
Abstract

The study aims to analyze the current mental health issues among school-going children in Bangladesh and evaluate the prevalence rate of these issues. The study utilized a cross-sectional design with purposive sampling, involving 13 districts of school-going children in Bangladesh. The research study aimed to investigate the mental health issues of school-going children in Bangladesh. Sample included a total sum of 2121 students enrolled in 24 schools, including English and Bengali medium schools, were randomly selected from rural, semi-urban, and urban areas. The study was conducted with the consent of the school authorities and a schedule was prepared for data collection. Questionnaires were distributed during regular classes, and students were instructed on how to complete them. The researcher was available in the classroom for 15 minutes per class, answering questions and clarifying queries. Students were also asked to fill out an information sheet about their family type, ensuring their responses were free and spontaneous, while maintaining their privacy. Survey was conducted with the help of Bengali version of Strength and Difficulty Questionnaire, originally developed by R. Goodman in 1997.

Findings: The study reveals a high prevalence of mental health issues among adolescent school-going children, with 31.59% having a Very High or Abnormal SDQ score. This indicates that these children have definite and several mental health problems and require immediate interventions. The remaining 19.47% were on the borderline, indicating a need for attention and preventive measures. The study also found that 31.59% scored very high in total difficulty, indicating significant problems in daily life. The prevalence of mental health problems varies based on demographic factors, with approximately 34.15% of students experiencing these issues. Urban schools have a higher prevalence (59.01%) than rural ones (40.99%), while nuclear families have higher rates (63.43%). Fathers with higher education contribute to 40.75%, while mothers with secondary education have 34.18%. Urban schools have a higher prevalence (58.81%) than non-urban schools (41.19%), and Bengali medium schools have a higher prevalence (89.55%). These findings highlight the need for immediate attention and preventive measures to address the mental health problems faced by school-going children.

Conclusion: The study underscores the urgent need for targeted interventions and

preventive measures to address the high prevalence of mental health issues among adolescent school-going children in Bangladesh, particularly among those with very high or abnormal SDQ scores. Suggestion: Implement comprehensive mental health support programs in schools, involving parents and community stakeholders, to effectively address the diverse needs of students.