RESEARCH ARTICLE

STUDENT MENTAL HEALTH IN THE SCHOOL ENVIRONMENT : PSYCHOLOGICAL CHALLENGES AND SOLUTIONS

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ABSTRACT

Student mental health has recently become a major concern in modern education. Mental health plays a crucial role in students emotional, social, and academic development. However, the school environtment often presents a source of stress due to academic pressure, complex social relationship between students. Therefore, strategic steps are needed, such as increasing the role of guidance counselors, implementing a curriculum that is more adaptive to students psycological needs, and strengthening mental health literacy program in school. By creating a mentally healty learning environtment, student are expected to be able to develop their potential optimally and be empowered to face academic and social challenges. This research focuses on identifiying the main callenges students face in maintaining mental health in the school environment and formulating various strategies and solutions, ranging from students experiencing psycological problems.

Keywords: Mental health, students, school environment,academic stress, solutions

INTRODUCTION

Student mental health is a crucial issue in modern education. Academic pressure, social demands, and expectations from teachers and parents often lead to stress and anxiety. School, which should be a place of growth, can sometimes become a source of stress.

However, understanding how the school environment affects students' mental health remains limited, as much research focuses on academic achievement. This study seeks to bridge this gap by highlighting the psychological aspects of sudents' lives at school.

Using a psychological approach, this research aims to find more humane and applicable ways to support students' mental well-being. Its main focuses are:

(a) Identifying students' mental health challenges at school. (b) Exploring the environmental factors that influence students. (c) Finding psychological approaches that can help students cope with stress.

The importance of maintaining mental health is evident in the numerous benefits it provides. Mental health helps individuals manage their lifestyle, creates happiness, fosters positive thinking, supports physical health, and boosts self-confidence. (Fitriani & Syaifullah, 2024)

METHOD

This research employed a qualitative approach with a literature review method.Through this approach,researchers sought to understand students mental health in the scholl environment by exploring ideas,research findings ,and theories from various sceintific sources.This approach was chosen because it was deemed most appropriate for exploring meaning and understanding students' psychological experiences from a more reflective and in-depth perspective

The research data was obtained from various scientific articles and research reports addresing the topics of mental health,academic stress,and the role of the school environment.These sources were selected based on their relevance,year of publication (2023-2024),and credibility.Each piece of literature used provides diverse perspectives on how schools can be supportive spaces for students' psycological well-being.

Data collection was conducted through systematic searches of databases such as google scholar.Researchers used keywords such as mental health,scool environment,student stress,and psycological support.From the search results,only articles that align with yhe theme and have a strong scientific basis were analyzed further.

All data is interpreted reflectively to gain a more humane understanding of the psycological conditions of students' in the school environment.

RESULTS

Mental health challenges for students at school

Students'mental health is a crucial part of our focus on their growth and development.As they journey toward adulthood ,students face various challenges that can impact their emotional balance and psycological well-being.Academic pressure,changes in their social and family environments,and the dinamics of peer relationships are often sources of stress that require sensitivity and appropriate supprot so that students can navigate these changing times healthily and confidelty.

The school years are a crucial period for developing mindsets,managing emotions,and developing behavioral habits.During this stage ,students are learning to understand themselves,interact with others,and find their place in society.There fore ,caring for their mental health is not merely a temporary measure,but a long-term investment in their future well-being and character development.

The scool environment it self plays a significant role in shaping students'mental and emotional experiences.excessive academic pressure ,social demands,or negative experiences such as bullying can lead to anxiety and deccrease motivation to learn.There fore ,schools and educators hane a moral resposibility to create a safe ,inclusive,and empathetic learning environment-a space where every student feels valud,heard,and empowered.

In facing these diverse challengs,it is impotant to recognize that each student has different needs and adapts differently. There is on one-size-all approach.Effective support stems from a deep uderstanding of each individual's uniqueness.A flexibel,student-centered approach is key to helping them grow into resilient,balanced,and happy individuals.

Environmental factors that influence students

Mental health is influenced by three main factors : lifstayle, social and community relationship, and socioeconomic and enviromental conditions. These three factors are interrelated and can influence a person's mental balance through physical aspects, age, family support, and social relationship. Understanding these factors is crucial for comperhensive and suitainable mental health management. (Siby & Kasingku, 2024)

Understanding and manging emotins is a crucial foundation for maintaining students' mental balance.The ability to recognize and manage emotions doesn't just emerge;it's developed through their experiences interacting with their surroundings.Warm support from family,attention from teachers,and positive relationship with peers help students learn to express theirs feelings healthily and consciously.

A safe ,accepting environment that provides space for students to grow strengthens their psychological reselience.Conversely ,excessive pressure,unfair treatment,or an unsupportive atmosphere can lead to anxiety and lower self cofidence.There fore,it's crucial for all parties-family,school,and community-to work together to create an atmosphere that fosters a sense of security and love.

This collaboration not only provides emotional support but also creates a healthy ecosystem for student development.Through a caring and coordinated environment,every student has the opportunity to grow into a resilient,balanced,and haappy individual,both mentally and emotionally.

In addition to family,school ,and community environments,the rapid development of technology

and social media has become another influential factor shaping students' mental health.

In addition to academic and social pressures, the development of technologi and social media also has a significantimpect on the mental health of today'sstudents.While easy access to the digital world facilitates learning and broadens horizons,it also brings new challenges such as cyberbullying,unhealthy social comparison,and even device addiction .Many students end up judging themselves based on the standars portrayed in the media,leading to feelings of anxiety,low self cofidence,and even a loss of enthusiasm for learning .Therefore ,schooles have a crucial role to play in providing digital literacy education and psycological support so that students can use technology in a wiser,healthier,and more balanced way

Finding psycological approaches that can ,help them cope with stress

The environment, particularly family and school plays a significant role in shaping students mental health. A warm, supportive, and stable family provides a crucial foundation for students' mental well being. Conversely, if the environment is filled with conflict or instability, the risk of mental disorders can increase. On the other hand, a safe inclusive, and caring school can also serve as a sanctuary that helps students grow emotionally healty.

When facing variocus pressures in the school environment,students need psychological support that can foster a sense of security,self-confidence,and inner resilience.A psikological approach is a crucial bridge to help them understand themselves,manage their emotions,and find healthy ways to respond to stress.

Education of that fosters social and emotional skills play a crucial role in maintaining students mental health. Through learning communication, empathy, and conflict resolution skills, students learn to understand themselves and others. These skills equip them to face life's challenges in a healthy manner and maintain harmonious relationship within their communities. (S.A & Guk - Guk, 2024)

 One way to addres the various pressures in the school environment is to implement differentiated learning, an approach that provides opportunities for each student to learn according to their abilities, interest, and learning styles. Every child has a different learning style and pace, so teachers need to use a variety of strategies so that all student can understand the material in a way that most apporopriate for them. With this method, the learning process becomes more equitable meaningful, and centered on the unique needs of each student. (lestari, wati, afandi, subhan, & sahbana, 2024)

Social support from the school environment is also crucial,as when students feel accepted and supported,they more easily develop inner peace and resilience to stress.This,a psycological approach not only helps students cope with stress but also fosters emotional balance and strong character to face life's challenges.

Furthermore,mental health education should be an integral part of the school curriculum,not just a supplement to learning activities.A learning process that encourages students to understand themselves,manage their emotions,and solve problems positively will help shape strong and balanced individuals .Schools should not only focus on academic achievement but also develop emotional intelligence so students can cope with the pressures of life without losing motivation or meaning in learning.By balancing knowledge and psychological well-being,schools can produce a more resilient,empathetic generation of young people who are ready to wisely face the challenges of the times

DISCUSSION

The discussion reveals that students mental health at school is significantly influenced by many interrelated factor from academic pressure and peer relationships to family situations at home. When any of these factors are out of balance, students can feel depressed, anxious, or lose their enthusiasm for learning. However, when they are in a supportive

environment, where teachers, friends, and family are willing to listen and understand they grow emotionally stronger and better prepared to face challenges. School can be a stressful place, but it can also be a calming one. Teachers and counselors play a crucial role in creating a safe and welcoming atmosphere, so that every student feels valud and accepted for who they are. Programs such as training in manging emotions, learning self awareness, and coping with stress can help them find a balance between studying and maintaining their mental well – being.

Beyond just teaching, schools also need to develop learning that fosters empathy, self confidence, and healty social skills. Approaches such as social emotional learning and differentiated learning help students learn in ways that suit their own abilities and styles. A new insight from this discussion is the need to make mental well- being education a core part of school life. Mental health should not be merely an additional topic, but rather a daily part of the aducational culture. This way, student succes is measured not only by grades and achievements but also by their ability to maintain emotional balance, understand themselves, and live with a snese of calm and confidance.

CONCLUSION

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Maintaining students mental health requires collaboration from all parties schools, teachers, families, and the surrounding community. Schools serve not only as places to study, but also as safe spaces to grow, learn, and feel accepted. By increasing awareness about mental health implementing learning tailored to students needs and fostering open communication, academic pressure can be reduced and emotional well-being improved. Creating a mentally healthy learning environment is not just a short term effort, but a significant invesment in developing a resilient empathetic generation of young people who are ready to face life with a calm mind.

DECLARATION OF POTENTIAL CONFLICT OF INTEREST

 "[Abdul basit,Dewi flower rose,Jamiatul laila, Shalwa hauzy azzara] does not work for, consult, own shares in, or receive funding from any company or organization that would benefit from this manuscript, and has disclosed no affiliations other than those noted above."

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