

31st World Congress on

Neurology and Therapeutics

32nd International Conference on

Neurology and Cognitive Neuroscience

33rd International Conference on

Adolescent Medicine and Child Psychology

February 09-10, 2022

WEBINAR

Shah Alam, J Neurol Neurophysiol 2022, Volume 13

Mental health: A challenge for psychologists

Shah Alam

Aligarh Muslim University, India

Covid-19 has affected almost all human beings irrespective of country but the adolescents have been more affected psychologically, socially and academically. Overall, their mental health has been shattered because adolescence is a period of confusion, strain and stress. It is the period of human development during which a young person must move from dependency to independence and autonomy and maturity. Mental health encompasses much more than the absence of mental disorders. The positive aspect of mental health is emphasized in the World Health Organization's founding document's definition of health. Mental health has been characterized as a condition of well-being in which people acknowledge their skills, are capable of coping with daily stressors, work efficiently and fruitfully and contributes to their communities. Physical and mental health are the result of a complex interaction of numerous individual and environmental factors, including a family background of the disease, lifestyle and health-related behaviors, levels of personal and professional stress, exposure to toxic substances, trauma exposure, personal life events and heritage, access to supports and emotional competence. In present talk the issues like parental pressure, uncertainty about future, peer pressure, impact of social media, eating habits, educational problems etc. will be discussed and finally psychological strategies to face the challenges. Covid-19 had a great effect on employment in India. The study show that India's employment was at its works in last 29 years which was around 7.11 percent for the year 2020 during the first wave. India has approximately 315 million students, most in the world, enrolled in schools, colleges and universities. The noble coronavirus had manifested impact on mental health. The increased tally of deaths due to covid-19 heightened anxiety, worry and stress. The stress has a potential to impact negatively on mental health. Anxiety, panic and insomnia seem to be the most common signs. Irritability, hostility, aggression and psychosis are additional prominent indications of externalizing behavior. The various psychological strategies will be discussed during talk.

Biography

Shah Alam presently is working as Professor in Psychology (WC) in the department of Psychology. He obtained M.A, M.Phil., Ph.D. Degree in Psychology and also did Post Doctorate Fellowship (UGC) from A.M.U Aligarh. He did Post Graduate Diploma in E&VG from NCERT. Before joining AMU, he served CSWB, New Delhi as Family Counselor, Punjab Police Academy Phillaur, as faculty and worked as Student Counselor in Regional Institute of Education (NCERT), Ajmer. After joining Aligarh as teaching faculty, he was appointed Programme Coordinator of Post Graduate Diploma in Guidance & Counseling at the Centre For Distance Education, AMU from 2006-2012. He designed the course contents, write lessons and edited reading materials. He has also held administrative responsibilities as OSD at AMU Center, Murshidabad and established Students' Counseling Centre, AMU. He was entrusted as Coordinator of the Centre from 2013 to Nov 2017.