that their family is most of the time supportive towards them. With this we can know that maximum number of participant’s families are one way or the other supportive towards the people with mental disorder/ illness.

Table 35

Is their perception towards them?

	Frequency	Percent
I Disagree	1	.7
Positive	70	50.7
In Between	63	45.7
Negative	4	2.9

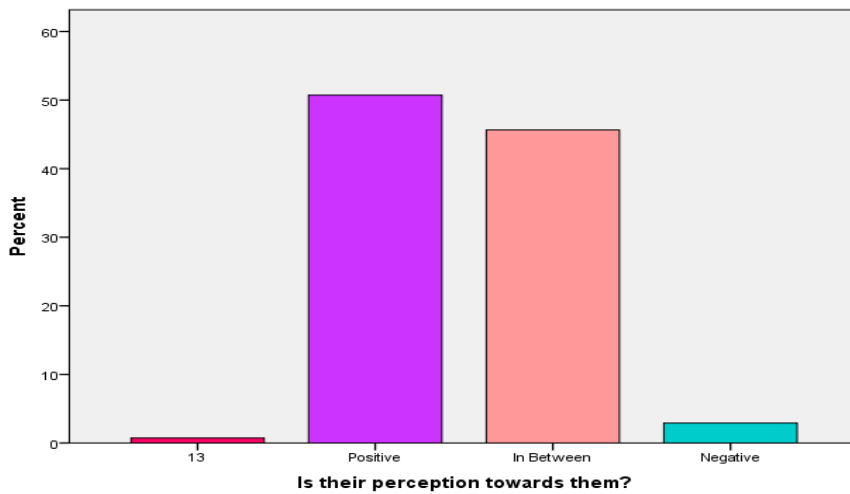


Figure 35. Is their perception towards them?

According to Table 35 and Figure 35 we can see that maximum number of participant's family is positive towards the people with mental disorder/ illness i.e., 70 of the respondents. Likewise, 63 responded that their perception towards them is in between and 4 of them responded that their reaction is Negative. With this we can analyze how society has changed and how families have started to take the people with mental disorder/ illness in a positive or in an in between manner. Rather than treating them with negativity and stigmatization.

Chapter V: Summary of Findings, Discussion, Conclusion and Implication

Major Findings

Willingness to share

It was seen that comparing to that of past decades' youths have been more open about their personal experience of mental health, as in this research among 138 participants 137 participants took part in the research among which 7 of them skipped the section of personal experience

Personal experience of Mental health

i. It was seen that during past days' maximum of the participants responded that they have felt calm and peaceful sometime or the other in their past days, 2.2% of the participants responded they have felt calm and peaceful none of the time. Beside 5.1% of the respondent have responded feeling having lots of energy in their past days. Also, maximum of the participants responded having low energy some of the time or other time in their past days and 2.2% of the participants responded feeling low energy none of the time.

ii. 39.1% of the participants responded that they have been facing problems in their work/daily activities as a result of their deteriorating physical health. Likewise, 3.6% preferred not to say whether they have faced the problems or not. Also, 46.4% of the participants responded that they have faced problems in their work or daily activities due to their emotional problems, 0.7% of the participants preferred not to say.

iii. Maximum of the participants responded that their emotional problems a little or extremely affect their social interaction. Likewise, 8.7% of the participants responded that their emotional problem not at all affects their social interaction.

iv. Maximum of the participants responded that they are a little or extremely prioritize themselves during the time of pain and discomfort. Likewise, 3.6% of them responded that they prefer not to say about how much they prioritize themselves when in pain and discomfort.

Coping with problems in general

i. It was seen that maximum of the participants sometimes or nearly all the time coping makes them stronger during stressful situation. Also, 13 of them responded that it's not true that coping makes them stronger during stressful situation. Maximum of the participants again responded that past completion of work or success gives them confidence to work during the time of problem. 4.3% believed that it's not true that past completion of work or success gives them confidence to work. 64.5% of them responded that they extremely believe that situation and problems makes one individual stronger. Whereas, 6.5% of them not at all believe that situation and problems makes one individual stronger.

ii. Maximum of the participants responded that during the changes in lifetime they either accept the change and adapt with the changes in life or they try too adapt but it becomes hard for them to adapt. Also 2.2% of them responded that they can't adapt and situations becomes dysfunctional.

iii. Most of the people sometimes or the other search for someone to share their problems when changes occur. Likewise, 11 of them responded that they none of the time search for someone to share their problems when changes occur. Also, maximum of the participants responded that its true sometimes they can deal with whatever situations, changes or problems comes in life by themselves. 2.9% of them preferred not to say.

iv. 53.6% of the participants responded that its true nearly all the time that even though situation gets worst they never give up. Likewise, 8 of them responded that it's not true at all that even though situation gets worst they never give up.

Societal Lens on Mental Health

i. 93.5% of the participants responded that they are aware about mental Health related issues. Whereas, 5.8% of the participants responded that they are not aware.

ii. Maximum of 63.8% of the participants responded that they look back to someone when they need any emotional support during the moments of taking difficult decisions in life. Whereas, 13.8% of them responded they don't ask for help.

iii. 44.2% of them responded that in past days their friends have helped them with emotional support, Whereas, 0.1% responded that they are supported by Counsellor/ professionals. 7.2% of them responded No one has helped them in providing emotional support.

iv. Maximum of the participants responded that society a little or extremely affects Mental Health. Also 0.7% participant Disagreed that society affects Mental Health. Maximum of the participants are bothered by their societies opinion, also 6.5% of them responded that they are none of the time bothered by their societies opinion. Maximum of the participants have a little or extremely felt numb due to continuous thought in past days because of their societies. Where 25.4% of them responded that they have not at all felt numb due to continuous thought in past days because of the society.

v. 79.0% of them responded that mental health is important in the society they are part of. Also, 28 of them responded that No mental health is not important in the society they are part of.

vi. 81.2% responded that they have seen person in their society with mental health issues or illness, likewise 18.1% of them responded that they have not seen any person in their society

with mental health issues or illness. 71.7% participant's society's don't have a positive reaction towards the people with mental illness/ issues. Likewise, 27.5% of them responded that their society has positive reaction. 60.1% of the participants responded that they have seen or faced any kinds of stigmatization surrounding Mental Health in life. Likewise, 39.1% of them responded that they have not seen or faced any kind of stigmatization surrounding mental health in life.

Communication about mental health

i. Maximum of the participants responded that they talk about mental health issues among their friends and family sometime, all of the time or most of the time. Also 5.1% of them responded that they have none of the time talked about mental health issues among their friends and families.

ii. 50.7% of the participants responded that their family is a little open towards people with mental illness/ any sort of mental disorder. 29.0% of them responded that their family is extremely open towards people with mental illness/any sort of mental disorder. 6.5% of the participants responded that their family are not at all open towards people with mental illness/ any sort of mental disorder. 1.4% also responded that they would prefer not to say.

iii. 60.1% of the participants responded that they have seen anybody close to them who have tried self-harming during an emotional situation. Whereas, 3.6% responded that they would prefer not to say. 69.6% have responded that they have tried to give or reach out to support whereas, 8.7% preferred not to say. 77.5% participants responded that their help was supportive when they tried to help.

Family's outlook towards mental health

i. 48.6% of the participants responded that their family members haven't faced any kinds of mental disorder/ issues. Whereas, 37.7% responded that their family members have faced any kinds of mental disorder/ issues. 2.2% responded that they would preferred not to say.

ii. Maximum of the participants responded that their family is supportive to the ones facing mental health issues/ disorder some of the time, a little of the time, most of the time or all of the time. Whereas, 12.3% of the participants responded that their family is none of the time supportive to the people facing mental health issues/ disorder.

iii. 50.7% of the family's perception towards the people with mental health issues/ disorder is positive, whereas 45.7% of the participant's family's perception is In between whereas, 2.9% of the respondent's family have negative perception.

Discussion

It was seen that in the past situation mental health has been less prioritized. People used to neglect the aspect of mental health. People used to visit hospital for their dysfunction in physical health but they used to neglect the aspect of mental health. Normally Dhami, Jhakri, traditional healers would be the first call when you have certain dysfunction in your daily life which is beyond the societal expectations and boundaries. Still in today's context also people are somewhere affected by the past cultures but it is also seen that most of the people mainly in urban areas are being open towards the aspects of mental health.

Also, it is seen that more aspect of mental health awareness or any kinds of activities related to mental health are inside the urban areas and the aspects of mental health is rarely reaching out to rural areas. Rural areas where people are still stuck in the taboo and if somebody shows disruptive behaviors they are either being tied up inside a room or they are being called by

different unusual name. People mainly in urban areas are trying to break the taboo and are more being open towards the aspect of mental health due to which if they get a sign of some dysfunctional activities in their mental health or besides physical health they are also trying to seek help from professionals.

Due to more indulgence in the social media, lack of socialization, more amount of monotonous life style (work life, 24/ 7 busy life, etc.), everything has been so messed up these days which is leading to deteriorating mental health situations. Though situations are worst in most cases mainly youths are less prioritizing themselves and rushing behind carrier, family, friends, they sometimes forget about themselves which is leading to more risk of having mental health issues. People are so much about being successful that they lost the essence that mental health is really important, if they lose mental health everything is not going to function properly. In an overall manner we can see that though people are aware that mental health is important but they rarely think about giving importance to mental health.

Conclusion

Mental Health is one of the important aspect which needs to be mainly focused. People these days are trying to be more vocal about the importance of mental health. Though it is moving in a slower pace but people are being aware about it. In context of Nepal still we can see that there is so much difference in the aspect of service delivery in comparison between rural part of Nepal and urban part of Nepal but the taboo can be seen everywhere overall Nepal. Moving along the topic of taboo, more people are being aware about importance of mental health which is letting them to include themselves in the aspect of mental health and they are also talking about it and trying to break the taboo. As we can see from the result of this research itself youths of today are being more vocal about mental health. They are trying to open up even in the aspect

of mental health. Mental health which has been a taboo, youths of today are trying to break the set boundary and which is leading them to be more open and know more about mental health issues.

It is seen that society, family which are one of the important backbone of individual they are also not letting one be aware about how mental health. It is really important to talk about mental health as it can wholly affect the way you feel and behave. From this research it was seen that families of respondents are also accepting and being open to mental health and youths are also talking about mental health and its importance among their friends and families. Mental health is really important and it is really important to talk about it with friend, families and near ones and we all need to be open about the issues/ disorders related to mental health. If people are well aware about how mental health is really important than it will help one to function well and it will help one to be away from harming themselves when they are not functioning well mentally. It is really important to end the taboo around mental health and we need to be more aware about importance of mental health and talk more openly about it.

Implications

This research has mainly focused on the aspect of mental health. In society we can see that people rarely focus on one's mental health. Nepal being a developing country it's not an exception. Society is so diverse but people are running for their career for the part of being successful which is being a problem here in reality. In context of Nepal we can see that there is so little research related to mental health. This research is going to add up to the list of research of mental health. As, mental health is one of the major important aspect which needs to be given as much importance as that of physical health. This research will help people figure out how much today's youths have been opening up about the aspect of mental health. This research will

also give the reader the idea that mental health is really important of an individual. Family, Friends, Society should be open towards mental health and supportive towards the ones facing mental health issues.

Also, this research will give a basic knowledge and basic idea to the organization and government working in this field. As, we can see that government and organizations are also lacking the research in this field as in case of Nepal there are really limited and less research in the field of importance of mental health. We can see that people neglect and refer mental health as taboo which is sad. This research helps readers to know more about how youths are being more open about mental health.

This research gives us the aspect where it focuses on how Nepal government has less focus on mental health. As it was also seen that only 1% of the health budget is separated for the aspect of mental health. This research will give a guideline that government should focus more on mental health as youths are being open towards mental health issues and if there will come a support from government like more mental health hospitals with good amount of mental health professionals, it will add up to the aspect where people can go and seek for help beside the traditional healers. Also, researcher would like to suggest government and organizations to work on the awareness about importance of mental health related topics from the school level education by mentioning in the curriculum. Also, researcher would like to suggest that it is really important aspect of focusing on providing mental health services and awareness in the rural areas as well because still in most of the part of Nepal we can see that people who are suffering from mental health related issues they are either tied inside a room or taken to traditional healers rather than that of professionals because we can see that mental health professionals are seem to be lacking in rural area and mental health is given less importance.

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Annex**A Quantitative Study on the response of youths of Kathmandu valley Towards Importance of Mental Health based on their experience.****Research Questionnaire****St. Xavier's College****Affiliated to Kathmandu University**

Namaste!

This is Samikshya Karki, student of Bachelor in social work in St. Xavier's College, Maitighar, Kathmandu affiliated to Kathmandu University. I am here for a study on " A Quantitative Study on the response of youths of Kathmandu valley Towards Importance of Mental Health based on their experience." as a partial fulfillment of the curriculum as per the requirement of Bachelor in Social Work, Kathmandu university. You will be asked some question which you have to answer a per what you know about them. The researcher will note down your response in the tool. It will take around 10 - 15 minutes to fill the form. Your valuable answer will help to find out about the knowledge level on Mental Health.

I would like to inform you that this research consists of questions that asks of your personal experiences so, if you are uncomfortable you can skip to the next section. And your participation in this study is voluntary and you have the full right to withdraw from the study at any time you want without fear and clarification. All the information given by you will be kept confidential and will be used for study purpose. Your personal identity will not be disclosed to anyone. I hope, you will participate in this study by providing your authentic response to questions.

Consent

In signing this consent form, it states that I have read this document completely and I understand its content and purpose, I understand that my participation in this study is voluntarily and that I am free to withdraw at any time. I further state that I have no question regarding the procedure and my question have been answered to my satisfaction. I hereby give permission to enroll me as a candidate.

- a. I Agree
- b. I Disagree

Introduction

Gender

- a. Female
- b. Male
- c. Prefer Not to Say

Age:

Personal Experiences

This section consists of question asking you of your personal experiences with your mental health. If you choose not to answer, please click No and move to next section.

1. Would you want to go ahead in this section?
 - a. Yes
 - b. No I would like to skip to another section
2. Since past days have you faced problems in your work or daily activities as a result of your physical health?
 - a. Yes
 - b. No
 - c. Don't Know
 - d. Prefer not to say
3. Since past days have you faced problems in your work or daily activities as a result of your emotional problems, such as feeling depressed or anxious?
 - a. Yes
 - b. No
 - c. Don't Know
 - d. Prefer not to say
4. During the time of pain and discomfort how much do you prioritize yourself;
 - a. Not at all
 - b. A Little
 - c. Extremely
 - d. Don't Know
 - e. Prefer not to say
5. Past days you have been feeling.
 - a. Calm and peaceful
 - i. All of the time
 - ii. Most of the time
 - iii. Some of the time
 - iv. A little of the time
 - v. None of the time

- b. Lot of energy
 - i. All of the time
 - ii. Most of the time
 - iii. Some of the time
 - iv. A little of the time
 - v. None of the time
 - c. Low energy
 - i. All of the time
 - ii. Most of the time
 - iii. Some of the time
 - iv. A little of the time
 - v. None of the time
6. Does your emotional problems affect your social interaction?
- a. Not at all
 - b. A Little
 - c. Extremely
 - d. Don't Know

General Coping Strategies

Normally changes occur in life and along with it changes bring problems with it. For eg, most of the kids go through adolescent which brings changes in their physical as well as emotional and mental situation which in most of the case brings problem along with it. Like that there are so many changes one face throughout their lifetime.

7. SO, during changes during lifetime
- a. I accept the change and adapt with the changes in life.
 - b. I try to adapt but it's hard and takes time to adapt
 - c. I can't adapt and situation becomes dysfunctional
8. When changes occur I search for someone to share my problems with.
- i. All of the time
 - ii. Most of the time
 - iii. Some of the time
 - iv. A little of the time
 - v. None of the time
9. I can deal with whatever situations; changes or problems comes in life by myself.
- a. Not true at all
 - b. Sometimes it's true
 - c. True nearly all the time
 - d. Don't Know
 - e. Prefer Not to say

10. Past completion of work or success gives me confidence to work during the time of problems.
- Not true at all
 - Sometimes it's true
 - True nearly all the time
 - Don't Know
 - Prefer Not to say
11. During the stress coping makes you stronger.
- Not true at all
 - Sometimes it's true
 - True nearly all the time
 - Don't Know
 - Prefer Not to say
12. Do you believe that situation and problems makes one individual stronger?
- Not at all
 - A Little
 - Extremely
 - Don't Know
 - Prefer not to say
13. Even though the situation gets worst I never give up
- Not true at all
 - Sometimes it's true
 - True nearly all the time
 - Don't Know
 - Prefer Not to say

Societal Lens on Mental Health

Society has great impact on one individual. Things one individual do in their society it's also result of the interactions with the individuals.

14. Is Mental Health Important in the society you are part of?
- Yes
 - No
15. Are you bothered by your societies opinion?
- All of the time
 - Most of the time
 - Some of the time

- iv. A little of the time
- v. None of the time

16. Have you felt numb due to continuous thought in past days because of your society.?

- a. Not at all
- b. A Little
- c. Extremely
- d. Don't Know
- e. Prefer not to say

17. Do you look back to someone when you need any emotional support such as talking over problems or during the moments of taking difficult decisions?

- a. Yes
- b. No
- c. I don't ask for help
- d. Don't Know
- e. Prefer not to say

18. In past days who has helped you in providing emotional support.

- a. Spouse
- b. Daughter
- c. Son
- d. Sister/ Brother
- e. Parent
- f. Relatives
- g. Neighbor
- h. Friends
- i. Counsellor/ professionals
- j. Others
- k. No one
- l. Don't know
- m. Prefer not to say

19. Are you Aware about Mental Health related issues?

- a. Yes
- b. No

20. Have you seen any person in your society with Mental Health issues or illness?

- a. Yes
- b. No

21. If yes was the society's reaction positive?

- a. Yes
- b. No

22. Have you seen or faced any kinds of stigmatization surrounding Mental Health in life?

28. Was the support you gave or sought helpful?

- a. Yes
- b. No

Family's outlook towards mental health

Families are the backbone of any individual. If its strong it carries you from one side of the bridge to the other side in a safe manner but if its weak it leads you to dysfunctional state in lifetime.

29. Have any of your family members faced any kinds of mental disorder/ issues?

- a. Yes
- b. No
- c. I don't know
- d. Prefer Not to say

30. If yes is your family supportive to them?

- i. All of the time
- ii. Most of the time
- iii. Some of the time
- iv. A little of the time
- v. None of the time

31. Is their perception towards them?

- a. Positive
- b. In-between
- c. Negative

Thank You so much for your time and effort. The information that is gathered here is confidential and will be used only for the research purpose. If you have any queries or if you want the research work after the completion you can also contact the researcher in karkisamikshya5@gmail.com.