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**A STUDY OF IMPORTANCE OF PSYCHO-SOCIAL HEALTH AMONG  
TEENAGERS**

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**ABSTRACT**

The importance of psycho-social factors in Teenager cannot be overstated. During this critical period of development, young people undergo significant physical, cognitive, emotional, and social changes that shape their identity, well-being, and future trajectories. Psycho-social factors, which encompass both psychological and social aspects, play a crucial role in influencing the experiences, behaviours, and outcomes of Teenagers. Understanding and addressing these factors is essential for promoting positive Teenager development and addressing the challenges they may face. Psychological factors refer to the internal processes and mental states that influence an individual's thoughts, emotions, and behaviours. In Teenager, psychological factors such as self-esteem, self-concept, and self-efficacy become increasingly important. A positive self-image and a healthy sense of self-worth are crucial for Teenagers to navigate the challenges of this period and develop a strong foundation for their future well-being. Teenagers with low self-esteem may struggle with self-confidence, social interactions, and making healthy choices. Mental health is another significant psychological factor that impacts Teenagers. The prevalence of mental health issues, such as anxiety, depression, and eating disorders, tends to increase during Teenager. These conditions can have far-reaching consequences on academic performance, social relationships, and overall quality of life. Promoting positive mental health and providing access to mental health support services are essential for addressing these challenges and helping Teenagers thrive. Social factors encompass the external influences and interactions that shape an individual's development. Peers play a particularly crucial role in Teenager. Peer relationships provide opportunities for social support, companionship, and identity exploration. However, peer influence can also lead to negative behaviours, such as substance abuse, risky sexual behaviours, or involvement in delinquency. The quality of peer relationships and the presence of positive role models can greatly influence Teenagers' choices, values, and behaviours.