

## Establishing the Relationship between Adolescents' Mental Health and Family Culture

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### Abstract

Adolescent's mental health refers to the condition of people who are facing several problems and difficulties in their lives. The relationship between the teenager's mental health and the family is the most important thing to be positive in life's decisions. The effects of having teen mental issues in the family have been described in the project. The main objectives of this research articles are analyzing various kinds of mental health issue within the teens. Moreover, the precautions of a family or parents who are handling issues in their teen's mental health are also described in the project. However, for the research methodology, the secondary qualitative research methodology has been applied in this research methodology. The major findings and discussion of this research methodology is the difference in age and mind setup is creating issues between teens and families. The conclusion of this research article is the importance of maintaining the relationship between the parents and teens is creating the solutions to the problems and making them mature to face any situation.

**Keywords:** Adolescence, Mental Health, Relationship, Families, Parents

### Introduction

Mental Health determines the successful state performance of mental function, fulfilling strong relationships with other people, productive activities, and the ability to change the cope with adversity. Mental illness is a range of more serious and less serious conditions, and physical health can be effective for mental health. Adolescents' Mental Health is a condition of mental illness that is a result of stress and depression [1]. Isolation, distance from families, and distance from the world make the problem, and that is effective for mental health. Emotional, physical, and abuse can make the poor condition of adolescents that affects mental problems. Mental health is also related to other health problem that is including substance abuse, sexual violence, and reproductive health teenage mental health is much more effective for people and it can grab any age group of people.

Adolescents are a period to develop the emotional and social habits that are important for mental well-being. There are a few symptoms of adolescents' mental problems, such as mood depression and disorders, somatization disorder, Behavior disorder disruption, Anxiety disorders and also suicidal thoughts [2]. These are hampering the life of people and also damage their life. There are several things that affect the people, such as depression, anxiety, and also distance from people can cause mental disorders. In this project, the relationship between the family and the affected people has been described. Families who are dealing with these types of people need to be much more careful with them and make healthy relationships with the patients. The culture of the families should be effective for the patients and they should cooperate with the patients. The gap in the relationship between families and teenagers is one of the main reasons for mental health problems. The condition of mental health can be effective for the families also as they are involved with their children in this fight.

## Literature Review

### Effects of Adolescents 'Mental Health' on Family

The function of the family is the most important element in treating the condition of mental health problems. The basic treatment and needs of teenage patients should be provided by their families. It has been seen in several cases of mental health issues that are happened by the poor condition of family relations. The family should be sincere and serious about the children who are affected by mental issues. These days, people are busy in their personal and professional lives and do not have time for families. The gap has been made in families as they do not give time to each other. The condition that has been made by the situation affects children and teenage people. Teenage people want more independence and emotional distance from their parents and families [3]. In this age, people want to live their life in their own way and take their own decisions. These have made the gap or distances in the relationships with their parents. The parents are responsible for their children, and they should be protective of the children.

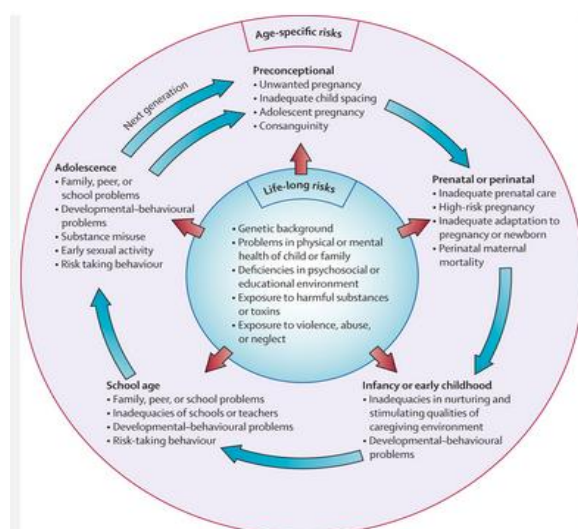


Figure 1: Effectiveness of mental issues in different ages [4]

Adolescents' mental issues are effective for their families as they cannot become stress-free for their children. The condition of the teenage people is also effective for the culture of the families. All the members of the family should be aware of the activities of mental problems. On the other hand, parents and families can change the climate that is effective for the patients. Families can play a key role that can improve the condition of mental health [4]. Parents can change the condition of their children's illnesses and help them to recover from their diseases. Family can be the medicine that improves mental issues more than anything.

### The Family Precautions and the Cultural Structure Effects on the Teens

There is one important factor that has been received with little attention in supporting the adolescent's mental health the role that can be played by the parents. It has been established that caregiver participation of the parents to their children is related to the successful outcome in the children's life. The "Centers for Disease Control and Prevention" has reported that more than 44% of adolescents are feeling hopeless and sad in 2021 [5]. On the bases of an online survey, it has been found that 20% of teenagers are considered suicide, and almost 9% of them attempt suicide. The symptoms of mental health issues can manage by regular exercise, good sleep and quality meals that can defend the mental problems. Moreover, there are some strategies for behavior that have been made for the parents who are struggling with their children. There are many behavior management strategies for foster parents' care, and it is useful for the settings of traditional families also [6]. Apart from that, the relationship between parents and teens needs to be maintained and built. In several ways, parents can connect with their children, such as by watching TV shows together, sharing daily experiences with each other, and many more [7]. These interactions can create opportunities and safe spaces for adolescents that help to communicate about situations

and difficult emotions. The parents should involve themselves in taking and dealing with all the difficulties in the children's thoughts and feelings.

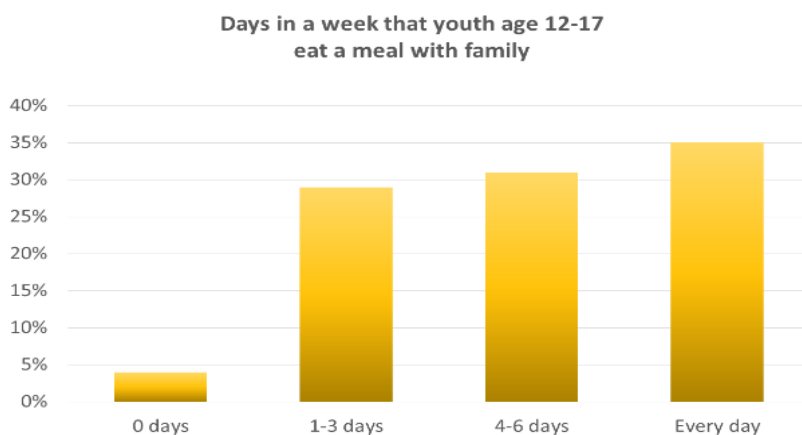
Parents need to make them understand that their thoughts and feelings can hamper their behavior. Caring parents should help their teens to manage their negative emotions and make them strong in any condition. Adolescents need to be cooperative with their parents also, which can create a strong relationship between them. On the other hand, parents should appreciate the teen in their progress and recovery from the poor mental health condition. At the same time, parents should focus on the boundaries that are required for the teens. They should understand the necessity of boundaries and that there is something that they cannot cross. Parents should connect the frustration and the disappointments of the adolescents and make them realize the practical life and the surrounding things [8]. These precautions help the children in their future decisions and increase their sense of different matters. The important thing for parents is to avoid the power struggles with their children by making respectful communication without managing the reaction and perspectives of teenagers.

Parents can support their teens in the maintenance of relationships and make them understand the importance of relationships and families in life. The problems of mental issues are not calculated as it has several different symptoms gradually. The symptoms are changing and make the condition poor for their health and effective for their families. Sometimes teens can experience unexpected forms due to mental health problems, and that can be from anxiety or depression.

Traumatic conditions such as dating violence, bullying and sexual harassment can hamper mental stability and make them in depression and mental disbalance. Families should consult with doctors or psychiatrists and take suggestions from them. Depression involves the loss of interest in daily activities and creates a distance from all normal activities [9]. It can also involve the wrong decisions and make their minds stop thinking positive sides of any normal incidents. People take wrong decisions, such as suicide or make them isolate themselves from society and families. The culture and the structure of the families have children with mental problems need to take some necessary steps. Proper treatment and cooperation with the teens can give a good result.

### Importance of relationship between Teens and family

Patients deserve extra care in any place no matter whether it is in a hospital or their own home. Collaboration and effective communication with the patients and also with the family members matters in the patient's care and safety, and it will make changes in the climate of the patients. The patients should be involved in their families and surrounded by the care of families that will recover them from their condition. The importance of families is for all time it doesn't depend on the time of sickness. Teenagers with mental issues need to be protected by their families and all the persons who surround them [10]. Families should cooperate with their children and have a better appreciation of the psychological and social web processes that surround the association between health outcomes and family structure.



**Figure 2: Importance of relationship between adolescents and families [11]**

There is a necessity for family hospitalization that is and has an impact on teenage people. There are several courses that have been made for the parents of adolescents with mental issues [11]. Family can change the condition of teens, and it is much more effective for their children. A strong relationship is necessary and valuable in this condition as a gap in relation has made the poor condition. Teenage people are not mature at this age, and being trapped in this mental condition makes them more nervous in several areas. They are not in their control, and that is making wrong decisions and feels them alone among all. Family and close people need to be supportive in all the things that make them feel safe and cooperative. Parents need to give time to their teens as they are at a growing age, and they will interact with many new things [12]. At this time, parents should make their teens understand many things and protect them from all the abusive conditions and mental pressure. These are the necessary care that is the responsibility of the parents, and they can handle the mindset of their teens. It is a significant role of the parents to protect and guide their teens from all the effective things and make a healthy physic and mental condition.

### **Methodology**

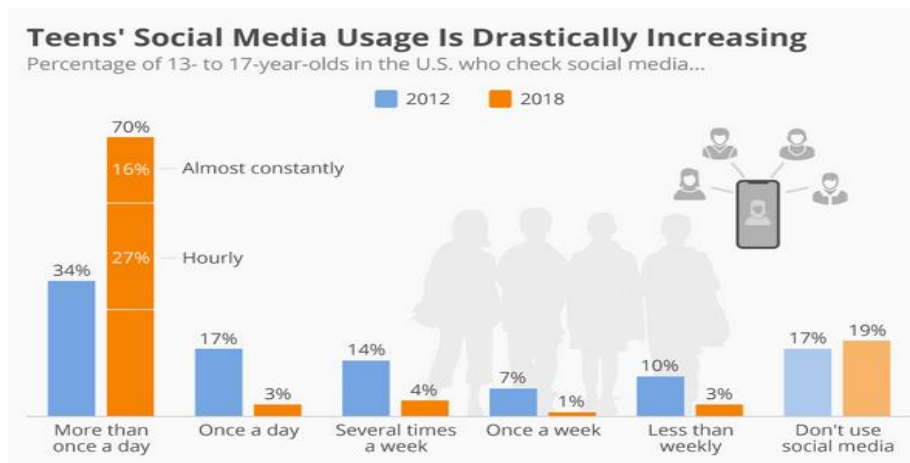
The methodology is an important chapter in the article that indicates the source of the collected information and also the method of doing the project. This chapter has introduced the readers to the original method of creating the entire article. The project has been done in the secondary qualitative data collection method, and the method makes the project authentic and informative [13]. The necessary and required information has been collected from various sources. Several online sources have been included in the making of the project, and that has given perfect and authentic information. All the gathered data has been used to make the information that is collected from many journals, articles, reports, newspapers and many more. The sources are important depending on how the project has been done, and it is important to choose the authentic sources for the project.

The article is based on the relationship between families and teens that are suffered from mental health problems. The importance of families and the necessary steps that families should take for their teens have been described in the project. Apart from that, there are some precautions the families that are important for their teens' mental health. Importance of cooperation and supportive behavior can change the condition of their mental health and improve their condition. Parents play a significant role in the condition of their teens and help them to recover from their poor condition [14]. The indicating families are also facing several difficulties for their teens, and it is dangerous sometimes to handle these conditions of violence. The relationships between the affected teens and their families need to be strong and pure, which will be helpful for the teens to get over mental issues.

### **Findings and Discussion**

In this project, the mental health of teens and families' cooperation and relation has been described in a proper way. Teens are living in their own and creating world in which they are making their own way to live in their life. At this time, families are automatically making distance from teens, and that is creating issues as teens are facing many new things in their life. Many positive and negative things are happening in life at this point in time, and adolescents are trying to handle things by themselves, and they fail. Things are causing issues and confusion in their lives that will be affecting them. Behavioral disorders are common in teens more than in older people [15]. The distance did not teach them to participate in society and also made them uncomfortable in society.

Apart from that, teens are making distance themselves from their parents and avoid sharing their personal issues and problems with their parents. In this age, people are thinking that they can handle and manage every problem in their life and that creates the main problems. In many conditions, teens feel lonely and unstable, and that makes them confuse in their life and make them busy handling their problems. It has been found that teens are failed to take the correct decisions in their life, and that is quite natural. The condition of mental disorders happens for many reasons, which can be from family or that can be from other sides also [16]. The condition of the family or the parents is a factor in their teens. In many families, the relationship between husband and wife is not healthy and respected. The effects of the relations got effective on the teens as, at this age, they can understand the equation of relationships. That affects badly on teenagers, and they get separated mentally from their parents.



**Figure 3: Uses of Social Media [17]**

On the other hand, at this time, people are busy with their personal and professional life, and time is the most precious thing in this condition of life. Social media plays a crucial role in creating a solid distance between parents and adolescents [17]. People don't realize that they are wasting time on useless things and losing the quality time of their life. Moreover, problems have been made in this digital world as everything is open to all and easy to grab. People can do many things from their homes, and that is breaking the boundaries of the teens.

The discussed article has mentioned several things that have been founded in the research. Mental health is a critical portion of health that can be affected by many things, and tough to solve or remove the effects from the human mind. The described things that are making a clear vision for the families to work on the relationships among the family members. The relationship between teen and parents are not only the focus point, all the relations are important. The equation of each relationship should be in a good and healthy condition. Every existing relationship is important and related to other relations. Parents should focus on their relationship and make the teens realize how a relationship should be made in families [18]. Family members are important and valuable to each other, and they are responsible for each other. Parents need to understand the good and bad effects of things in their teen's life.

Boundaries are necessary, such as undeserving boundaries are making issues and increasing the problems in teens' and also parent's life. Parents need to be friends with their teens as they are at a growing age, and parents should help to grow in their life. There are several types of training and motivational classes that have been made for adolescents to understand things clearly and make the vision clear for their future. The necessary things are helping and cooperating with teenage people to be on the straight and productive path in their life. Teens think following their own path will give them more benefits, yet they don't understand that benefits are temporary and they need to follow the path that will give fruits in their life.

## Conclusion

Mental health care has the potential to be the new paradigm, and the development is much greater faith in mental health care. Youth mental health care is recognized as a critical mental health condition as they think critically of normal things. The condition of the teens' mental health is embedding and changing the focus with the transitional development stage of their life. The age of 12 to 25 years people are involved in the condition and make their life stressful with several problems and depression. The connection between their families is not strong and they would not share any personal things or problems with their parents.

The effects of the distances block the chance of judging the problem in the right way. Parents are making boundaries for their teens that they want to overcome and that is the fight in their life such as they do not understand that some boundaries are necessary for their safety. Parents sometimes became overprotective and block their teens from everything and make them uncomfortable in many conditions. These unexpected behaviors are making the teens against their parents and making the distance themselves from them. Social media is working on this ground and achieving success by making the distance between teens and families. Many regular activities

and quality time with families have been lost to the incredible growth of using social media. Apart from that, parent's divorce, misunderstandings between families, unwanted bias situations and many personal reasons are making the disorder in mental health. Teens are affected mostly for these reasons and it is increasing gradually. Everyone needs to be more serious to keep healthy relations with each other and that will protect teens from mental issues and make them involve to grow positively in their minds and health.[20]

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