

## **Impact of career adaptability and mental health issues on students**

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### **Abstract**

In today's age of competition, the word career has become a very important and serious issue. In today's world, every person's mind is connected with dreams and hopes with the word career and at least every person or student who seriously think about their career goes through a lot of stress and with stress comes good and positive thoughts and hopes due to which there is a possibility that a student may get into a lot of mental health issues. so, the aim of this study is to find the impact of career adaptability and mental health issues of adolescent students.

The mechanism of how career adaptability can contribute to adolescent's mental health problems remains unclear in mainland India. The present study aims to explore the impact of career adaptability on mental health issues in adolescents (age between 13-19 years). **Purpose of the study** is to investigate the impact of career adaptability on mental health problems or issues of the adolescent students. In adolescence and emerging adulthood, a lot of factors affect career choices like gender, financial situation, parents likes- dislikes, social life, social situation, identity formation, low self-control and self-esteem, physical development, understanding for self,etc and all these factors can affects on students mental health and it can impact negatively on student's mental health and can create mental issues for students like anxiety, phobia, stress, depression. **Method-** Sample for the study 100 adolescent students of Anand district of secondary and higher secondary school. The test includes the questionnaire. Questions related to mental health are included in the questionnaire. In which the students make aware of the impact of their understanding and interest of their own career, their vision about their future, their perception of society and the world, etc. effects on their mental health and which can affect their career decision. Their age is between 13-19 years old, self made Questionnaire used for the study. The result may be found that career adaptability negatively impacts mental health problems and resilience mediate the relationship between career adaptability and mental health problems.

**Key Words:** Impact , Career Adaptability, Mental Health, Mental Health Issues.

