

Tehkeek International Report

Mental health issues in Kashmir valley

Tehkeek International has ongoing research on mental health assessment in Kashmir valley as well as the mitigation policies. In this regard, Tehkeek International has collected both online and in-consultation data. The results show that anxiety and depression are growing in Kashmir valley due to unemployment, societal pressure, and weak relationships between parents and children. The data contains 56% males and 44% females with the age group ranging from 16 to 44 years. The dataset contains 40% research scholars/doctorates, 22% students, 15% private employees, 14% government employees, and 9% entrepreneurs. The data contains 77% people without marriage, 32% married, and 1% divorced/widows. Some of the data responses can be found as under:

Have you ever been diagnosed with a mental disorder before?

9.6% say yes

This means **9.6%** of people are diagnosed with a mental disorder.

Have you seen a therapist or mental counselor in the recent past?

15.3% say yes

This means **15.3%** of people have seen a therapist or mental counselor in the recent past.

Any problems with your daily life or your physical health?

43.4% say yes

This means approximately half of the population is facing daily life issues which are of great concern.

How often over the last two weeks have you felt nervous, anxious or low.

23.1 % say very often 46.6% say sometimes

This means that **half of the population** are feeling low or nervous or anxious or mood swings. Also maximum population of youngsters is facing anxiety which is again a serious concern.

The data also included the parameters like restless feeling, trouble relaxing, less motivation, sleep disorder, overeating, loss of appetite, societal pressure and suicidal thought, and overall mental health ratings. The results also show that approximately 2% get **suicidal thoughts** daily which is a huge concern.

Conclusion:

It has been seen that mental health issues are arising in Kashmir valley due to certain phenomena including unemployment, societal pressures, etc. The study suggests immediate mitigation policies where administration, education and research institutions, health sectors, and civil society can join hands. Tehkeek international suggests parents build a good relationship with their children and keep motivating them and giving them confidence. Schools, colleges, and other institutions should conduct guidance and counseling programs frequently and the employment sector should conduct motivational programs for their employees. Community-level programs and assessments should be conducted to mitigate the mental health issues in Kashmir valley. Tehkeek International is ready to cooperate at every level including administration and community and therefore policy making.

About Tehkeek International:

Tehkeek International is an education and research organization in Jammu and Kashmir whose intention is social development via education and research. Please be connected to Tehkeek international via social media, website, or visit our office.