



New Trends
in Psychology

Mental Health of Adults vs Children

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Abstract: At the European level, but also in our country, various analyzes have been made regarding the mental health of the population. This analysis estimates that over 27% of European adults experience at least one form of mental health impairment over the course of a year, with anxiety and depression being the most common. Romania is facing new situations both in terms of the mental health of adults and children. Here, from my perspective, first the period after the 90s, and then the period after the accession to the E.U. Childhood and adolescence are important stages of life in terms of people's mental health and well-being. During this period, autonomy, self-control, social interaction, and learning abilities are developed, which have a direct influence on mental health for the rest of life.

Keywords: mental health; children; adults; economic; social; family factors; mental level; anxiety; depression

Introduction

We live in a time when everyday life, although it has been made easier by the technology created, both in domestic work and in the industrial one, still people face various mental disorders that unbalance their health in their daily life day.

The last years have brought to the surface the de facto state of the population that has begun to face conditions, feelings, manifestations that produce imbalances at a deep emotional level that leave a strong mark on their mental health.

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Mental health is influenced by a series of factors, starting from biological, individual, family, social, economic, historical and environmental factors, which create the psyche of the individual as a whole. Human health works as a whole, that is, any dysfunction of any organ produces imbalance at the body level and even more so at the mental level where it creates states of concern, thus accumulating emotional stress. All this condition has repercussions in everyday life, affecting both family, social and professional plans, but also relationships with all those around us.

At the European level, but also in our country¹, various analyzes have been made regarding the mental health of the population. This analysis estimates that over 27% of European adults experience at least one form of mental health impairment over the course of a year, with anxiety and depression being the most common. In the same analysis, attention is drawn to the fact that mental illnesses affect every fourth citizen, and this can lead to suicide.

At the level of the European Union, 14% of young people are at risk of developing depression, and 4% of young people aged 15-24 suffer from chronic depression, as shown in the Eurofound² report. The report shows high rates of the risk of depression among the young population, especially in some of the Member States.

Looking at the statistics above, it is easy to see that the mental health of adults is reflected in the mental health of children, and adults seem to ignore it.

Adults often come to specialist offices or to teachers, where children learn, and say that they are doing everything they can and do not understand why their children have states of irritability, social maladjustment, lack of attention and concentration, various their malaise sometimes occurring suddenly, from headaches, nausea, intense feelings, sometimes even forms of aggression, etc.

If we are to refer strictly to Romania, one of the causes is that adults have not been educated to give major importance to mental health, this being considered as a taboo and a reason for social exclusion. But from the statistical data of the study above, the same things, as can be seen, are also faced by the member states of the E.U.

Romania is facing new situations both in terms of the mental health of adults and children. Here, from my perspective, first the period after the 90s, and then the period after the accession to the E.U.

The young adults of the 90s were psychologically confronted with a new perspective on life itself, after a period in which everything was under the control of the authorities, but also with major shortages, starting from the necessities necessary for

survival: food, electricity, heat, etc., to an adequate health system, to the need for appearance and safety. All of this had an overwhelming impact on how they relate to their own lives.

Their orientation was especially towards ensuring survival needs and not towards self-realization. In this assurance of survival needs, the adults, but also the young people of the 90s, took the path of Western Europe, violating not only the legal norms regarding, but also those of a so-called courage taken to the extreme by assuming risks from the loss of freedom to enduring miserable living and working conditions, constantly in fear of being caught by the authorities of the state to which they fled, being caught in the illusion of securing a better life.

All this at the level of their mental health left deep traces that were later reflected in the next generation, that is, the same desire to have a life assured only from the level of survival.

The expression used by all of them was and is a common one “if I didn't have it, at least they should have it”. This phrase says it all about the state of mental health, which shows the level of low self-esteem generalized to a general state of anxiety, followed by that of depression.

Thus, this entire period was a precursor to Romania's accession to the EU, when, in terms of legality, the exodus of Romanians abroad reached maximum levels.

Although this phenomenon was brought to the attention of the authorities, no strategies were adopted to reduce it, nor was the psychological phenomenon that determined this situation studied. Yes, on an individual level we may know, many of us have gone through the consequences of such situations, but beyond this the phenomenon has not been studied deeply. The claim that Romania after joining the E.U. is facing a new situation regarding the mental health of children whose parents have gone abroad, it is not entirely accurate, this phenomenon started before, as I have shown above, when families were deeply affected by the departure of so many adults and young people abroad for that un-lived life. And this was perpetuated, under the auspices of the authorities who pretended not to notice the phenomenon.

After Romania's accession to the E.U. the departure of adults with and without children abroad only brought out from under the rug what the Romanian authorities pretended not to see in the previous period, because now there was a firmer control coming from the E.U.

I also brought up the departure of the childless, for some they left at a very young age, which has resulted in the mental health of many members of the core family being affected.

Childhood and adolescence are important stages of life in terms of people's mental health and well-being. During this period, autonomy, self-control, social interaction, and learning abilities are developed, which have a direct influence on mental health for the rest of life.

Negative experiences, such as family conflict, violence against children, bullying at school, lack of parental affection, lack of parental presence, etc. they can have long-lasting detrimental effects on the development of basic cognitive and emotional skills and are important predictors of subsequent negative behaviors: substance use, delinquency, mental health problems. All these negative experiences have an impact on the mental health of children and adolescents, leading to depressive and anxiety disorders, often followed by panic attacks. Major depressive disorder is one of the most common psychiatric disorders and begins in childhood and adolescence, being affected: school performance, relationships in adulthood, increased risk of substances.

The same analysis shows that major depressive disorder in children and adolescents is often underdiagnosed, only 50% of adolescents are diagnosed before reaching adulthood. It is a common, chronic, recurrent and debilitating condition that leads to impairment of educational, professional and social functioning.

One third of teenagers who see their family doctor have an emotional disorder, and 14% are diagnosed with depression. The share of children who say they feel sad increases quite a bit with age, and the gender differences become even more pronounced - at 11 years old, 14% of girls, compared to 10% of boys, feel sad, while at the age of 15 years, this difference is greater - 29% of girls and only 13% of boys.

And yet these children bring to the surface in reality the state of mental health of the adult population, which most of the time they hide under the stigma of society, of the fear of exclusion and non-recognition of their social value, which is reflected by that "if I didn't have it, at least they should have it".

What we have not found in various analyzes and studies is the analysis of the mental health of parents who have gone abroad, but not only theirs. Subjectively, their situation is related first of all to earnings, then that abroad the standard of living

would be higher, but objectively the situation is completely different and much deeper.

This would ideally be the subject of scientific research: the mental health of adults with or without children abroad. Why? Simple, children are the extension of the adult, if the adult does not have a healthy mental health like that of the child - it all starts here.

And as per law ferenda, in addition to the many didactic activities, it would be ideal, at least to alternate with other classes, and mental health classes - education starts here.

References

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