

Title

How internalized and externalized behaviors in adolescents impact academic achievement in faith-based institutions

Authors

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Abstract

The American Psychological Association reports that child and adolescent mental health problems have recently reached a point of crisis. Many mental health disorders emerge in late childhood and adolescence. Currently, 20% of all children and adolescents reportedly experience mental health challenges that range from mild to severe. Research has shown that school-based mental health interventions have been successful in decreasing and alleviating symptoms associated with depression, anxiety, and other mental health conditions. Educators are recognizing that there is a growing concern in academic settings related to the mental health of their students. There is a direct correlation between poor mental health and low academic achievement. Poor mental health decreases the ability to connect with teachers and peers, memory function, and the ability to concentrate. Research shows that the small percentage of children who do receive mental health treatment are more likely to receive this treatment at school than by their primary care physician. Currently, there is insufficient research identifying how this growing concern affects faith-based education systems. Among adolescents, mental health disorders are often displayed through internalized and externalized behaviors. The purpose of this literature review is to address how internalized and externalized behaviors in adolescents impact academic achievement in faith-based institutions. This research intends to bring awareness to the prevalence of mental health concerns faced by adolescents, as well as the need for mental health services in the education system. This research will also identify the relationship between internalizing and externalizing behaviors, and academic achievement. Based on the findings, the next steps will be to evaluate the deficits within the Adventist school system and begin developing programs and resources necessary to support the mental health needs of children and adolescents.

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