

What Does Mental Health Affect?

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Mental health affects behavior and emotions, and it is something all of us could have been affected by in any part of our life. First, people have been affected by social changes in the history of humanity. Changes depend on the situation that a person receives and goes through. Second, the percentage in the population which suffer from a diagnosable mental disorder have varied. In conclusion, everybody has been affected to a large or small extent by mental health.

It is not a secret that two of the biggest changes in humanity have been climate change and the quick passing of time. On the one hand, the latter has generated stress in most people around the world. Stress is prolonged in daily life, long-term stress can affect mental health, and mental issues like anxiety, depression, and sleep problems can emerge. Additionally, long-term stress can affect one's corporal health. On the other hand, climate change has caused natural disasters which creates anxiety. Natural disasters generate health disorders because families are affected by "broken homes" or "extreme poverty". This can turn into depressive disorders, post-traumatic stress, antisocial disorders, childhood disorders, etc. Those are the most common changes in most cases.

There are a lot of changes or factors that affect mental health. These factors include behavior, emotions, genetics, life experiences (trauma, bad situations, abuse), and lifestyle choices (substance abuse, physical exercise, and/or diet).

According to the Confederación Salud Mental España (n.d.), 1 in 4 people will have a mental disorder in their lifetime; between 35% and 50% do not receive treatment or it is not adequate; 12.5% of all health problems are mental disorders; 450 million people in the world are affected by a mental health problem that seriously affects their lives; 1% of the world's population will develop some form of schizophrenia in their lifetime; more than 300 million people in the world live with depression; 50% of mental health problems in adults begin before the age of 14 and 75% before the age of 18; and around 800,000 people commit suicide each year. From all the changes that we live daily, a lot of things can affect and modify our mental health.

