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Support of student youth's mental health

Annotation

This scientific research is a continuation of a series of studies in various fields of scientific knowledge devoted to the study of the mental health' issue. We aim to pay attention to the issue of youth mental health support and increase public awareness of it.

Key words: student youth, crisis, mental disorders, family environment, emotional state.

Introduction. The question of human mental health does not lose its relevance and remains in focus of comprehensive study by scientists. Declared by the World Health Organization, it is defined as a necessary and important component of every person's life, especially in matters of its completeness and opportunities for self-realization. In the perspective of the development of the adults' mental health, attention should be paid to his condition at an early age. Because more than half of all mental health disorders have an early genesis, and they can take on a chronic form in a situation of untimely detection. Accordingly, the main task of health care should be strengthening and support of the young people's mental health, who are faced with many social challenges today.

Therefore, the aim of this work is to analyze the condition of student youth's mental health.

The theoretical foundation of the problem. The issue of human mental health remains within the limits of the interdisciplinary nature of the study, which has many proofs made by various researches in various fields of humanitarian sciences. It originates from the classical psychoanalysis of Sigmund Freud and continues to be

studied by modern scientists. Despite the frequency of studying mental health of a person, scientists have not come to a unanimous definition and its clear criteria. Foremost, this is due to the fact that some scientists often do not distinguish between the terms of "psychological" and "psychic" health, using them as identical, while others, on the contrary, emphasize the essential differences between them. [1]. At the same time, this problem is partially unraveled in the light of different psychological schools, which offer different ideas about the norm and pathology of the psyche [2]. It can also be seen, that in scientific thought the concept of mental health borders on such concepts as moral trauma (Griffin, et al., 2019), traumatic experiences (Wilson, Ford, 2012), traumatic events and trauma (Storr, et al ., 2007) and others. However, the generalization of scientific research still gives us the opportunity to define it as the ability of life creativity, the presence of meaning in life, constructive interaction with others, social reality and oneself.

Methods and the procedure of the research. A person's mental health is the source of his capital, an integral value and the basis of the well-being of any society. Therefore, each of us should have the task of protecting and strengthening our own mental health as a crucial part of a fulfilling life. For these reasons, the centre of our attention is student youth, as the global crises of recent years bear an additional burden on them and their families. We have started a socio-psychological study to find out the state of students' mental health and to study the factors that affect it. First of all, the free-listing method (n = 12) was used to initiate data collection in order to formulate questions for the main questionnaire survey. Group of twelve people (nine female students and three male students) aged 17 to 20 were selected and interviewed using the method of selecting available cases.

Discussion of the results. Analysis of the result of free-listing. Subjects were required to answer four open-ended questions about their perceptions of mental health and the factors that influence it.

Among the questions were the following ones: *1. How would you describe your emotional well-being lately? 2. What personal qualities do you think influence the state of your mental health? 3. Have you had a negative family life experience that have affected your mental health? 4. Can you say that the condition of your*

mental health affects your academic performance? Questions that reveal the most frequently used lexemes that can potentially be meaningful enough for future questionnaire surveys are as follows: 1. *How would you describe your emotional well-being lately?* Most of the researched identify the following semantic series: "depressive states", "bad sleep", "various fears", "moderate constant anxiety", "emotional instability", "fatigue", "boredom", "indifference", "eating disorders" (n = 17). It is interesting that there are no differences in the answers of female and male students. The answers to this question are very similar, perhaps due to the similarity of the general concept of mental health among most young people.

2. *What personal qualities do you think influence the state of your mental health?* In general, subjects use the following personal attributes: "low self-esteem", "insecurity", "dependence on others", "victim position", "shyness", "anxiety" (n = 10).

3. *Have you had a negative family life experience that have affected your mental health?* Many attributes were identified in this question (n = 14). From the received categories, students mostly pointed out such actions, as «aggressive behavior», "contempt", "disrespect", "psychological and physical violence", "indifference", "humiliation". It is worth noting that female students are more open in their answers to this question. The male students' answers are not sufficiently represented in this question. They answer shortly and unwillingly.

4. *Can you say that your mental health condition affects your academic performance?* Among the reasons for the deterioration of academic performance: "poor concentration", "low cognitive motivation", "frequent fatigue", "indifference", "exhaustion" are indicated (n = 12). The set of other issues that can harm academic success is quite similar and heterogeneous among the group of subjects. Thereby, we receive information for formulating the questions of the main survey based on the results of the free listing. Along with that, at this stage of the research we are able to find out that the mental health of student youth needs attention.

Summary. We have started a socio-psychological study of the state of psychic health of the student youth at our university. Within this publication, we have shared the results of the first step in the data collection program. Even at this stage of

research, it is clear that youth mental health issues remain extremely relevant. It is certain that issues related to supporting the mental health of students are not less important.

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