

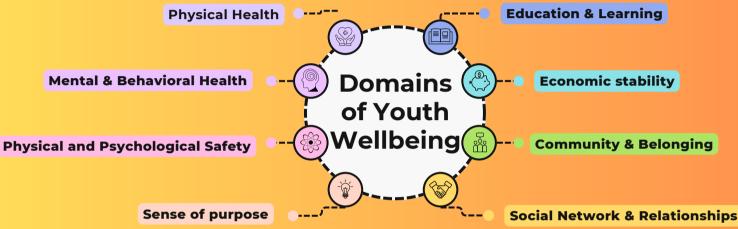


NAVIGATING THE MAZE: EXPLORING YOUTH WELLBEING

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

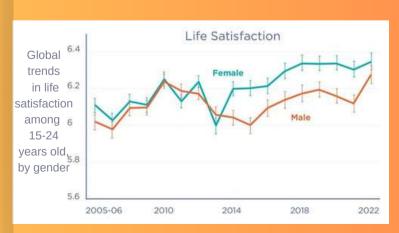
NEGATIVE

- 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



Majority of

homicides

victims are

males.

Global facts

Abuse

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

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

1 in 8 young people report sexual abuse.

23 million adolescent girls become pregnant annually

Incidence of bullying

42% 37%



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

leading cause of death among youth is suicide

Incidence of bipolar disorder (per lakh population)

84.97

79.21 2019 1990 1 in 7 adolescents have mental health disorder.

Mental Health



Physical Health



of world's adolescent population is insufficiently physically active



Behavioral Health



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



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



adolescents are drinkers.



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

India⁹s 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

Mental Health



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.

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