

Youth Mental Health Scoping Review

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Abstract

Living conditions play a crucial role in determining possibilities, long term health, wellbeing, and emotional and affective experiences. In a time when most of the world is rapidly urbanizing, there is growing interest in how mental health and urban environments interact, but not enough focus is given to how mental health is situated in space and time. Urban environments around the world are characterized by socio-economic inequality, which makes living conditions for some social groups, notably young people, extremely precarious. Young people are burdened by uncertain economic futures, and there are still many unmet needs for mental health services. The goal of this scoping review is to provide an interdisciplinary, worldwide understanding of how urban environments impact young people's mental health. Across a variety of scales, as well as to pinpoint elements that can improve youth mental health. In order to create an interpretive framework based on the viewpoints shared by young people, we aim to widen the focus of urban mental health research beyond the physical characteristics of metropolitan surroundings. We demonstrate how social theory ideas can be applied to create an integrative framework that emphasizes both the lived experiences of young people and the larger cultural and political dynamics of urban mental health.

Keywords: Interdisciplinary • Mental health • Social model • Social theory • Youth • Inequalities

Introduction

According to reports, the main factor contributing to young people's disabilities worldwide is poor mental health. The mental health of adolescents and young people has reportedly been neglected in terms of unmet health requirements, despite the fact that major mental health disorders are routinely recognized before the age of 19 in the global North [1]. Young people are particularly affected by social injustices since they are establishing and molding their unique life paths. In light of this, people are becoming more and more interested in how living in cities affects mental health [2]. In terms of daily living, health, and wellbeing, cities have long been perceived as riskier than rural areas, despite the fact that these areas are undoubtedly also better supported by healthcare and employment possibilities [3].

Furthermore, neither within nor across high and low income countries are urban living the same [4]. 'Toxic exposures' refers to the urban environment characteristics that have been linked to poor mental health.

In a broader Technology, migration, violence, and urbanization are all seen to be significant factors in determining an individual's health and growth. Therefore, there is a need to integrate the two issues of youth and urban mental health to enhance knowledge of how young people experience these global transitions, urban processes, and situations. It has also been claimed that in order to account for these larger social phenomena, research on youth urban mental health needs to build theories from many epistemologies other than psychology and psychiatry [5].

Literature Review

Such as poverty, mental illness, discrimination, slow violence, or misidentification, but rather by the types of (reflexive) psychological and sociological knowledge available to make sense of these circumstances [6-8]. In order to investigate multiple disciplinary perspectives on the conditions of urban precarity which shape young people's mental health, the processes proposed for understanding how reducing urban precarity might prevent and ameliorate poor mental health among young people, and the main protective factors which mitigate against the n, our goal is to advance a novel theoretical approach to reviewing a sample of existing literature across a range of disciplines. Social scientists describe precarity as "a political situation (Figure 1). Precarity is a term used to describe a lack of social and economic stability that is characterized by factors such as poverty, displacement, criminalization, and marginalization. Elations that are particularly vulnerable might include, for example, refugees, individuals who are houseless, dwell in slums, or reside in the poorest neighborhoods, those who have mental health conditions already present, and those who experience stigma, prejudice, or marginalization. Here, we call attention to young people's growing precocity and its detrimental effects on their mental health [9].

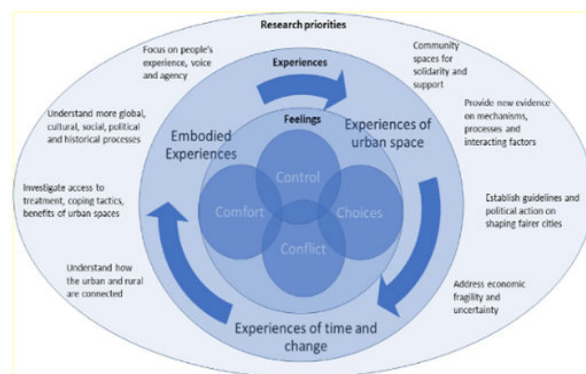


Figure 1. Co-produced framework of urban experiences and priorities for urban mental health research.

Discussion

In reviewing the interdisciplinary research on urban precarity and young people's mental health, this report found a rich field and noted some possible weaknesses and significant gaps. In addition to a large body of social scientific research that examines the dynamic interaction of spatial, temporal, and embodied factors linking precarious urban living conditions and the emotional experiences of young people, we find a resurgence of interest in the medical, psychological, and psychiatric literature on urban mental health. We have investigated some of these literatures' presumptions, such as how the term "urban" is defined, the tendency to emphasize the urban environment in

terms of exposure and risk, and the predominance of proximate rather than distal mechanisms at work. As we have explained, excluding urban variables. Urban factors that are broken down into core components and mechanistic pathways, such as socioeconomic inequalities, biological pathways of urban stress, urban form, urban density, neighbourhood deprivation, migration, poor environmental quality, and so on, can have the effect of ignoring the complex interactions between urban factors that can shape mental health.

Conclusion

The ways in which urban processes function across a wide range of domains (environmental, cultural, political, social, economic, and biological) as well as across different scales (relating to planetary ecology, geopolitical events, as well as people's individual biographies, perceptions, and diverse experiences) are particularly overlooked by a components approach. Their perceptions of urban environments are also intrinsically mediated, as our young advisors pointed out, and urban imagery influences their expectations and reactions just as much as other factors.

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