



Review Article

# A Review on Mental Health and Its Emerging Challenges in Modern Society

**Chauhan Hardik Govindbhai<sup>1</sup>, Sreejith S<sup>2</sup>, Vaishali Bisht<sup>3</sup>, Ankita Sharma<sup>4</sup>, Adarsh Raj K R<sup>5</sup>, Neha Choudhary<sup>6</sup>**

<sup>1</sup>Assistant Professor, Dr. Subhash University, School of Nursing, Dr. Subhash Road, Joshipura, Junagadh, Gujarat 362037

<sup>2</sup>Vice Principal, (Mental Health Nursing) Pursuing PhD Nursing, Smt. Shakuntala Devi Nursing and Paramedical College

<sup>3</sup>COER College of Nursing and Paramedical Sciences, COER University, Roorkee

<sup>4</sup>Nursing Tutor, COER College of Nursing and Paramedical Sciences, COER University, Roorkee

<sup>5</sup>M.Sc. Nursing, Community Health Nursing, Bishop Gladstone CSI College Of Nursing, Thiruvananthapuram, Kerala.

<sup>6</sup>Nursing Tutor, COER College of Nursing and Paramedical Sciences, COER University, Roorkee.

## Abstract

Because of the quick changes in technology, culture, and the economy, mental health is becoming an increasingly important public health issue. The use of digital technology, exposure to social media, urbanization, and rising levels of stress from work and school are some of the major issues that are highlighted in this review as having an impact on mental health. It also talks about how mental health conditions, including anxiety, sadness, and sleep problems, are becoming more common, particularly among young adults and adolescents. The problem is made worse by obstacles, including stigma, ignorance, and restricted access to mental health services. The analysis highlights the importance of early detection, preventative measures, mental health education, and service integration with primary care. Effectively addressing new mental health issues requires a thorough and cooperative approach.

**Keywords:** Mental health, Modern society, Anxiety, Depression, Social media, Stress, Digital addiction, Public health.

## INTRODUCTION

Emotional, psychological, and social facets of a person's life are all included in mental health, which is an essential part of total well-being. It affects how people think, feel, and act, as well as how they manage stress, interact with others, and make choices.<sup>1</sup> Rapid technological development, urbanization, and changes in lifestyle have all had a substantial impact on mental health in modern society, increasing the prevalence of mental diseases globally.<sup>2</sup>

Globally, mental health issues like depression, anxiety, and stress-related disorders are becoming more prevalent and impact people of all ages.<sup>3</sup> Mental health is a significant public health concern since these problems not only lower quality of life but also increase disability and financial burden.<sup>4</sup>

## The Mental Health Concept

A state of well-being in which people recognize their potential, manage everyday stressors, work effectively, and give back to their community is known as mental health.<sup>1</sup> It encompasses resilience and healthy functioning in addition to the absence of mental disease.

Numerous elements, including biological, psychological, and social determinants, have an impact on mental health.<sup>5</sup> Genetics, personality traits, familial environment, socioeconomic background, and cultural influences are some of these.

**Address for correspondence:** Chauhan Hardik Govindbhai,  
Assistant Professor, Dr. Subhash University, School of Nursing, Dr. Subhash Road,  
Joshipura, Junagadh, Gujarat 362037  
E-mail: hc381161@gmail.com

### Access this article online

Quick Response Code



**Website:**  
journal.gfnps.org

Doi: 10.0000/02.020.X

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

**How to cite this article:** Govindbhai CH, Sreejith S, Bisht V, Sharma A, Raj AKR, Choudhary N. A Review on Mental Health and Its Emerging Challenges in Modern Society. GFNPSS Global Nursing Journal of India. 2026;9(1):921-923.

**Submitted:** 19/04/2026, **Accepted:** 29/04/2025, **Published:** 30/04/2026

## The Cost of Mental Health Issues

One of the main causes of impairment in the globe is mental illness. Over 280 million individuals worldwide suffer from depression alone, and anxiety disorders are also very common.<sup>2</sup>

Global health estimates indicate that mental health disorders, especially in young people and adolescents, make up a substantial share of the world's disease burden.<sup>3</sup> One of the main causes of death in this demographic is suicide, which is frequently associated with mental illness.<sup>6</sup>

Due to urban stress, population increase, and a lack of knowledge, mental health problems are becoming more prevalent in India, underscoring the critical need for efficient interventions.<sup>7</sup>

## Emerging Challenges in Mental Health

### *Social media and technology's effects*

In addition to revolutionizing communication, the pervasive use of digital gadgets and social media has led to mental health issues like anxiety, sadness, and sleep disruptions. Cyberbullying and excessive screen time are detrimental to psychological health, especially in teenagers.

### *Changes in Lifestyle and Urbanization*

Stress, social isolation, and unhealthy lifestyles have all increased as a result of rapid urbanization. Workplace stress, a fast-paced lifestyle, and a lack of social interaction all contribute to mental health problems.

### *COVID-19 and Post-Pandemic Effects*

The COVID-19 pandemic has significantly impacted mental health, causing increased levels of stress, fear, anxiety, and depression worldwide.<sup>8,9</sup> Social isolation, job loss, and uncertainty have further aggravated psychological distress.

### *Ignorance and Stigma*

Seeking assistance is still significantly hampered by the stigma associated with mental illness. Fear of prejudice and social rejection keeps a lot of people from receiving treatment.<sup>10</sup>

### *Insufficient Mental Health Experts*

Trained mental health practitioners are in low supply worldwide, especially in developing nations like India. Treatment is delayed and access to mental health services is restricted by this gap.

### *Impact of Mental Health on Individuals and Society*

Poor mental health affects individuals' physical health, productivity, relationships, and overall quality of life.<sup>5</sup> It also leads to increased healthcare costs and economic burden on society.<sup>4</sup> Mental health issues can contribute to substance abuse, unemployment, and reduced academic performance, especially among youth.<sup>3</sup>

### *Techniques for Handling Mental Health Issues*

In order to handle new mental health issues, effective

techniques are crucial. Promotion of Mental Health Awareness: Early help-seeking can be encouraged and stigma can be lessened through public education. Integration of Mental Health Services: Including mental health in primary healthcare enhances accessibility.<sup>2</sup> technology Use: Tele-mental health services can enhance care delivery and broaden their reach. Policy and Government Initiatives: To address the increasing burden, robust mental health policies and initiatives are required. Community Support and Rehabilitation: Community-based interventions facilitate recovery and social integration.

### *Prospective Paths*

Future initiatives should concentrate on developing labor capacity, fostering research and innovation, and bolstering mental health services.<sup>1</sup> Improving results can be greatly aided by early detection initiatives, school-based mental health education, and digital mental health interventions.<sup>1</sup>

## CONCLUSION

A vital component of overall well-being, mental health is becoming more and more problematic due to contemporary societal shifts. The need for all-encompassing policies is highlighted by emerging concerns like the impact of technology, urban stress, stigma, and resource scarcity. A multidisciplinary strategy including communities, legislators, and healthcare institutions is needed to address these issues, improve mental health, and guarantee that everyone has access to care.<sup>1</sup>

## FINANCIAL SUPPORT AND SPONSORSHIP

Nil.

## CONFLICT OF INTEREST

The author declares that they have no conflict of interest with regard to the content of the report.

## REFERENCES

1. World Health Organization. Mental health: strengthening our response. Geneva: WHO; 2022.
2. World Health Organization. Depression and other common mental disorders: global health estimates. Geneva: WHO; 2017.
3. Patel V, Saxena S, Lund C, Thornicroft G, Baingana F, Bolton P, et al. The Lancet Commission on global mental health and sustainable development. *Lancet*. 2018;392(10157):1553–1598.
4. Prince M, Patel V, Saxena S, Maj M, Maselko J, Phillips MR, et al. No health without mental health. *Lancet*. 2007;370(9590):859–877.
5. Stuart GW. Principles and practice of psychiatric nursing. 10th ed. St Louis: Elsevier; 2013.
6. World Health Organization. Suicide worldwide in 2019: global health estimates. Geneva: WHO; 2021.
7. Gururaj G, Varghese M, Benegal V, Rao GN, Pathak K, Singh LK, et al. National Mental Health Survey of India, 2015–16. Bengaluru: NIMHANS; 2016.
8. Keles B, McCrae N, Grealish A. A systematic review: the

- influence of social media on depression, anxiety and psychological distress. *Int J Adolesc Youth*. 2020;25(1):79–93.
9. Vindegaard N, Benros ME. COVID-19 pandemic and mental health consequences: systematic review. *Brain Behav Immun*. 2020;89:531–542.
10. Torous J, Jän Myrick K, Rauseo-Ricupero N, Firth J. Digital mental health and COVID-19: using technology today to accelerate the curve. *JMIR Ment Health*. 2020;7(3):e18848.

