



## MENTAL HEALTH AND ECONOMIC GROWTH – ECONOMIC SURVEY

### Connection Between Mental Health and Economic Future

- **Impact on Productivity:**

The Economic Survey 2024-25 underscores the critical link between mental health and economic productivity. Poor mental health can lead to decreased focus, absenteeism, and lower efficiency at work, directly affecting output and economic growth. For instance, employees struggling with anxiety or depression may find it harder to meet deadlines or collaborate effectively with colleagues.

- **Economic Growth:**

Mental health issues can slow down national economic progress by reducing the overall workforce's effectiveness. A mentally unhealthy population is less likely to innovate, take risks, or contribute to economic activities, which are essential for growth.

- **Overall Well-being:**

Mental health is not just an individual concern but a societal one. A population with good mental health is more likely to engage in positive social behaviors, contribute to community development, and maintain a higher quality of life, all of which are crucial for sustainable economic progress.

### Influence of Mental Well-being on Various Aspects

- **Workplace Efficiency:**

Mental well-being significantly impacts workplace efficiency. Employees with good mental health are more productive, creative, and engaged. Conversely, poor mental health can lead to burnout, reduced morale, and higher turnover rates, all of which are costly for businesses.

- **Lifestyle Choices:**

Mental well-being influences lifestyle choices such as diet, exercise, and sleep patterns. For example, individuals with good mental health are more likely to engage in physical activities and maintain a balanced diet, which in turn supports their overall health and productivity.

- **National Economic Progress:**

On a larger scale, the collective mental well-being of a nation's population affects its economic progress. A mentally healthy workforce is more capable of driving innovation, entrepreneurship, and economic activities, contributing to the country's GDP and overall development.

### Understanding Mental Well-being

- **Emotional Health:**

Emotional health involves the ability to manage stress and emotions effectively. This includes coping with challenges, maintaining a positive outlook, and recovering from setbacks. Good



emotional health enables individuals to handle workplace pressures and personal issues without compromising their productivity.

- **Social Health:**

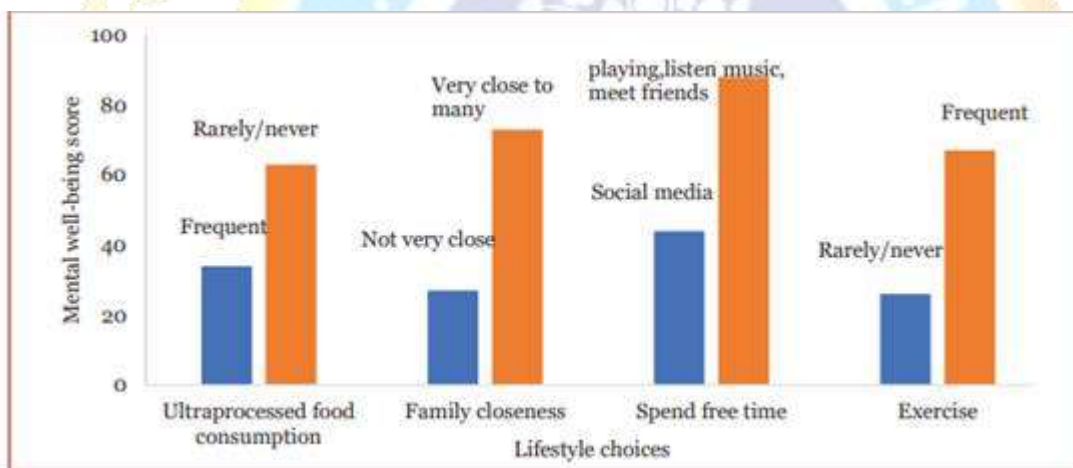
Social health refers to the ability to build and maintain healthy relationships and a supportive community. Strong social connections provide emotional support, reduce feelings of isolation, and enhance overall well-being, which is crucial for mental health.

- **Cognitive Health:**

Cognitive health involves enhancing focus, decision-making, and problem-solving abilities. Good cognitive health allows individuals to perform complex tasks, make informed decisions, and adapt to new challenges, all of which are essential for personal and professional success.

- **Physical Health:**

Physical health is closely linked to mental well-being. Regular exercise, a balanced diet, and adequate sleep contribute to both physical and mental health. Physical fitness can reduce the risk of mental health issues like depression and anxiety, thereby improving overall productivity and quality of life.



## Rise in Mental Health Issues Among Youth

- **Excessive Internet & Social Media Use:**

The survey highlights that excessive use of the internet and social media among youth leads to anxiety, sleep disorders, and attention issues. Constant exposure to social media can create unrealistic expectations, foster comparison, and lead to feelings of inadequacy, all of which negatively impact mental health.

- **Lack of Family Engagement:**

Weak social support systems, particularly lack of family engagement, negatively impact emotional well-being. Youth who do not receive adequate emotional support from their families are more likely to experience loneliness, depression, and anxiety.



- **Hostile Workplaces & Long Working Hours:**  
Hostile work environments and long working hours contribute to burnout, stress, and reduced productivity. Young professionals often face high expectations and job insecurity, which can exacerbate mental health issues and lead to a decline in overall well-being.
- **Unhealthy Lifestyle Choices:**  
Consumption of ultra-processed foods and lack of physical activity worsen both mental and physical health. Poor dietary choices and sedentary lifestyles can lead to obesity, diabetes, and cardiovascular diseases, which are linked to mental health issues like depression and anxiety.

## Mental Health and Economic Growth

- **Hostile Work Cultures:**  
Hostile work cultures and excessive working hours can adversely affect mental well-being, leading to decreased productivity and economic growth. Employees in such environments are more likely to experience stress, burnout, and mental health issues, which can result in higher absenteeism and turnover rates.
- **Economic Loss:**  
The World Health Organisation (WHO) estimated that mental health disorders could lead to an economic loss of \$1.03 trillion for India between 2012 and 2030. This staggering figure highlights the significant economic impact of untreated mental health issues, including lost productivity, healthcare costs, and reduced quality of life.
- **Demographic Dividend:**  
India's demographic dividend, which refers to the economic growth potential resulting from a young and working-age population, depends on the skills, education, physical health, and mental health of its youth. Ensuring good mental health is crucial for harnessing this demographic dividend and achieving sustainable economic growth.

## Suggestions for Improving Mental Health

- **Positive Work Environment:**  
Creating a positive work environment can significantly benefit mental health. This includes fostering a culture of respect, providing support for mental health issues, and ensuring a healthy work-life balance. Employers can offer mental health resources, such as counseling services and stress management programs, to support their employees.
- **Interventions at School and Family Levels:**  
The survey calls for interventions at both school and family levels to encourage healthier lifestyles. Schools can implement mental health education programs, promote physical activities, and provide counseling services. Families can play a crucial role by offering emotional support, encouraging healthy habits, and reducing screen time.



- **Promoting Outdoor Activities:**

Encouraging outdoor activities, building friendships, and strengthening family relationships can help reduce internet overuse and improve mental well-being. Activities like sports, hiking, and community events can provide a healthy outlet for stress and foster social connections.

## Key Takeaways

- **Holistic Approach:** Addressing mental health requires a holistic approach that includes emotional, social, cognitive, and physical health.
- **Youth Focus:** Special attention is needed to address the rising mental health issues among youth, driven by factors like excessive internet use, lack of family engagement, and hostile work environments.
- **Economic Impact:** Mental health is a critical factor in economic growth, and neglecting it can lead to significant economic losses.
- **Proactive Measures:** Implementing proactive measures, such as creating positive work environments, promoting healthy lifestyles, and providing mental health support, can enhance overall well-being and drive economic progress.

**Source:** <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2097865>