



## PROBLEMS FACE BY YOUTH OF CONTEMPORARY INDIA

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**Abstract:** *The youth generation is the future of a nation; rather, this should become a truth, and it will only become so when the youth are sufficiently empowered and strengthened. The government as well as the society are quite hopeful with respect to the capabilities of the Indian youth since they have the best suitable potential that can facilitate growth and progress for the nation, but both the government and the society should analyze whether the youth are rightly getting sufficient opportunities and facilitates or not.*

**Keywords—** *Indian Youth, opportunities, Depression, Socio-Economic Issues.*

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### INTRODUCTION

In contemporary India, youth can be classified into two groups: one group is educated and developed youth, and another group is illiterate and undeveloped youth. India is struggling with various socio-economic and political issues, and these issues have also affected the Indian youth very badly. The progress of the nation lies in the hands of the youth. But they are facing numerous problems in their day-to-day lives. Ignoring the issues of the youth affected the development and growth of the nation. The present study deals with the major problems facing youth and the possible solutions to solve their problems.

### **CURRENT ISSUES OF INDIAN YOUTHS:**

The major issues of Indian youths are as follows:

#### **Aloneness:**

Most of the young generation comes from nuclear families. Now a days, in most families, both parents are working and they have only one child. Thus, loneliness or aloneness is a very common feature for them. Many psychologists believe that they are seeking parental or elderly care, but they are missing that.

#### **Skill based Education:**

Quality education is the most important concern for Indian youth. Youth demand quality education, employment-driven training, and a positive future. Indian youth also need skill-based education, and job placement should be a part of every higher institution. More emphasis should be laid on career-oriented courses, and there should be a connection with real-life scenarios rather than just bookish ones. In rural areas, youth usually suffer from a lack of good communication skills. This is also one of the main reasons, since it acts as an obstacle on the way to get a job and progress. Higher education today is giving stress in the form of exams and tests, and these testing processes are not justified at all. Their ranking processes in the case of professional degrees from premier institutes are also generating pressure on young minds for getting jobs through campus interviews, along with normal academic pressure to maintain a good CGPA score among all semesters. Students who are not getting through the campus feel depressed and think their lives are in vain. In the case of general degree courses, the unavailability of jobs is forcing them to be lonely as losers in life.

#### **Unemployment:**

Unemployment is a major problem among the Indian youth. The Bureau of Labour Statistics defines unemployment "as people who have not actively looked for work in the last four weeks and are currently unemployed." A person who is "willing and able to work" but is not getting the work is said to be unemployed. Data reflect that in the year 2019, the estimated youth unemployment rate in India was 10.51 percent. For the past decade, India's youth unemployment rate has been hovering around the 10 percent mark. However, there are many types of unemployment in India, and the underlying reasons for all can be found to be the same.

#### **Social media:**

The use of social media is common among the youth generation. To get relaxation from the neighboring pressures, young minds are tending to be involved in different activities on social media, which are not going to be very well for them. Even in some cases, it has been found that they fall into the trap of fraudulent activities and, unknowingly, get in touch with the Dark Web segment. Which creates anxiety and tension and initiates depression. Bullying is also a main curse today for young people. It can cause loneliness, depression, anxiety, low self-esteem, and increased susceptibility to illness. Bullying can also cause maladjustment in young people, and targets of bullying who were also bullies themselves exhibit even greater social difficulties.

### **Peer pressure, Depression and Obesity:**

Peer pressure, depression, and obesity are major problems among young people around the world. According to reports from the United News of India in 2018, the depression rates in the country have increased rapidly over the last decade, and recently, 75 percent of the youth affected are under the age of 25. The World Health Organization also reported that India is the most depressed country in the world (Times of India, 2018). India has the largest youth population in the world, and many of them are suffering from depression. A question will arise: what are the reasons? The pressures of our day-to-day lives are heavily active; the stresses of life may actually come from individual peers. They may give pressure to do something that someone very uncomfortable to do. This is also one of the causes of depression among young people. Another reason is that the young generation regularly has junk food, which is high in calories, but they don't go for any regular physical exercise to burn out those extra calories, which results in obesity. Obesity causes different diseases and also makes someone physically unfit, which initiates depression. Unrestrained use of drugs may cause depressive symptoms. Without proper medical guidance, taking drugs is purely injurious to the body and mind. Somebody to get relief from mental anxiety and for having deep sleep becomes habituated to alcohol, which may cause mental irritation and depression. Today, the young generation is involved in watching OTT platforms where we can view uncensored movies that are full of violence, use of slang, filthy dialogue, and unnecessary obscene content that affects young minds in a large way.

### **Possible solutions of these problems:**

The most actual solution of this problem will be the formation of physically and mentally fit youths which also initiates a better Human Resource of India. The steps which may be taken to solve these problems:

- i. Maintain a good balance of physical and mental exercise regularly.

- ii. To consume healthy food and avoid junk foods.
- iii. Yoga or meditation can be a noble solution for living stress-free life.
- iv. Involve in some selfless work.
- v. Avoid anything in life very seriously in such a way that without which living will be impossible.
- vi. Be generous, help others when anybody in trouble.

### **CONCLUSION**

The youth generation is the backbone of society as a whole. With all their capabilities, the youth have several psychological problems, which are natural since they are social beings and therefore essentially relational beings. The whole society has an obligation to help the youth with their psychological needs. Youth are to be well educated in psychological disciplines, and parents should also be conscious of the stages that a child passes through. Appropriate guidance and training shall be given to the youth by both parents and teachers in their journey of growth as a youth generation. The freedom of the youth should be respected by both parents and teachers. A proper religious background and a deep sense of the sacred will also guide youth to a mature personality. Though the issues of youth are not limited to the ones mentioned above, these are still influential. Only government initiatives are not sufficient to help reach solutions and materialize the dream of a better tomorrow. Parents from the initial level must bear the responsibility in this aspect. The guidance and counseling cell in all educational institutions is very important in this regard. Every one of us can contribute towards youth progress and the country as a whole through serious effort.

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