

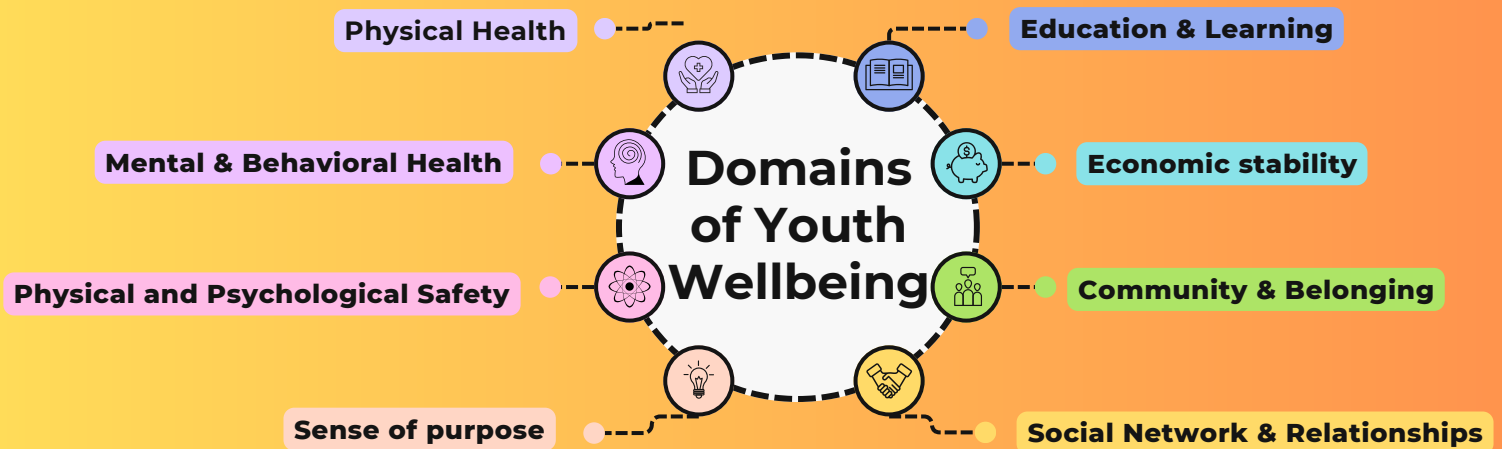


# NAVIGATING THE MAZE: EXPLORING YOUTH WELLBEING

The United Nations (1981) has defined **youth** as those persons between the age of 15 and 24 years.

National Youth Policy (2014) of India defines youth as the persons in the age group of 15-29 years.

**Well-being** is a positive state experienced by individuals and societies. (WHO 2021)



Source : Coffey et al., 2024

**Global Youth Wellbeing Index** evaluates young people's development status and gives ranking to 30 countries.



### Factors associated with Youth Wellbeing

#### POSITIVE

- Sense of belonging
- Strong support network
- Resilience
- Ability to adjust
- Better coping

#### NEGATIVE

- Social isolation
- Negative self-image
- Eating disorders
- Abuse
- Existing or previous mental illness

## Importance of Youth Wellbeing

**Unstable transition** from childhood to adulthood can lead to decreased wellbeing

The best predictor for adult **life satisfaction** is subjective well-being and emotional health during childhood.



Source : World happiness report, 2024

# Global facts



## Abuse

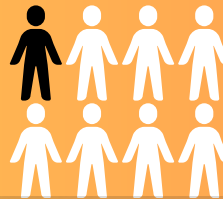
Majority of **homicides** victims are males.

**176 000** homicides occur among youth (15–29 years) annually

Incidence of **bullying**



1 in 8 young people report **sexual abuse**.



**Maternal mortality** is a leading cause of death for adolescent girls.

**23 million** adolescent girls become **pregnant** annually

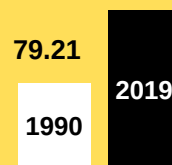


## Mental Health

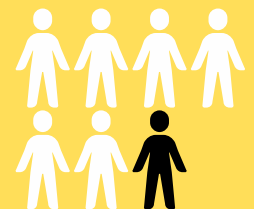
**×4** times risk increases of lifetime **eating disorder** in young females having depression & anxiety

**4<sup>th</sup>** leading cause of death among youth is **suicide**

Incidence of **bipolar disorder** (per lakh population)



1 in 7 adolescents have **mental health disorder**.



## Physical Health



of world's adolescent population is **insufficiently physically active**

**>80%**



## Behavioral Health

**70%** **premature deaths** are associated with behaviors (smoking/drinking) developed in adolescence.



**Cannabis** is the most widely used psychoactive drug among young people.

**>1/4** adolescents are **drinkers**.



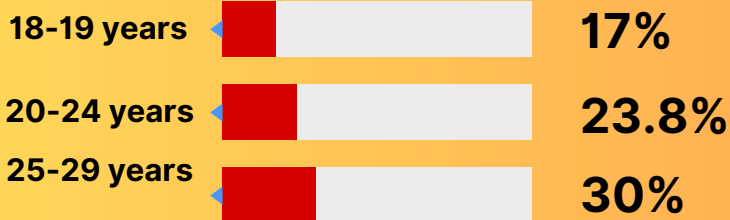
Alcohol and drug use can cause **neurocognitive alterations** which can lead to behavioral, emotional, social and academic problems in later life.

# India's Facts



## Abuse

Percentage of females of different age groups who experienced **physical violence** (2019-2021)

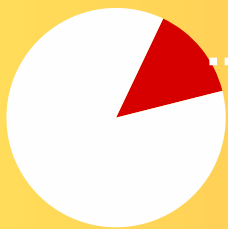


## Education

**58%** Youth has **secondary education** or higher

In India, **Bihar** has highest youth illiteracy rate of **11%**

## Mental Health



14% Youth frequently feel **depressed** or **disinterested**



59.11 thousand people aged 18 to 30 years committed **suicide** across India in 2022.



**87%** Youth had psychological stress during **COVID-19** pandemic

Only 41% of youth is willing to seek **support** for mental stress



## Physical Health

- In India, 31.1% males & 59.1% females in the age group 15-19yrs; and 21.3% males and 56.8% females in age group 20-25yrs are **anemic**.
- In the age group of 15-19yrs, 40.8% males and 39.7% females have **low BMI**(<18.5) and 6.6% males and 5.4% females have **higher BMI**(>= 25)
- And in age group 20-29, 15.3% males and 12.7% females are **thin** and 18.1% males and 16.9% females are **overweight or obese**.

