

Chapter 7

Exploring the Mental Health at Higher Education Institutions

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ABSTRACT

Teachers and Students both is important pillar of education sector. So both performances depend on their mental health and well-being, particularly in higher education settings. Concern for the mental health and wellbeing of teachers and students attending higher education institutions (HEIs) throughout the world has grown during the past ten years. All professions, but especially education, face these problems. Children are also not untouched by this. Higher education has a mental health problem, which affects both students and instructors. Education has become easier, but it is still difficult. There is a deep connection between academic stress and the mental health of HEIs teachers and students. Both students and teachers now live in a very stressful environment due to the competitive and constantly changing environment and culture of higher education institutions. Mental health concerns can be managed if the causes of the problem can be identified and addressed properly.

BACKGROUND:

The world health organization (WTO) defines mental health as a condition of mental well-being that empowers individuals to manage life's stressors, reach their full potential, study and work effectively, and give back to their communities. It is a crucial aspect of health and wellbeing that supports our capacity to make choices, form bonds with others, and influence the world in which we live, both individually and collectively (Alsarraj et.al, 2023). A fundamental human right is mental health. Additionally, it is essential for socioeconomic, communal, and personal growth. The absence of mental diseases is only one aspect of mental wellness. It is experienced differently by each individual on a complicated continuum, with differing levels of difficulty and discomfort as well as possibly highly disparate social and clinical results. Mental illnesses, psychosocial impairments, and other mental states linked to severe suffering, functional impairment or self-harm risk are all considered mental health issues. Many interconnected issues can cause teachers and students to face obstacles during their academic journey at their institutions and universities, which can lead to poor mental health. A student's life after being accepted into a

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university program is filled with opportunities and difficulties. Students' performance depends on their mental health and well-being, especially in higher education settings. Over the past few years, concern for the mental health and well-being of students attending higher education institutions (HEIs) has grown around the world (Clark et.al, 2007). A state of well-being, mental health involves much more than the lack of mental illnesses. It is essential to both our individual and social ability to think, feel, communicate, and earn money as human beings. It is also a vital component of health. A person's overall health is significantly affected by his or her mental health or well-being.

Conceptual Framework:

The conceptual framework presented here provides an organizing manual for understanding the ways in which mental health affects all aspects of the college students and teachers experience. This framework highlights important elements such as academic achievement, physical health, interpersonal relationships, and general well-being, and shows how they relate to students and teachers mental health. It also makes recommendations for further study and ways to help students and teachers mental health, highlighting the need for a comprehensive strategy to deal with the difficulties they face (Crawford et.al, 2013) . This study addresses the complexities of students and teachers experiences in higher education and provides insights into how institutions can foster an environment that prioritizes students' and teachers' mental health and supports their achievement.

Concept of Mental Health:

Obtaining the necessary peace of mind has become challenging in today's hectic world. The word "tension" is now widely used. To alleviate their stress, instructors should set aside time to spend with their families. Consequently, several institutions have begun offering yoga lessons today, which help the teachers, relieve stress and cure physical ailments. Since job stress is a significant risk factor for anxiety and depression, mental health is a crucial occupational health concern for educators. In the teaching profession, mental health issues are often brought to light as a concern. People who are in a condition of mental health are able to manage life's stressors, reach their full potential, study and work effectively, and give back to their communities. People's thoughts, feelings, and behaviors are all part of their mental health. Professionals in mental health care can assist individuals in managing problems that impact their thoughts, feelings, and actions, including addiction, bipolar disorder, depression, and anxiety. A person's relationships, daily life, and physical health can all be impacted by their mental health. People's mental health can also be influenced by outside influences in their relationships and daily life. It is a crucial aspect of health and wellbeing that supports our capacity to make choices, form bonds with others, and influence the world in which we live, both individually and collectively (Ennals et.al, 2020). A fundamental human right is mental health. Additionally, it is essential for socioeconomic, communal, and personal growth. A person can preserve their capacity to enjoy life by taking care of their mental health. This entails striking a balance between their obligations, pursuits, and attempts to develop psychological resilience. Your general psychological well-being is referred to as your mental health. It encompasses your self-perception, the caliber of your relationships, and your capacity to control your emotions and overcome obstacles. The absence of mental disease is only one aspect of mental wellness. It's about the

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