CHALLENGES FACING MODERN SOCIETY

MENTAL HEALTH CRISIS

**English Abstract**

One of the significant challenges facing modern society is the rising mental health crisis. With increasing stress from work, social media, and rapid urbanization, many individuals are experiencing mental health issues such as anxiety, depression, and burnout. This crisis is compounded by the stigma surrounding mental health, which prevents people from seeking help. A suggested solution to this challenge is to promote mental health awareness and education, integrate mental health services into primary healthcare, and create supportive environments both in workplaces and communities. By fostering an open dialogue about mental health and ensuring accessible support systems, society can better address and mitigate this growing issue.

**Kiswahili Abstract**

Moja ya changamoto kubwa zinazokabili jamii ya kisasa ni ongezeko la matatizo ya afya ya akili. Kwa kuongezeka kwa msongo wa mawazo kutoka kazini, mitandao ya kijamii, na miji inayopanuka haraka, watu wengi wanakabiliwa na matatizo ya afya ya akili kama vile wasiwasi, huzuni, na kuchoka kupita kiasi. Changamoto hii inakuzwa na unyanyapaa unaozunguka afya ya akili, ambao unawazuia watu kutafuta msaada. Suluhisho lililopendekezwa kwa changamoto hii ni kuhamasisha ufahamu na elimu kuhusu afya ya akili, kuunganisha huduma za afya ya akili katika huduma za afya za msingi, na kuunda mazingira ya msaada katika sehemu za kazi na jamii. Kwa kukuza mazungumzo ya wazi kuhusu afya ya akili na kuhakikisha mifumo ya msaada inapatikana, jamii inaweza kushughulikia na kupunguza tatizo hili linaloongezeka.

### Luo Abstract

**Abila:** Nyanwagi ma oloko otemo okel ni pinje gi ma oketo nyithindo gi e thok moro amora, ka chopo ni to ma gi dhi e piny, kendo en gi nyisgi okelyo onyo. Nyanwagi mar thieth nikech gi richo, ka mi nwang ni pi odhi piny; thise moko, kod rieko man pile pile kuom mago mathi e rore, ma nyithindo gi odhiye koth ekind ginjo, kendo ma ng'eyo richo gi kod thieth ma osedoko kama otere. Nyanwagi moro amora okinyi ni nyithindo gi kod thieth ma osedoko, nikech yamo ma opidho, gi thiedhni kod thieth mar gi kod rieko man gi thieth. Nyanwagi moro amora okinyi ni mondo otel wuoth, okwayi gi pi kendo okelo mach mar tho kod luwo, nikech gi luwo kod mar pi.