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How does the education system impact mental health issues among teens?

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2022

Abstract

Adolescent students' (ages 13 to 18) mental health has been affected by the education system. Currently in society, there's a lack of addressing the problems in school. US School districts compete against each other to get high academic scores. This can lead to an increase of pressure for the students to receive higher scores, rather than focusing on their individual academic potential as the focal point of their own success. This research examines journal articles that identify increased pressure on students through test scores. The expectation to take high achieving classes increases negative stress and rates of mental illnesses. The education system can add onto students' mental health and make it worse due to the workload put on students. The education system needs to revisit the reality of this on-going issue in order to reach higher academic integrity of supports for students.

Key points

- Academic pressure overloads students on honors courses
- Low standardized test scores puts false impressions on a students academic worth
- Academic pressure to succeed out-weighs the need for healthy/stable relationships

Conclusion

The education system has a big impact on students' mental health due to the overload of academic pressure from higher level classes. The placement of standardized tests also gives students the impression that if they get a failing grade they are equal to that knowledge. Students feel a sense of mistrust among peers within classes, not knowing whether you're being used for answers or if someone is building a genuine relationship. This creates a sort of isolation. How can the education system help with mental health issues? This problem could be fixed in a few ways. One way to help with this problem would be to add in the option of therapy and/or counseling for the students to talk about the issues they are having. It is shown that therapy has helped many improve their mental health.

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