

Are juveniles jubilant?

It's easier to be heavy; hard to be light.

-G.K. Chesterton

It is certainly true that we live in a judgmental society. In every pace of our life we are being judged either in a positive way or in a negative way. At home, in school or wherever we go especially we teens are being judged in an unpleasant way. "Look that girl is so monstrous." "Have you been noticing that boy next to my house is so pathetic." "Oh, look this girl is hanging out with boys. Does she is supposed to do that? Being girl she must have her own code of conduct. She can't freely walk like this." "Hey, you fellow incapacitated boy you are never going to progress in your life. Have you seen your report card? It's so pitiful. I don't want this type of student in my class. So quietly get out of my class". "She is the worst student I had ever seen in my entire life. You ill-mannered, you are suspended from this school because I don't see your future anywhere". "Your senior sister is way better than you. I am pretty much sure you can't achieve anything in your life and make a lot of money". These are the things that we mentally have to deal with almost every day.

Amidst of this everybody questioned,"What's wrong with this generation? Why Juveniles are growing depressed and reckless? They seems like they are completely unprepared for adulthood". Despite living in one of the most wealthiest and advanced century many children are clinically recognized as mental health problem. Child Psychologist, Dr. Mike Shooter says, "We recognize anxiety more than we used to". This probably depicts that we kids are being malevolent and vindictive which leads us to anxiety, stress, and depression as well. Our generation is literally admitted as depressed generation. Especially Juveniles are more becoming the victim of depression and anxiety. Nowadays, it seems very common for a child to be contemptuous towards senior.

So, what is stopping them from being jubilant? Why most of the juveniles are becoming pernicious and insidious? Why even parents aren't thinking about their mental health? Parents to teachers to friends to colleagues to society are responsible for the mental health of their life. Even it seems like in the process of becoming richer and advanced or so called modern today's parents have lost sight of certain fundamental truths about child-rearing. Today's children aren't as happier as their parents think. We live in smart world but today's generations have become dumb in spite of all this smart physical facilities. Rather they are

seriously having mental issues. This is the generation with happy pictures but sad life. Study shows that One out of every ten child have been the victim of mental health.

Data suggests that in every 100 minutes a teen takes their own life. Every 20% of all juveniles experience depression before they reach adulthood and among them only 30% of depressed teens are being treated for it. So, how can we call this century a modern and satisfied century as most of the kids are getting into depression day by day? Juveniles' being more sensitive is risking their lives for ridiculous matter because of being judged in an absurd way by our so called civilized and modern society. Sick mentality of people is also stopping us from living freely and happily. As the mental health is the most serious matter. So, everyone should give concern about it especially when it comes to child mental health because a child who is physically cheerful might be mentally very far away from happiness.

So, to see juveniles jubilant every parent should think about the mental health of their children. In school too, Student should be provided with exuberant love because it encourages a jubilant life. Every student mightn't be into same phase as teacher has thought. Insulting student on the basis of their grade sheet should be stop. Parents' should pamper and take care of their children in a proper way. They should stop comparison between their children. Society should stop judging because it might traumatically affect the mental health of juveniles. It shouldn't be the concern of society what the girl is wearing and with whom she is hanging out. They even shouldn't judge when the boy comes late night at home because no one knows in which situation he might be into. So the main thing is that this society really should stop being over judgmental on others personal matter.

Last but not the least, depression is like drowning. Mental health is really hard to bear. There might be the series of disappointments in one's life. Even sometimes teenagers might get lost inside themselves. So, parents should understand the situation of their children and should look after them very properly. Rather than making this generation a depressed generation lets stand together to make this generation a charming generation and every juveniles jubilant.