

LaMia Khandker

Roth

LACS 1000

February 23, 2021

How Life Impacts Mental Health of Adolescents in Spain

Adolescents mental health is an ongoing issue in Spain. Studies show that about 10 to 20 percent of children suffer from mental health related issues. The 2017 Spanish National Health Survey has investigated age, gender, occupational social class of parents, and physical health which are common factors that has increased mental health issues. Recently there has been an increase in technology usage in Spain. The 2017 Survey shows that there are an alarming number of kids who excessively use technology. Using technology too much at a young age has shown to have great risks which can affect a child as they grow up. From the study, on average a child between the ages of six and thirteen spend about five hours on a device a day. Another issue that has an impact on mental health is the children that are in poverty. Poverty has been a growing issue in Spain and has only gotten worse since COVID. About 31.3% of children were at risk of being in poverty, and about 10.8% experienced severe poverty according to the European Anti-Poverty Network. Factoring in unemployment rates a statistical analysis shows that in the fourth quarter of 2019 Spain's unemployment rate was 13.78% and among those it is recorded that 30.51% were below the age of twenty-five.

The talk of adolescent mental health is an issue that outside factors have an effect on. Studies show how technology and poverty are affecting the adolescent mind. It impacts their behavior, physical health, and sleep schedule. There is a comparison between device usage and weight. The more time spent on a device the higher the body mass index is. Also, since there is

not an off switch for social media, adolescents spend more time scrolling than sleeping which in time leads to depression. Some ways that will help reduce these outcomes are putting restrictions on social media and parents taking away their kid's phones after a certain hour. Additionally, since unemployment rates are increasing due to COVID, survival is becoming a lot harder. Many families struggle to put food on the table and cannot afford good healthcare for their children. In these hard times there are organizations that help support these families. The Spanish Federation of Food Banks (FESBAL), founded in 1996, helps reduce hunger and poverty by lowering food waste. For COVID, Cáritas relief efforts aim towards keeping those in poverty healthy and provides living situations. While there are efforts made to help, there still is not enough media coverage on adolescent mental health in Spain and other Hispanic countries.

Bibliography

Chrol, Jenna. "COVID-19 Increases Poverty In Spain," June 26, 2020.

<https://borgenproject.org/poverty-in-spain-2/>.

Fajardo-Bullón, Fernando, Irina Rasskin-Gutman, Benito León-del Barco, dos Santos Eduardo

João Ribeiro, and Iglesias Gallego Damián. 2019. "International and Spanish Findings in Scientific Literature about Minors' Mental Health: Predictive Factors using the Strengths and Difficulties Questionnaire." *International Journal of Environmental Research and Public Health* 16 (9). doi:<http://dx.doi.org/10.3390/ijerph16091603>.

<https://search.proquest.com/scholarly-journals/international-spanish-findings-scientific/docview/2329069313/se-2?accountid=14537>.

Forte, Fernando. "Topic: Social Media Usage in Spain." *Statista*. Fernando Forte, September 10,

2020. <https://www.statista.com/topics/6021/social-media-usage-in-spain/>.

Ortega-Mohedano, F. and Fernando Pinto-Hernández. 2021. "Prediction of Welfare On the Use of Children's Smart Screens." *Communicate* 29 (66): 119-128.

doi:<http://dx.doi.org/10.3916/C66-2021-10>. <https://search.proquest.com/scholarly-journals/predicción-del-bienestar-sobre-el-uso-de/docview/2476174652/se-2?accountid=14537>.