

## THE IMPORTANCE OF MENTAL HEALTH

Khudayberdiyev Mukhammad

Kimyo International University of

Tashkent (Samarkand Branch)

English Education Faculty (Third-Year student)

Tashpulatova Sayfura

**Abstract**

Mental health plays a huge role to our life because well-being is important, which has serious consequences for our life. This research paper explores the impact of mental health on everyday activity, preventative strategies for mental well-being, reviewing common mental health issues and ways in which society can promote mental well-being. According to the study, the results show that it is very crucial to talk more about mental health and support for people both at home and in the community.

Keywords: *Mental health, well-being, productivity, awareness, prevention, emotional regulation.*

**Introduction**

Mental health describes a person's emotional state, psychological, and social well-being. According to the Cambridge Dictionary, it is "the condition of someone's mind and whether or not they are suffering from any mental illness." Mental health can affect how people think, feel, and act. Mental health professionals support individuals in dealing with conditions like depression, anxiety, bipolar disorder, addiction (Adam, 2024). Also, it has influence how individuals can handle stress which has a serious consequence such as making decisions in their life. The increasing pressure from academic, social, and personal responsibilities has led to a rise in stress, anxiety, and other mental health issues. As clear example we can see that the animated movie Inside Out which has a huge impact on auditory especially for a young generation. It demonstrates emotions and mental states are deeply connected and how emotions can interact with each other.

## Literature review

Common mental health problems include anxiety, depression, and stress-related disorders. These kind of conditions can impact individuals' daily lives, low productivity, and physical health issues. Suicide is one of the leading causes of death among young people, approximately 700,000 deaths by suicide globally per year (World Health Organization, 2022). These numbers highlights the importance of raising awareness, providing early support and organizing mental health services to avoid issues which connected to mental health.

## Methodology

A survey is a method which the writer can gather information through questions with answers. This method provides personal answers which is essential to collect data for academic article. This research includes a short survey to better understand my groupmates' awareness, experiences related to mental health. This research paper aimed to explore how mental health effects daily life. There are 9 multiple-choice questions, one of them is the scale where participants can evaluate the level of support from close people such as family, friends, or groupmates.

## Participants profile

The participants were 12 Kiut university students of English education and young adults who answered a short online survey. Participation was anonymous to obtain honest responses and there are no identifying information was collected. The age of students are approximately from 18 to 23 years old. The proficiency level represented by the participants of the study could be described as somewhere between B1 and B2.

## Data collection

Data was collected using a questionnaire that included multiple-choice and one scale question. The website is Google Form which helped to organize survey and presented answers as pie charts. Pie charts demonstrate visually the percentage of responses to each question. The questions and results are presented in the appendix section. Questions focused on how students feel in daily life and how often they feel stressed.

## Findings

The results show that the young generation understand and experience mental health. According to answers, many students are aware of mental health and answers show that they feel anxious or emotionally exhausted. Participants answered to the question related to stress in daily life and out of 12 participants, 10 students chose the option "sometimes". The percentage is 83,3%. Meanwhile, 8,3% reported that they feel stressed "often". The pie chart presents responses to the question about sleep quality over the past month from a total of 12 participants. Each of the five sleep quality categories (Very poor, Poor, Neutral, Good, Very good) is represented equally, with 25% of the responses. The results of the rating scale question showed that participants have strong relationships with close people and they feel their support but a small number of people shared that they receive little or no emotional support from friends, family.

## Discussion

The findings of this study reveal several important themes regarding the mental health among young people. Stress was commonly reported issue. Probably students of this survey are emotionally exhausted due to academic pressure or personal problems. The results of the scale question about support from others and many students rely on close people. Unfortunately, do not feel emotionally supported from them. Probably, students with issues hide their feelings from others and this could be due to fear of judgment or lack of trust. These findings can help to understand the young generation and improve their mental health.

## Conclusion

The research paper shows the significant impact of mental health on various aspects of daily life. According to the results of the survey, many students are aware of the importance of mental health. Some participants need emotional support from close people. Supporting mental health should be a shared responsibility. If people don't pay attention to this there will be serious consequences like suicide. Mental health is really important that is why we should support people who need emotional help.

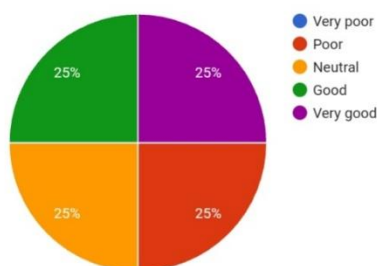
## References

1. Cambridge University Press. (n.d.). *Mental health*. Cambridge Dictionary. Retrieved April 18, 2025, from <https://dictionary.cambridge.org/dictionary/english/mental-health>.
2. Felman, A., & Tee-Melegrito, R. A. (2024, March 22). *What is mental health?*
3. World Health Organization. (2022). *Suicide*.  
<https://www.who.int/news-room/fact-sheets/detail/suicide>.

## Appendix A

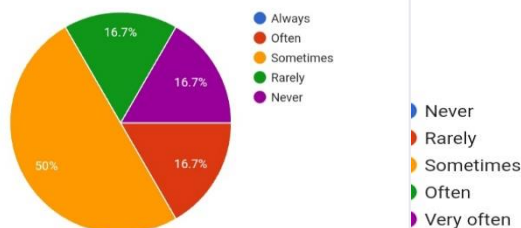
5. How would you describe your sleep quality over the past month?

12 responses



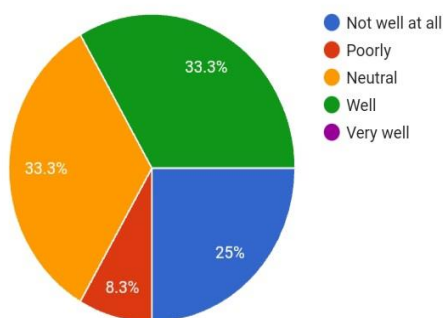
6. How often do you feel lonely or isolated?

12 responses



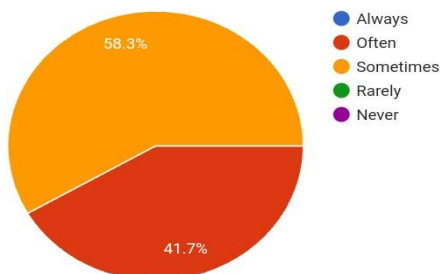
3. How well do you manage stress when it arises?

12 responses



4. How often do you feel overwhelmed by your responsibilities?

12 responses

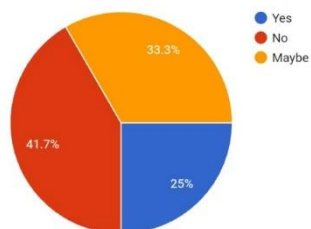




7. Do you have someone to talk to when you feel down or anxious?

 Copy chart

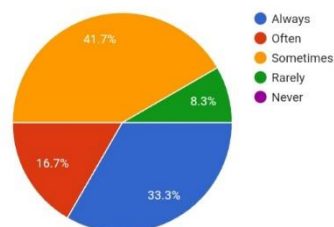
12 responses



8. How often do you engage in activities that bring you joy or relaxation?

 Copy chart

12 responses

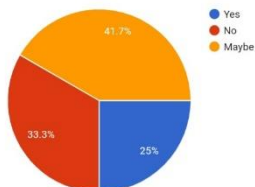


## Appendix B

9. Have you ever considered seeking professional help for your mental health?

 Copy chart

12 responses



10. On a scale of 1 to 10, how supported do you feel in your mental health by your friends, family, or community?

 Copy chart

12 responses

