

theoretical framework

Mental health in adolescents refers to emotional, psychological and social well-being during the stage of change between adolescence and adulthood. The changes can occur due to physical and cognitive changes, which can make them totally vulnerable. Various types of risks can be obtained, such as academic stress, social pressure, bullying, family problems, traumatic experiences, the appearance of these factors can increase the probability. of developing mental disorders the protective factors are a stable family environment social support t coping skills self-esteem increases the main metal disorders are depression, anxiety, poor eating behaviors, behavioral disorders the impact that this can generate is significant in development social and emotional academic Adolescent difficulties can lead to a cycle of social problems such as lack of effort at school, isolation from their environment and risky behaviors.