

Mental Health in Education: Pathways to Resilience and Academic Success

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Abstract: *Mental health and education are deeply intertwined, influencing not only individual success but also societal well-being. A growing body of research underscores education's role in promoting mental health, resilience, and holistic development. Conversely, academic environments can also contribute to psychological stress, particularly in the context of unrealistic expectations, systemic inequities, and lack of emotional support. This paper explores the dynamic relationship between education and mental health, examines the role of stress in educational contexts, and proposes evidence-based strategies to enhance student well-being. Emphasizing the need for mental health literacy, systemic support, and socio-emotional learning, this study advocates a mental-health-integrated approach to education.*

Keywords: Academic Stress; Educational Policy; Holistic Education; Mental Health; Social-Emotional Learning; Student Well-Being; Teacher Training

