

SHE ASSEMBLY 2ND- 3RD JUNE
SHE Workshop, 3rd June, 2021

MENTAL HEALTH IN SCHOOLS IN REPUBLIC OF NORTH MACEDONIA

Prof. Elena Kjosevska, MD, Ph.D.
Specialist for Social Medicine and Public Health

MSc. Sanja Proseva, PhD student
Institute of Public Health of the Republic of North Macedonia

A vertical teal graphic on the left side of the slide, composed of several overlapping, semi-transparent geometric shapes (triangles and polygons) in various shades of teal, creating a layered, abstract effect.

What is mental health?

You might say that it is the person who is happy. But our lives are made up of diverse and rich experiences, experiences that cannot be reduced to happiness. People with a high degree of Emotional health not only experiences positive emotions, but also a whole range of negative emotions, such as sadness over loss, personal failure ...

Mental health is not the absence of mental illness.

Mental well-being in schools according to HEALTH BEHAVIOR SCHOOL CHILDREN STUDY IN NORTH MACEDONIA, 2018

Relationship with other students

		(11 year old)		(13 year old)		(15 year old)	
		Boy	Girl	Boy	Girl	Boy	Girl
Students enjoy being together	Strongly agree	62,7%	55,5%	48,8%	31,9%	49,7%	34,5%
	Strongly disagree	0,8%	1,7%	2,5%	2,9%	2,3%	4,7%
Students kind and helpful	Strongly agree	53,3%	51,8%	41,7%	27,8%	39,4%	28,0%
	Strongly disagree	0,8%	0,9%	1,9%	3,5%	2,1%	4,2%
Students accept me	Strongly agree	61,7%	62,4%	55,1%	39,8%	55,1%	46,8%
	Strongly disagree	1,6%	1,9%	1,8%	3,7%	2,8%	1,7%

Relationship with teachers – HBSCM 2018

Teacher accepts me

	(11 year old)		(13 year old)		(15 year old)	
	Boy	Girl	Boy	Girl	Boy	Girl
Strongly agree	65,0%	70,9%	53,9%	41,8%	49,3%	42,0%
Strongly disagree	2,0%	0,4%	0,8%	1,5%	2,1%	1,9%

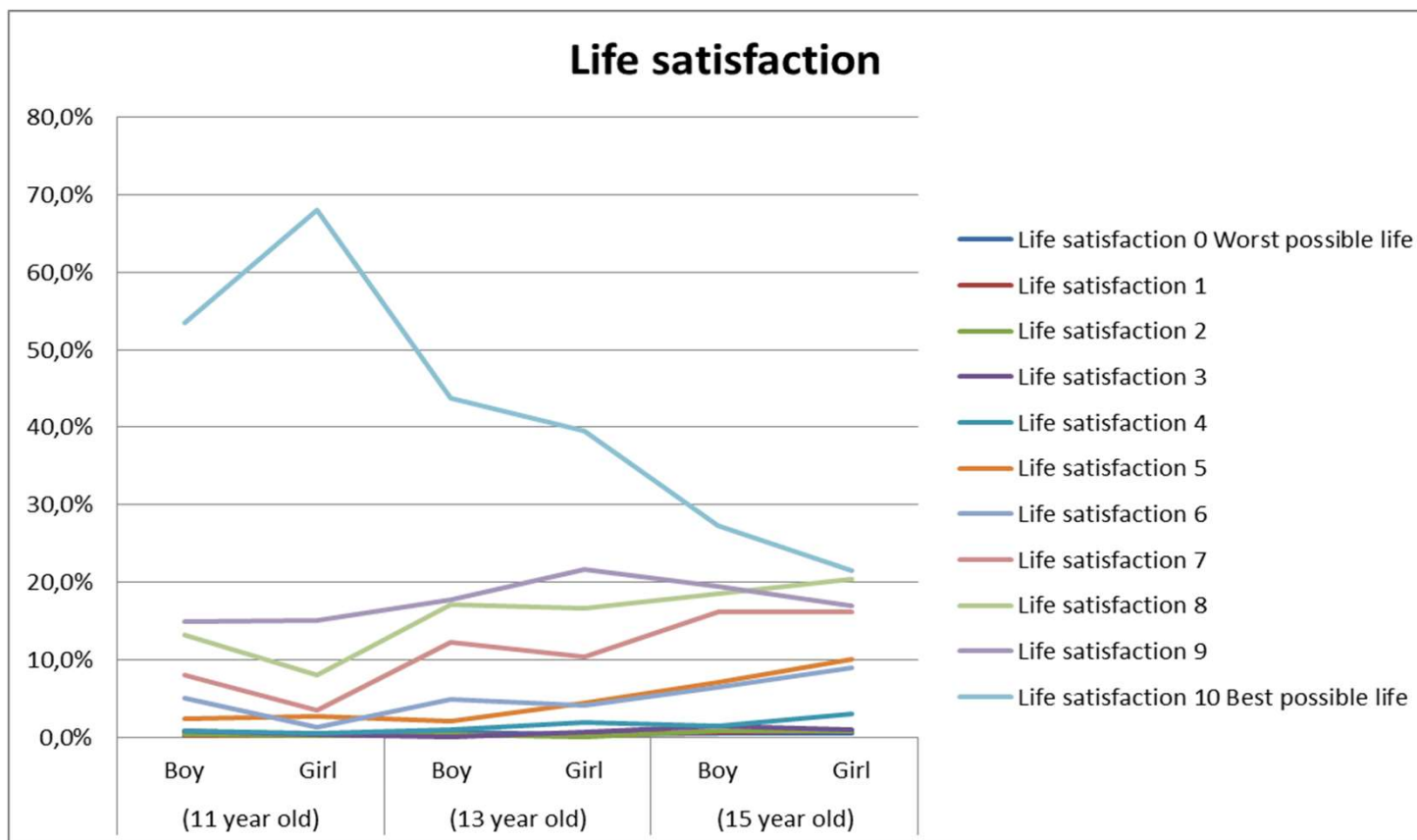
Teacher cares about me

	(11 year old)		(13 year old)		(15 year old)	
	Boy	Girl	Boy	Girl	Boy	Girl
Strongly agree	49,3%	47,8%	34,6%	23,0%	29,2%	17,8%
Strongly disagree	3,1%	2,7%	3,5%	3,3%	6,7%	4,6%

Feel trust in teacher

	(11 year old)		(13 year old)		(15 year old)	
	Boy	Girl	Boy	Girl	Boy	Girl
Strongly agree	59,2%	61,4%	36,2%	27,1%	25,3%	18,4%
Strongly disagree	1,4%	1,5%	4,1%	6,6%	10,1%	8,2%

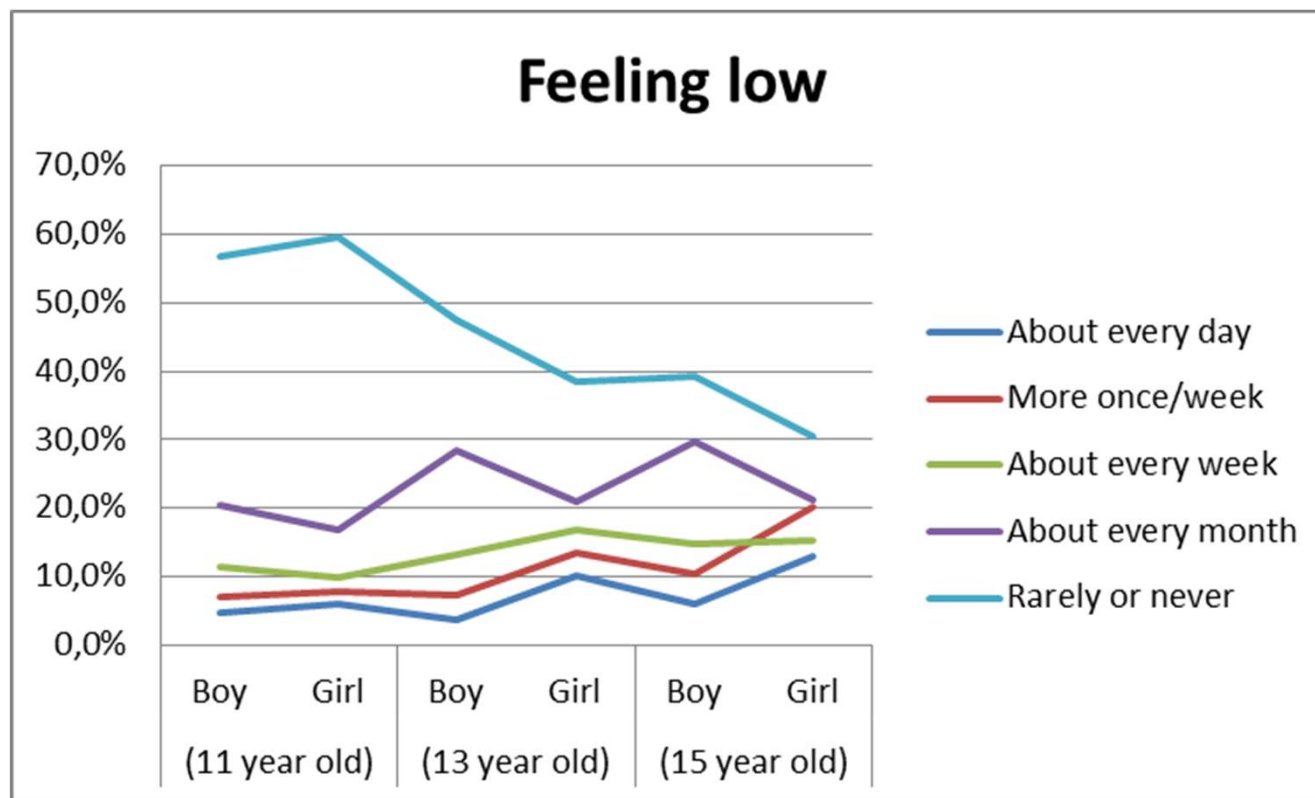
Life satisfaction of school age children according to HBSCM 2018



Feeling low - school age children according to HBSCM 2018



hbsc
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Case report and example of good practice from North Macedonia Workshop on "MENTAL HEALTH OF ADOLESCENTS" designed for students of 13 and 15 years from the elementary school "Kuzman Josifovski - Pitu" and the elementary school "Krume Kepeski" from Skopje





Results of group work and student presentation:

- ✔ Students feel that the family needs to communicate and share common events more. Students are of the opinion that communication in the family at the age of 13 and 15 is reduced. They share their problems with their peers and do not always receive adequate support or advice.
- ✔ More mental health discussions should be organized at the school.
- ✔ Allow more time with friends.
- ✔ Reduce the time on social networks.
- ✔ Introduce a special subject on mental health.
- ✔ To balance learning time with leisure time. (Children should be in company with peers, but due to many subjects and assigned learning tasks, this is not possible)
- ✔ To reduce the pressure for learning by parents and teachers



Results of group work and student presentation - cont:

- ✔ Lead a healthy life.
- ✔ Classes start at 11am. Excessive learning engagements lead children to study later in the night, staying awake for the next school day.
- ✔ Provide free treatment for all.
- ✔ No primary school grades, students are under pressure for grades, which discourages them.
- ✔ Build more sports facilities (think of terrains and places where you can play and recreate), bring students together and lead to healthier thought and life.
- ✔ Studying for free - parents are worried about grades and hence the pressure.
- ✔ More youth counseling centers - able to access at any time.
- ✔ Help for the homeless - leave a sad picture of the environment.
- ✔ Organize a meeting with parents because we feel that they too are to blame for their children's mental state.



Results of group work and student presentation - cont:

- ✔ Organized group session where children will express their problems.
- ✔ Have psychologist classes in the school at least once. Required!
- ✔ No stereotypes and prejudices, more discussion of problems and respect for others.
- ✔ Remove rules that discriminate on the basis of gender, ethnicity and nationality.
- ✔ No prejudice based on the financial ability of families.
- ✔ To have respect for oneself and for others (self-image, I in the eyes of others).
- ✔ Implement projects with adults and students in which the topics will be realized.

Student statements

Boys behave	Girls behave	The boys feel it	The girls feel it
most are silent	neat	feeling of less value due to height or weight	under pressure for appearance
temperamental	get things done faster	sadness	responsible
kept secret; better friends	better in learning	good luck	superior
disappoints failure	resourceful	lazy	persistent
they are better at running, sports, getting better	Honest; more intelligent	aggressive	ready
patient	share with others; conversational	confident	emotional; confident
slowly express their feelings	cry in the WC; they look in the mirror every day	depressed	depressed

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“This workshop was another experience, meeting new friends, debating a topic not so familiar to people, and coming up with solutions for it.

I felt great and relaxed, but also ready to work. I felt great. I met many friends with whom we shared many different opinions.

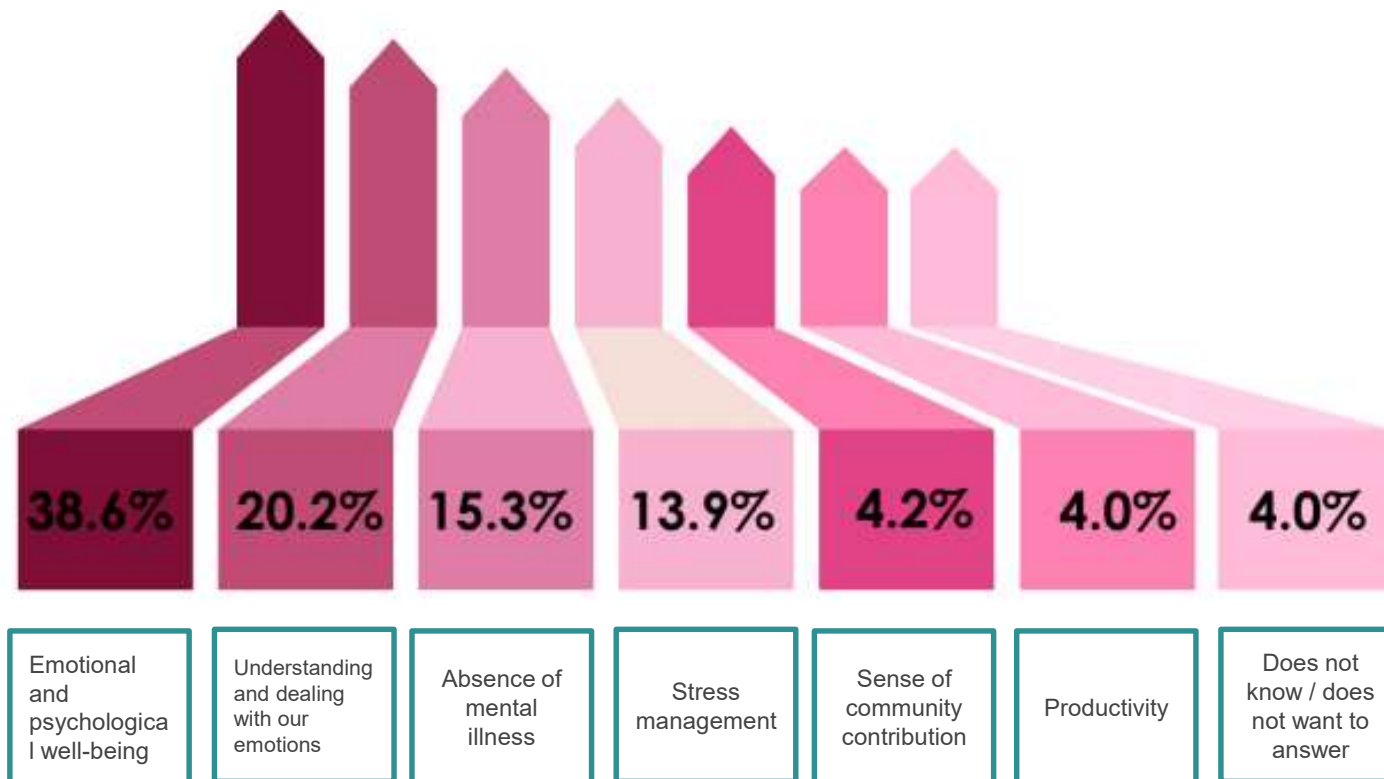
The workshop was creative and interesting, and through the game we got a lot of new information.

Student EMILY Z.

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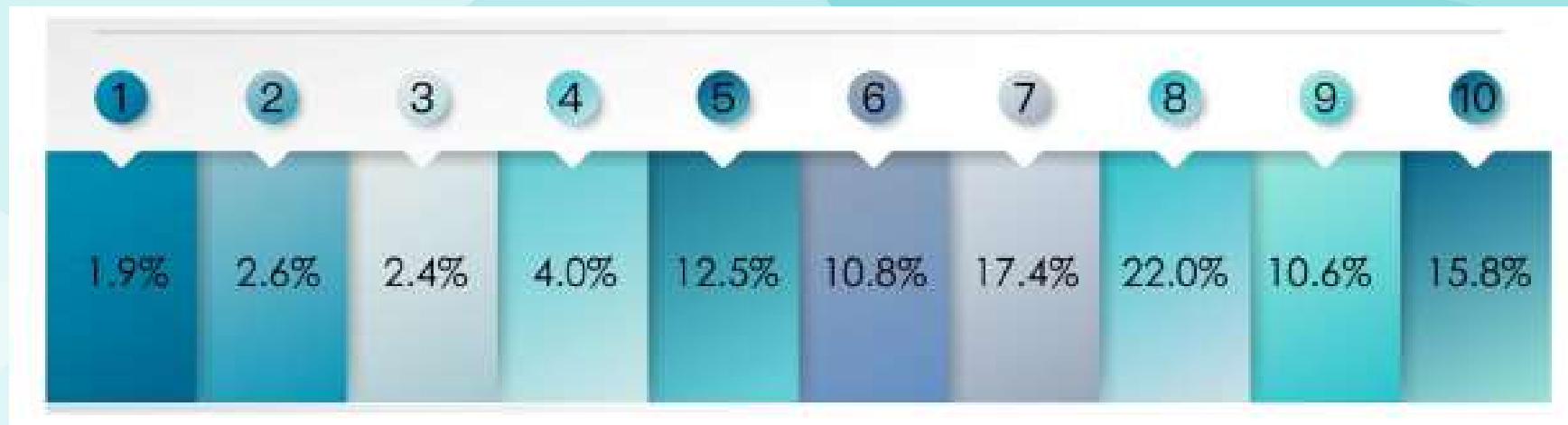
NGO Youth Can – research with 425 students in Skopje 2019

What is the meaning of mental health according to you?



NGO Youth Can – research with 425 students in Skopje 2019

How much do you care about your mental health on a scale from 1 to 10?



CONCLUSIONS

- Traits that makes a student mentally healthy are: optimism, a positive self-image, self-esteem, confidence in others and the world, emotional competence, harmonious interpersonal relationships, a sense of life.
- Ways that can work to improve mental health in the schools are development of emotional competences.
- Comprehensive implementation of the measures and activities of the National Strategy for Mental Health in RNM 2018-2025 is recommended, in which special emphasis is placed on the measures for health promotion through education of parents and children.

