Mental health

Mental health is a state of mind which is defined by a person's  behavior nd the way they perceive things.

I interviewed some of my friends regarding the topic “mental health” and the results were very common.

“Have you ever experienced an ‘attack’ of fear, anxiety, or panic? “

To this question 50% said that they are scared of their results even the scholars had the same answer as for other 50% they said that they get panic and anxiety attacks for their studies and physical appearance.

“What is your biggest pain and fear?”

As for this question again it was related to studies but some also said that they are afraid of what the other person is thinking about them.

So after reading their replies to my questions regardless the instructions mentioned I only asked them if they have any idea about mental health and their answer was very clean and clear, no.

I asked one of my senior about this , he is a psychology student and he said that when he was in 7th and 8th he was bullied by many people for his looks, appearance and family background which made him an outcast in school and after some time they crossed the limit which made him go through Autism spectrum disorder not completely but there were chances so he left the school to lead a new school life leaving behind the ugly past. He tried his best but even now sometimes he gets nightmares. His biggest fear is human touch so that’s why he never let anyone touch him.

So in my opinion mental health can be judged to see if a person is facing issues in their life and from a student point of view I’d say if possible every school should have a counselling lessons as nowadays every student is pressurised due to some or some reasons and personally I think that now teachers and parents both of them doesn’t encourage their students and children whereas they always compare us to some other child  but at the same time parents console each other by saying that no one is perfect. The worst part is that they only consider about what this society will think about them, not about what their own children are thinking and start nagging their children for whatever reason they completely neglect our pros but always stick to our cons even after we have done something which they should be proud of. Due to this negligence and nagging with harsh words a child gets so depressed that the result is suicide because there’s a limit for everything which is always crossed by parents, teachers, classmate or anyone around us and for this also society blames the victim only even a child’s parents do not support them in this situation.  And this do not happen with children only there are many cases for adults too due to peer pressure.